Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623

For Reference

Not to be taken from this room

ADIES' HOME JOURNAL
January 1985

BURLINGAME PUBLIC LIBRARY
3 9042 01527980 2

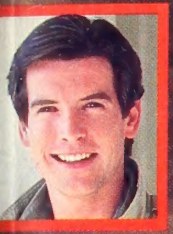
HOSE POUNDS YOU'VE JU

THE NEW YEAR, NEW Y

$1.50
anuary
1985
adies'
Home

Journal

OW MICRO-STRESS
URNS INTO
AJOR STRESS
how to avoid it!



PIERCE BROSNAN
Soft-hearted man of Steele

OOD HEALTH
OOKBOOK
year of delicious,
utritious meals

EXUAL FANTASIES
ure for so-so sex

HE CHILDREN OF
AN YSIDRO
ftermath of a
ass murder

"SOMETHING FOR ME!"
Special report on
women's secret dreams
(you'll be surprised)

STEFANIE POWERS
ON MEN
"All the good ones seem to be married"

uper-spa beauty special

tatue of Liberty recipe contest

amily kitchen with ideas to copy

ne absolutely perfect dinner party

BURLINGAME
DEC 26 1984
LIBRARY

Discover the only mousse that washes away the gray.

Push a button. And discover the mousse that brings back the beauty of your natural color again. So light and airy. So effortless. And gentle. There's no peroxide. It won't change your natural haircolor. It even washes out gradually. So there's no permanent commitment.

Because it's the only mousse that's Loving Care.

Loving Care® Color Foam.



In the haircolor section.

985 Clairol Inc.



REVLON



© 1986 Revlon Inc.





Introducing the 10-day turnaround for skin.

European Collagen Complex®

10 days from today
your skin could be merely
10 days older,
or, it could be
silkier, smoother
on its way to looking younger.

European doctors tested it.
European women proved it.
In 10 days...
your skin can look younger.
With European Collagen Complex.
This exceptional formula combines
European skin care secrets with
Revlon's research in collagen—
the young skin protein.

And in 10 days it can vastly
improve the texture, the tone,
the very quality of your skin.

Revlon. The difference between looking good and looking great.

LADIES' HOME Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin **Sondra Forsyth Enos**
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
MARGERY D. ROSEN, senior editor
BETH WEINHOUSE, associate
ROBERTA ANNE GRANT, associate
LINDEN GROSS, associate
BETH KNOBEL ANNE VACCARO

BOOKS AND FICTION
Constance Leisure, editor
ALICE WEIL

COPY DIRECTOR
Phyllis Schiller

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE
HELEN HUMMER FEID

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S. JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL, copy editor
ROSEMARIE SMITH, copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
JAMES M. FRANCO, photo researcher

ART PRODUCTION
Frank Della Femina, coordinator
JAY SCOTT FRANCIS

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D.
CLIFF JAHR ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

EDITOR'S JOURNAL

By Myrna Blyth

Meet the Winners

This issue is full of winners—including the *Journal*. In October, *LHJ* received the prestigious Clarion Award from Women in Communications, Inc., a leading organization of media women. The award was presented at the organization's 75th Anniversary National Professional Convention in Seattle. The *Journal* won in the category of "Print Media: Magazine Article" for its special report on child pornography, titled "Innocence for Sale," written by Rita Rooney, a frequent *Journal* contributor. This gripping article on an escalating tragedy helped lead to the toughening of national laws against child porn.

I flew to Seattle to attend the convention, enjoyed a super salmon dinner and gave an address on the importance of women's magazines and their effect on women's lives. Needless to say, I, Executive Editor Jan Goodwin, who oversaw the prize-winning project, and the whole *Journal* staff were thrilled to receive this award. I'm especially proud that the hard-hitting journalism that is so much a part of today's *LHJ* is being recognized.



Myrna Blyth and Jan Goodwin and the Journal's *1984 Clarion Award*

As for the rest of the winners in this issue, you may recall that last April the *Journal* announced its "Make-your-dreams-come-true" contest bonanza. Because we know our readers have very different dreams, we set up seven separate contests so that each of you would have the chance to fulfill a very special fantasy. Prizes included a dream-come-true kitchen makeover, a trip to Hollywood, a week at a spa (I had to keep the staff from entering this one!), and, for aspiring writers, publication of a winning short story in the *Journal* plus $1,500. Other prizes were a trip to New York for a beauty/fashion makeover, and a dream-come-true brunch and dinner party in the winner's home. Our final contest offered dream-come-true grants of $1,000 to each of three winners to indulge themselves in any way they wished.

Almost seventeen thousand readers entered the contest, and the kitchen makeover drew the most entries. The second most popular? The fiction contest. Just as I thought: Our readers are practical and home-loving—as well as creative and imaginative. In this issue, you'll meet some of the contest winners. But remember, although we could send only one lucky woman to a luxurious spa, we came back with beauty, health and diet information that will help all our readers start the new year right. Food Editor Sue Huffman gave our dinner-party winner superb entertaining tips that all of you should know. Best of all, Executive Editor Sondra Enos analyzed every submission for our secret-wish contest. She then went to a variety of experts, who gave her practical advice for making your dreams come true. Why not resolve to follow it in 1985 and ensure a very Happy New Year!

© 1984 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Family Media, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal (ISSN 0023 7124) January 1985, Vol. CII, No. 1. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices: U.S. and Possessions, 1 yr. $20.00; 2 yrs. $32.00; all other countries, 1 yr. $26.00; 2 yrs. $38.00. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.**

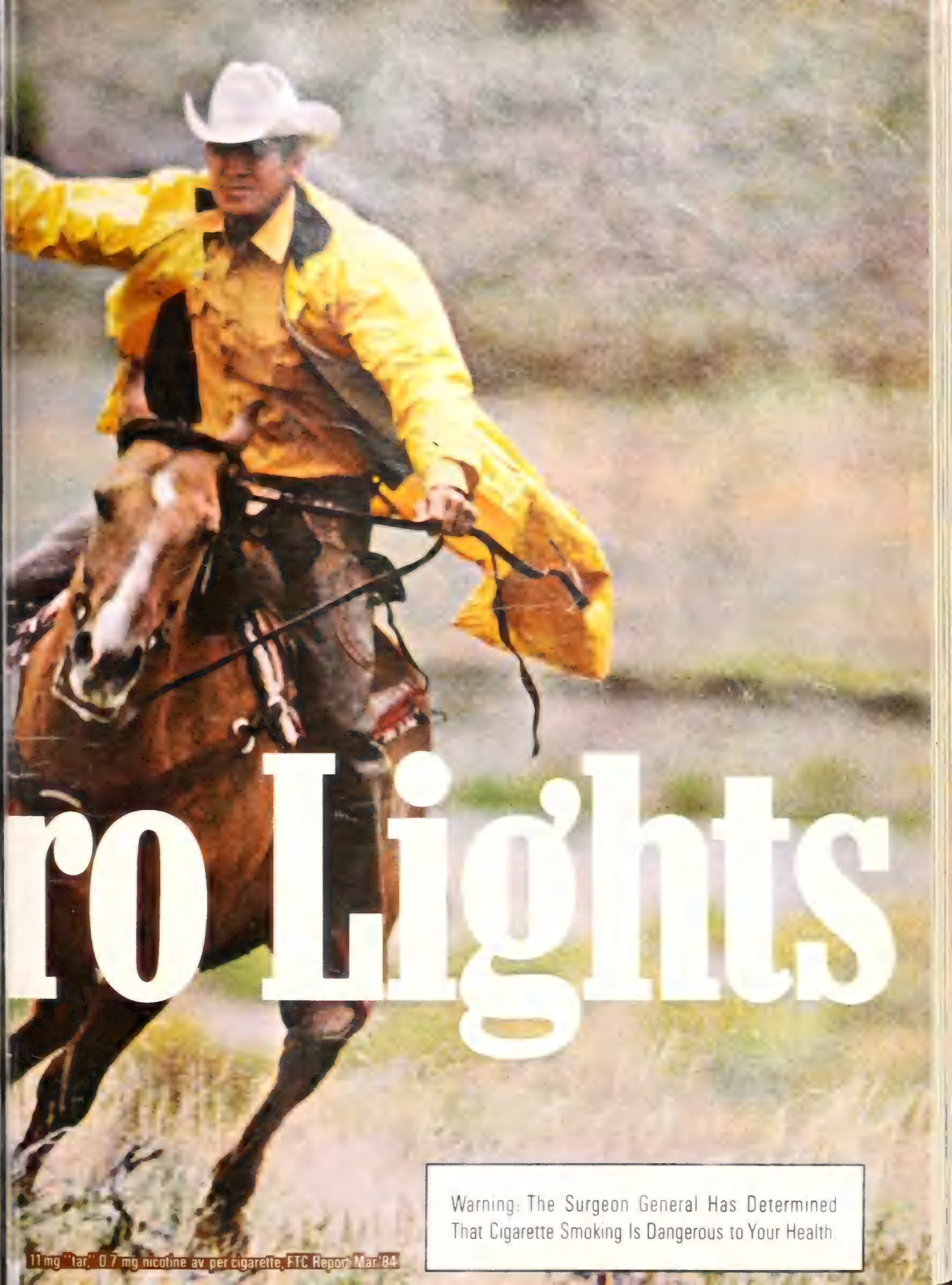
Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

Gregory W. Dunn, VP/Advertising Director
Stephen B. Levinson, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Giella, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Laufer, Promotion Director
Ron Valerio, VP/Associate Publisher, Family Media
Jeremy Grayzel, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clappi, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.


The spirit of Ma boro
in a low tar cigarette.


Marlboro
LIGHTS
Marlbo



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'84



You know what Kitchen Bouquet does for gravy. Now this unique blend of natural ingredients is adding rich brown color and extra flavor to your favorite soups and stews, too. Why not try Kitchen Bouquet in one of our favorite recipes . . .

SAVORY CHICKEN STEW

2½ to 3 pounds chicken breasts, boned, cut into 2 inch cubes
2 tablespoons vegetable oil
1¼ teaspoon salt
¼ teaspoon pepper
½ cup onion chopped
½ cup green pepper, chopped
1 clove garlic, crushed
1½ teaspoon curry powder
1 can (28 oz.) whole tomatoes
1 tablespoon Kitchen Bouquet
2 tablespoons chopped parsley
⅛ teaspoon mace
¼ cup raisins or currants
¼ cup slivered almonds

Skin and wash chicken pieces. Dry with paper towels. In large, heavy pan, brown chicken in hot oil. Sprinkle with salt and pepper. Remove chicken from pan. Add chopped onion and green pepper, crushed garlic and curry powder. Cook over low heat until onions are tender. Add chicken and remaining ingredients, except almonds. Cook 1 hour or until chicken is tender. Sprinkle with almonds. Serve over steamed rice. Makes 4 servings.



©1983 The HVR Co.

LADIES' HOME

Journal

VOL. CII NO. 1 JANUARY 1985



Articles

4 EDITOR'S JOURNAL

12 CAN THIS MARRIAGE BE SAVED?
"My husband is a credit-card junkie"
By Jane Marks

18 A WOMAN TODAY
"Why is Grandma different?"
By Sarah Hatfield

30 STEFANIE POWERS' SUPERLIFE
By Doris Bacon
The beautiful superstar talks openly about the life she enjoys . . . and the one thing she's missing.

36 MEDINEWS
By Beth Weinhouse
Women and iron; free Medi-Card for emergencies; plus a chart to help you distinguish flu from a cold.

98 SUPER-SPA SPECIAL
Written by Wendy Korn
Produced by Mary Clarke
Our contest winner shares what she learned. Plus a New Year, New You Diet!

38 STRESS
By Flora Davis
Here's how to cope with the hassles of everyday life.

46 DOWN ON THE FARM WITH SISSY SPACEK
By Phyllis Battelle
Far from Hollywood's glitter, this talented actress enjoys the pleasures of nature and the abundant love of her family.

54 PSYCHOLOGIST'S JOURNAL
By Sonya Friedman, Ph.D.
Answers to your most intimate questions.

59 THE CHILDREN OF SAN YSIDRO
By Mike Granberry and Beth Weinhouse
Six months later, the survivors of the mass murder at McDonald's struggle to piece their lives back together.

64 YOUR SECRET SEX LIFE
By Kathryn Lance
Are your fantasies about strangers a betrayal of your marriage vows? Or can they make your marriage strong? Psychologists explain.

106 FABULOUS FOOD—EASIER THAN YOU THINK!
By Sue B. Huffman
Two dream menus—a dinner party and a super brunch.



J. Barry O'Rourke



Peanut butter and Karo® make the snacks you knew and loved new and more loveable than ever.

Peanut butter adds a new and delicious twist to that traditional favorite snack—crispy treats. They're still simple and fun to make, but the KARO peanut butter recipe makes them new and more loveable than ever.

©1984 Best Foods, CPC International Inc.

New Peanut Butter Crispy Treats

1 cup KARO® light or dark corn syrup
1 cup sugar
1 cup Skippy® creamy or super chunk peanut butter
6 cups Rice Krispies® cereal

Grease 13" x 9" x 2" baking pan. In large saucepan over low heat stir together first three ingredients. Stirring constantly, bring to boil and boil 3 min. Remove from heat. Add cereal; toss to coat well. Press into pan. Cool. Cut into 2" x 2" squares. Makes 32.



Karo. The simple way to simply delicious snacks.



The first.
The original
corrective cream
for lips.

TOUR
DES LEVRES

Others have copied the idea, but here is the original unique lip treatment cream that smooths tiny dry lip lines, conditions lips and foils the feathering that mars lipstick.

We've found women try the cheaper, copy-cat products and then come back to Tour des Lèvres for time-proven performance. Formulated in France, this amazing cream firms and smooths lips and lip line. Then dries to a sleek finish that will make lipstick look all the better.

Tour des Lèvres — because Stendhal believes women should keep smiling.

Stendhal
PARIS
Superior skincare with a French accent.

SAKS FIFTH AVENUE

© 1985 Sanofi Beauty Products Inc.

70 MONEY NEWS
By Katherine Barrett and Richard Greene
Shrewd and sensible financial tips.

72 TIMELY TIPS FOR HOUSEPLANTS
By C. Z. Guest
Answers to your questions about caring for houseplants during the winter months.

82 NEWS FOR PARENTS
By Mary Mohler
Information about child rearing in the eighties.

104 A DREAM TRIP TO HOLLYWOOD
By Linden Gross
An LHJ contest winner visits the city of the stars.

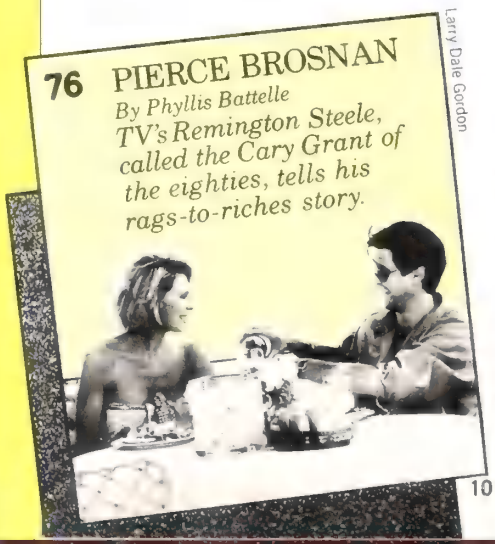
150 LAST LAUGHS

Fiction

96 SPRUNG TRAPS
By Maryclare J. Heffernan
A touching story from the winner of LHJ's Contest.

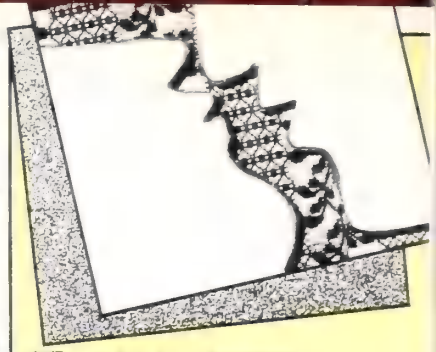
At home

90 A DREAM KITCHEN FULL OF IDEAS
By Marilyn Diane Glass
How to turn a cook's nightmare into a fabulous dining and cooking center.



76 PIERCE BROSNAN
By Phyllis Battelle
TV's Remington Steele, called the Cary Grant of the eighties, tells his rags-to-riches story.

Larry Dale Gordon



87 MAKE YOUR DREAMS COME TRUE
By Sondra Forsyth Enos
Our contest winners—and expert tips on how to get what you want.

Good looks

28 BEAUTY JOURNAL
What to spend your makeup dollars on, plus new product news and a great back stretch.

94 NEW LOOK/NEW OUTLOOK
By Lois Joy Johnson
Cinderella makeovers for two winning readers, including makeup, hair and wardrobe re-dos.

Food

44 EASY AS 1-2-3
A Mexican-style menu, starring a hearty chili casserole.

117 THE GOOD HEALTH COOKBOOK
By Patricia Cobe
Four seasons' worth of meals that are good-tastin and good for you—a special 8-page section.

136 RECIPE INDEX

145 *LHJ*'S HERITAGE RECIPE CONTEST
Help restore the Statue of Liberty and win a trip to New York.

Cover photo of Stefanie Powers by Patrick Lichfield. In photo of Pierce Brosnan by Larry Dale Gordon.

Speed Stick® protection made just for us!



NEW! INTRODUCING POWDER FRESH

lady speed stick™

ANTI-PERSPIRANT

Protects you like a man, treats you like a woman.

by MENNEN

©1984 THE MENNEN CO.

By Jane Marks

"My husband is a credit-card junkie"

Peter's wanton spending had brought them ruin. What happens when a man risks his family's future?



This case is based on information from the files of Scarsdale Family Counseling Services in Scarsdale, New York, a nonprofit organization, partially funded by the United Way of Westchester. The true story reported here is from interviews; names and other details have been altered to conceal identities. The counselor in this month's case was Marjorie A. Slavin, A.C.S.W.

Alicia's turn

"I always believed in Peter," sobbed Alicia, an aristocratic-looking woman of twenty-nine. "We met in college, and even then, he was enterprising, doing consulting work in public relations for several companies to earn money for school. He seemed much more mature than the other guys I had dated.

"We fell in love immediately. I knew my parents would approve, even though our backgrounds were very different. Peter's father had been a door-to-door salesman, and my father was the managing partner in a large law firm, but my folks aren't snobbish. They thought Peter was warm and sincere and certainly had more than enough talent to make a fine future.

"We were married soon after I graduated, and I admit I was taken aback by the expensive honeymoon Peter planned. I had started teaching at a nursery school and earned barely four thousand dollars a year. Peter, just out of business school, had set up his own firm and was working on commission. I didn't see how we could afford to go to a luxurious resort in the Virgin Islands. But when I mentioned the cost, he just smiled and said, 'I intend to keep you in the style to which you are accustomed.' He didn't believe me when I told him my wealthy parents had brought me up to be frugal.

"At first, Peter did extremely well at work, and he saw to it that our lifestyle matched. Almost every week, he would bring home some new 'toy'—a fancy stereo system or an electric towel rack. He would also buy very expensive clothes, which, he said, was part of his business strategy—creating the right image. I admit, he *did* look fantastic. But in all his earnestness to make it and go first class, Peter was convinced he couldn't settle for less than the best. Since I had been taught to save, it made me uneasy to see so much money pouring out, even though Peter insisted we could definitely afford it.

"I tried so hard to convince him that he didn't have to prove himself; that he could cool it on the gifts, but by our sixth anniversary, Peter's spending had become almost wanton. By this time, we had two children—three-year-old Mike, and Serena, fifteen months. I wasn't working, since Peter had urged me to stop teaching when I first got pregnant. Still, he insisted we needed more room, so he bought a new house with a fireplace in each bedroom and a sauna. I kept arguing that the house was much too elaborate for us, but Peter ignored my pleas. Finally, the spending got so bad that I had to put my foot down. I hated for Peter and the children to see me as a bully, but when he would announce some crazy plan—like taking the family to Europe for Christmas—*someone* had to be the voice of moderation. I had a sense that something was very wrong.

"Everything Peter bought was with a credit card, which added to the whole unreal quality of his spending. Most of the bills went to his office, but if I happened to see one, I was always aghast at how high it was. 'I don't run my life on nickels and dimes,' Peter would say.

"I began to get very concerned about how Peter's high spending would affect the kids. Mike, for instance, was saving up the dimes and quarters he earned doing little things for me around the house so he could buy a red Matchbox toy car. When Peter found out, he went out and bought a whole *fleet* of those cars. I know he meant well, but it was impulsive and selfish. He'd pleased himself, but he had deprived his son of the pleasure of working hard and earning something on his own.



"Of course, I tried to talk to Peter about all this, but half the time he worked so late, I barely got to see him. Sometimes he'd promise to be home for dinner and then not show up for hours. He'd be contrite—and then say 'I'm taking you all to Florida for the weekend.' He felt he was making it up, but I was furious that he would never really confront the problem, much less try to change.

"Then, one day I stopped at the bank to correct a mistake I thought they had made on our monthly statement. The computer showed we had barely five hundred dollars in our savings account—and I *knew* I'd deposited much more than that from gifts my parents had given me in the past few months, not to mention whatever Peter said he'd been putting in. But when the teller checked, I learned it wasn't an error after all.

"Frantic, I called Peter and he said 'Honey, I needed that money to expand the business. It will all be paid back, even doubled by the end of next month.'

"But ten minutes later, he called me back and said slowly, 'Alicia, you've got to know the truth.' His business was on the verge of bankruptcy and he owed about one hundred forty thousand dollars! Peter had continued to use and abuse those credit cards— *(continued*

© 1985 Bali Company

The Fit Dimension by Bali.®

Smaller

Average

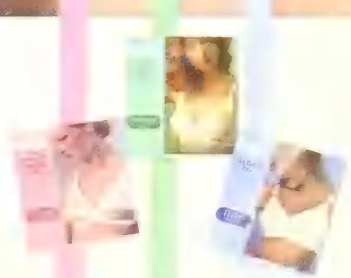
Fuller

You've never heard of it before. And it's no wonder. Other bra companies don't even have it.

The Fit Dimension. It's the Bali method of fitting your breast shape, as well as your size.

Bali knows that women who wear the same size bra can have different breast shapes. For example, some breasts are fuller, needing more cup fullness, support and coverage. Others are smaller, calling for shallower cups, pared-down styling and less support.

While most bra companies offer you one standard fit, only Bali Bras are available in three shapes for three different fits. Look for your size among the many beautiful styles in your Bali smaller, average or fuller collection. And discover shape, the fit dimension no other bra even mentions.



ONLY BALI HAS YOUR SHAPE.


SLIM LIGHTS 100's: 8 mg. "tar", 0.7 mg. nicotine, LIGHTS 100's:
10 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method.
© 1994 R.J. REYNOLDS TOBACCO CO.
You've got what it takes.
Salem Spirit
Share the spirit.
Share the refreshment.
Salem
Slim Lights
100s
REFRESHING LOW TA
Salem
LIGHTS
100s
Menthol Fresh
EFRESHING LOW TAR
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

CAN THIS MARRIAGE BE SAVED? "I know Alicia wants to call it quits, but I want to prove I deserve her trust."

continued

even borrowed money on them. I was stunned—and outraged.

"This past week has been a nightmare. At first, Peter was despondent. He wouldn't talk at all. Then he came home elated and said he'd found a way to solve our problems. He's getting a new partner, but he refuses to tell me anything about him. I have a sinking feeling that he's done something crazy—like borrow money from a loan shark. He keeps telling me not to worry, but he's already jeopardized our security and our children's future. I don't know what will become of us."

Peter's turn

"I know Alicia feels betrayed," said Peter, a handsome man of thirty-two in a tweed jacket and wool slacks, "but she's got to give me another chance. I don't want to live without her. I've turned myself inside out just to be worthy of her.

"When I first met Alicia, I was struck by how beautiful and aristocratic-looking she was. Not intimidating, just really warm. I wanted more than anything to make her happy. Her parents accepted me, even though I had come up the hard way and didn't have much except my ambition and my nerve. I *had* to show them they weren't wrong.

"Maybe I was overanxious. I didn't want to wait years to show everyone how successful I could be. Those credit cards gave me instant power. When I first started my public relations firm, I opened many accounts, and I always paid my bills promptly. That way, I had the highest credit rating, so I could borrow more and more money.

"At first, my business really took off. In fact, sometimes it was too good, and I'd get so enthusiastic, I'd promise more than I could deliver and wind up losing an important client. Somehow, though, I felt immune to down periods as long as I had the credit cards.

"Maybe it's just something a born-rich girl can't understand. I needed to feel I was providing well for the people I loved. When I was little, we never had enough money for special things—even on birthdays. I used to listen from the other room while Mom and Dad tried to figure out how to make ends meet, and I swore that I would never again feel so depressed and so frightened.

"I guess I wouldn't have spent so much if I'd had to reach into my pocket for cash each time, but charging was easy. I was president and chief executive officer of my company. I had no one to answer to. When the bills came due, I just told my bookkeeper to pay them. As long as money was coming in, I was able to pay at least the minimum on each card each month. But my business slowed down. I kept right on charging, and I couldn't bring myself to tell Alicia. I just knew she wouldn't understand. I know she had a right to be angry about the money I used from our savings, but at the time, I honestly believed I'd be able to replace it.

"The problem is, Alicia and I are complete opposites, not only in our backgrounds, but also in our personalities. I'm much more optimistic. I like to take risks. She's ultraconservative. Whenever I'd tell her about plans for expanding my business, she'd always say, 'Why do you have to do such a speculative thing?' She could never be positive about my work—or about my plans for the children, for that matter.

"I love my kids very much, and I want them to have everything. I remember as a child begging to be taken to Woolworth's to pick out a toy, but we never went. Mom was always rubbing it in that Dad's salary didn't allow for any pleasure in life. Now Alicia will say no when Serena wants a stroller for her Cabbage Patch doll or Mike wants a fort for G.I. Joe. Why can't they have them?

"I know I have a tendency to make promises I can't keep. Too often I'll get stuck at the office, hours after I've sworn to be home. I don't mean to let Alicia and the children down. I guess I think I can squeeze it all in. I know that's why my business foundered—I said yes to too many people and then I couldn't make good on my commitments.

"When the business failed, I felt so emasculated, so small in Alicia's eyes. I felt I had to take one more big risk. An acquaintance put me in touch with a no-name company that lends big bucks with no questions asked. The only catch is that you pay it back with one hundred fifty percent interest at the end of the month—or the consequences can be severe, if you get what I mean.

"Well, at first I felt confident I could get my business back on track, but at the last minute, I realized I couldn't go through with it. I didn't show up for the meeting. I just couldn't risk any harm to Alicia or the children.

"God knows, it's traumatic losing like this. This whole episode has been a major blow to my self-confidence. I don't blame Alicia if she wants to call it quits. But I'd like to prove to her that I deserve her trust."

The counselor's turn

"Before this couple could restore the trust necessary for a good marriage, they first had to face the fact that Peter was addicted to the high-spending credit-card life," said the counselor. "In many ways, credit-card junkies are like gamblers: They try to increase their self-esteem through big-time spending. They enjoy the excitement not only of acquiring, but also of the mounting odds against them. Inevitably, though, such behavior leads to economic disaster and family strife.

"Peter, who grew up feeling deprived, tried to compensate by being an almost compulsive yes-man. He gratified his ego by giving, or at least promising to give, even though his time and financial resources didn't allow for it. What's more, he truly felt that by showering expensive gifts on his family, he was proving how much he cared.

"Alicia, on the other hand, had never been deprived of anything, and as a result, she quite honestly did not understand how important possessions were to Peter or, for that matter, how crucial it was for him to maintain a particular standard of living. Anxious about Peter's excessive spending, her no became as automatic as Peter's yes.

"Compounding the problem was Peter's inability to admit that his business had actually failed. His flirtation with a loan shark in a desperate bid to save face was understandable, given his exaggerated yearning to salvage his business and his ego. However, his decision *not* to go through with such a dangerous undertaking was a very encouraging first step.

"Peter had to learn to accept the reality of his business failure, not an easy task, considering his childhood memories of his father's failure to earn enough. But once Alicia assured him they didn't need luxuries and that she would stick with him forever because she loved him, they were in a position to figure out how they could live on far less.

"Peter's business did go into bankruptcy, and the family was forced to sell their big house and move to a much more modest one. Peter also had to relinquish all his credit cards and charge accounts. I urged him to seek financial counseling—either through his bank, or by taking a course on family budget management at the local

(continued)

"How I lost 13 pounds without that tired... rundown...diet feeling."

I kept trying to lose... but I couldn't stand feeling so draggy and tired.
My doctor recommended the Dietene Plan because it's high in vitamins, protein and minerals.
I loved it.
The Dietene Plan helped me lose weight without feeling so tired and rundown.

Susan Turner

Your chance to lose weight and stay thin naturally.
Because delicious, energy-rich Dietene shakes have no appetite suppressants, no caffeine.
And on the Dietene Plan you have three real meals with crunchy vegetables and meat.
Your appetite is retrained naturally to keep you thin.
Dietene is available in Chocolate, Vanilla and Strawberry.



Susan Turner Denver, Colorado.

©1985 CREIGHTON PRODUCTS CORP.

50¢ SAVE 50¢ ON DIETENE®

DIET SHAKE MIX. Chocolate, Vanilla, Strawberry

Retailer: Creighton Products Corp will redeem coupon for 50¢ plus 8¢ handling when terms of this offer have been complied with by you and consumer. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Sales tax must be paid by the consumer. Void where prohibited, taxed or restricted by law.
Cash value 1/100¢. For redemption of properly received and handled coupons, mail to DIETENE, P.O. Box 4560, Clinton, Iowa 52734. Coupon expires December 31, 1985. Limit one coupon per group, organization or address. Any other use constitutes fraud.

00197 100290



50¢ STORE COUPON 50¢

CAN THIS MARRIAGE
continued

YMCA. He took my advice, but even then, he had a tough time resisting the urge to buy something or promise something right away. Peter had to learn to get some distance before making a commitment, both financially and personally. Through counseling, he discovered that if he could force himself to leave, say, a department store, without buying anything, the must-have urge would vanish.

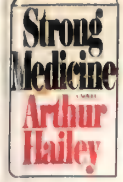
"Fortunately, Peter had made many solid professional contacts, and he was able to find a job with a small public relations firm in a relatively short time. I was pleased when he reported he was trying a new strategy at work: When he was offered a lucrative commission for a consulting assignment that was interesting but too time-consuming, Peter was training himself not to automatically say yes but rather, 'Let me get back to you in an hour on that.' Peter also realized that if he had to work late, Alicia would be much more responsive if he called ahead and said, 'I'll be home by nine' instead of arriving three hours later than he had promised.

"For her part, Alicia needed to understand that she could not control Peter's behavior. Indeed, her habit of squelching his grandiose plans only served to make him more determined. Instead of immediately saying no to one of his ideas, she learned to give them both time to think.

"Losing his business and having to confess his weaknesses to Alicia were sobering experiences for Peter, but through counseling, he learned to concentrate on what was innately good about himself—his enthusiasm, his intelligence, his warmth and energy—instead of the outward, false trappings of success. Peter also learned to substitute small favors and signs of affection—a bunch of daisies, a back-rub, a bag of fancy cookies—for the lavish gifts and expensive meals.

"After a few sessions, Alicia decided to return to teaching. Now, instead of simply worrying about the family income, she could help contribute toward it. And for the first time, Peter was able to feel good about his wife's working rather than diminished by it. As much as he loved her, he realized that he had often considered her alternately a prized possession or a chronic combatant, and not an equal partner.

"Peter and Alicia have weathered their crisis and are no longer in therapy. Last week, I saw them at the ice-skating rink with their two children. And although they were having hamburgers and hot chocolate at the counter instead of dining at a fancy restaurant, they looked like a family that had everything that really matters." **End**



9274 $16.95



9746 $14.95



2733 $19.95



2295 $15.95


9829 $16.95


2014 $16.95



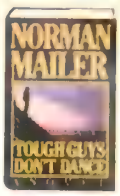
1503 $15.95



0687 $16.95



0281 $17.95



9365 $16.95



3244 $17.50
(Warning: Sexually Explicit)


7435 $12.95



3103 $12.95



8896 $17.95
(Warning: Explicit Violence)

The Literary Guild answers your questions before you join.

Q 4 books for $1 with membership is a great deal. What's the catch?

A There is no catch. You simply agree to buy 4 more books whenever you want them.

Q Will I be pressured to buy books?

A No. You never have to buy a certain number of books a month, or even a year.

Q Will I be able to save on all the kinds of books I like to read?

A Absolutely. Your free Literary Guild Magazine offers best sellers and more, at up to 40% off pub. ed. prices.


1560 $16.95


3012 $15.95



0547 $16.95
(Warning: Explicit Violence)



*5025 $14.95



3624 $16.95



0703 $15.95
(Warning: Explicit Violence)



7690 $14.95
(Warning: Explicit Sex and Language)



1511 $16.95



4861 $17.95



6148 $15.95



7054 $16.95



1149 $15.95
(Warning: Sexually Explicit)



9514 $15.95



9860 $15.95
(Warning: Explicit Sex and Language)



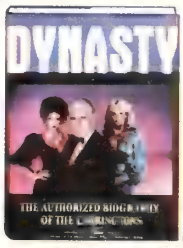
5157 $16.95



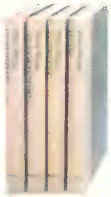
7823 $14.95
(Warning: Sexually Explicit)

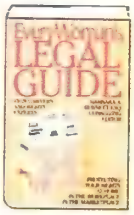


9464 $19.95

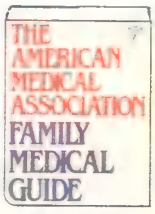


6502 $10.95

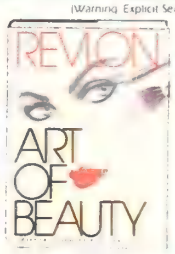

1750 $34.85
Whitney Set
(4 vols. count as 1 choice)
The Glass Flame
The Golden Unicorn
The Stone Bull
Domino



1834 $19.95



4762 $29.95



8177 $14.95
(soft cover)



6536 $9.95
(soft cover)

Any 4 for $1 with membership in The Literary Guild.

Here's how The Literary Guild works:

Books you love—delivered to your door. Once your membership is accepted, you get 4 books for only $1 (plus shipping and handling). We reserve the right to reject any application. However, after you're accepted, if not 100% satisfied with your introductory shipment, return it within 10 days at our expense. We will cancel your membership and you will owe nothing.

We're the most pressure-free book club you can join. If you decide to remain a member, take as long as you like to buy just 4 more books at regular low Club prices, after which you may cancel any time.

Relaxed shopping plus savings. You'll receive a FREE subscription to The Literary Guild Magazine (14 issues a year, one about every 4 weeks) describing one or two Main Selections and over 100 alternates—at **savings up to 40%** off publishers' edition prices. In addition, up to 4 times a year, you may receive offers of Special Selections. To receive either the Main or Special Selection(s), do nothing; we'll ship them to you automatically. If you want an alternate, or no book, return the completed order form by the date specified. Every book you buy at regular low Club prices earns Bonus Credits good for special books at **discounts up to 60%** off publishers' edition prices.

Buy only the books you want. If you ever receive a Selection without having had 10 days to decide, return it at our expense. There is a shipping and handling charge on all books shipped.

* Weight Watchers is a registered trademark of Weight Watchers International Inc.

FREE JUMBO TOTE with membership.



The Literary Guild,

Dept. RR 509, Garden City, N.Y. 11530

Please accept my application for membership in The Literary Guild and send me the 4 books whose numbers I have printed in the boxes below. Bill me only $1, plus shipping and handling. Also send my FREE Tote Bag, which is mine to keep, even if I don't remain a member. I agree to the membership plan as described in this ad and understand that I need buy only 4 more books, at regular low Club prices, whenever I want them.

NOTE: All prices quoted are for publishers' editions.

Miss
Mrs.
Ms. _____
Mr. (Please Print)

Address _____ Apt. ____

City _____ State _____ Zip _____

Telephone number (optional) _____

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Canada, where offer differs slightly. The Guild offers its own complete, hardbound editions, sometimes altered in size to fit special presses and save members even more.

26-G855

By Sarah Hatfield

"Why is Grandma different?"

How could I explain to my curious daughter that love is always precious, no matter what form it may take?

"Mommy, what is it that makes Grandma different from other grandmas?"

When my elfin eleven-year-old daughter, Linda, asked me that question recently, I was taken aback, though I had expected, dreaded, and planned for it since before she was born. After all, no matter how well you prepare to explain something difficult to your children, when the time comes it's never easy. I had pictured sitting her down and saying, "Grandma's not different, she's just ___" and then somehow I imagined Linda nodding, understanding our little talk. But over all the years, even as this image comforted me, I never really filled in the blanks. I guess I always figured when the time came, so would the words. Now here was the time. Where were the words?

How do you answer when Grandma's not really different, she's just ___ homosexual? Lesbian. Those words do mean "different," don't they? I love my mother very much, and part of me completely accepts what she is. But there is the other me that's still angry with her for what happened between her and my father, and what it meant to me when I was growing up.

As I searched for the right words to say to my daughter, what came to mind was an image of myself as a girl, learning from my mother about why she was different. I was fifteen. Will, my thirteen-year-old brother, had just moved out in a rage, when he figured out that Mom was homosexual. Now I was beginning to understand.

"Sarah," Mom told me, "you know that I love your father far more than any man in the world. I wouldn't trade all the years I've had with him and you and Will for anything. But ___" Here, as she groped for the right words, I experienced a strange sensation. I *knew*, suddenly, what she was going to say—that she was gay—and also understood that I had known it, subconsciously, ever since Dad had moved out three years earlier. Then, as our eyes met, the conflicting emotions I felt washed over me in quick waves of love, resentment, confusion. Did I want to help her finish her confession, or make it as tough as possible for her? My eyes warmed, encouraging her. "When I was your age," she said, "I knew I was different, but I didn't know exactly how, or why. I never wanted to date boys. I thought I was a tomboy, or a ___. I didn't know. Then when I went to school and met your dad, he was so kind, and I thought I fell in love, and we got married. But I was wrong, honey." She steeled herself. "I didn't know it until I met Marina. It's her that I love, and she's the one I'm supposed to be with, not your father. I love your father, but it's not the same."

After Mom confessed to me, I spent four years walking an emotional tightrope—I'm still walking it, but my skills have improved with time and training. I began struggling to accept my mom and her lover into my life, while at the same time hiding what they were, for my own peace of mind and theirs, from the intolerant world—not an easy balancing act for a teenage girl to pull off.

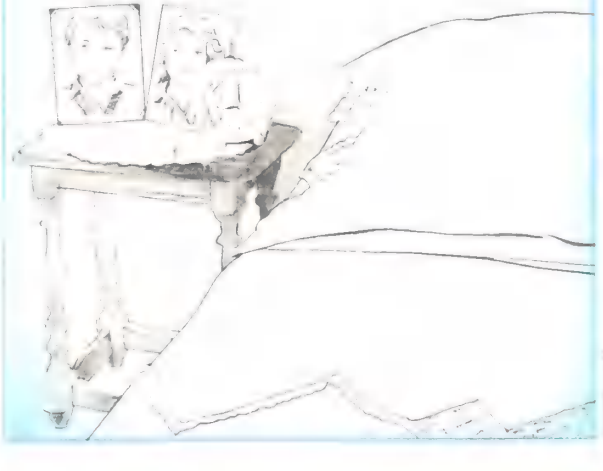
By repressing a lot of confusion, anger and pain, I somehow managed to live through those uneasy years with the big family secret. Teenage life is tough for everyone. Mine just had a special variation, an extra measure of confusion and disorientation thrown in.

It wasn't really until I went away to college that I had a chance to sort things out. Even then, I might never have come to terms with Mom's sexual orientation if I hadn't met and fallen in love with Henry. He came from a very upright, well-to-do family that lived in my college town, about a hundred miles from my home. Since he still lived at home when we met, I got to know his family very quickly. We all liked one another tremendously. He had what I felt I'd lost: a real family life. His happily married mother and father, two younger brothers and a sister all lived at home.

How could I explain my mom to him? How could I take him home to meet my family, and present him to Mom and Marina? The thought made me dizzy.

Luckily for me, I had a good friend I could talk to—my roommate, Ann. She *continued*

She still keeps a framed photograph of Will and me, as kids, on the nightstand by her bed.



Try Jhirmack® Professional Hair Spray and get shakeable hair with unshakeable hold.



"So let the wind blow."

Victoria Principal

Do you want a hair spray that really holds your hair, and still leaves it moving and behaving like hair? Then try Jhirmack Professional Hair Spray.

You see, it's professionally formulated and salon tested to give you a lasting, beautifully manageable hold.

Jhirmack Professional Hair Spray in pump or aerosol leaves your hair feeling soft, healthy looking and full of shine and bounce. In fact, Jhirmack lets your hair feel so natural that it will be your secret you're even using a hair spray.

Choose the formula that's just right for you—regular or extra hold, freshly scented or unscented.

Try Jhirmack Professional Hair Spray. And let the wind blow!

Jhirmack®
The trade secret for beautiful hair.™

Jhirmack is a trademark of Jhirmack Enterprises, Inc., ©1984.

"Say a lot for a little." If you know someone who has done something special, send them the Tickler® Bouquet from your FTD® Florist. The Tickler Bouquet is a fun, inexpensive assortment of fresh, colorful flowers. And it's a great way to say 'nice going.'



Merlin Olsen

Send your thoughts with special care.™

® Registered trademark of Florists' Transworld Delivery Association

A WOMAN TODAY

continued

held me while I broke down and cried about it, for the first time in my life. After that, she admitted that she really didn't know what I should do. That made two of us. Finally, we figured out that I should see a counselor.

I did, and he made me feel better right away by telling me that I wasn't the first person to come to him with this problem. "There are a surprising number of gay people out there with kids," he said. He heard me out on everything—my anger at Mom for loving Marina and not Dad; at Dad for leaving; at Will for his cold indifference to Mom, even though I know how tough it's been on him. I was also ashamed and confused. How dare I resent my mother for being herself? It didn't make sense—it never will—but at least I aired everything out. And in the end, he told me, "Explore and test your own feelings, but when it comes to talking to people who really matter to you, tell the truth. And if his family loves him, they will learn to love and accept you and your family."

Once again, easier said than done. When I called Mom to tell her I was bringing Henry home for dinner, she asked, "Does he know?" I snapped back that he would by the time we got there. "Should Marina be here?" she asked. Mom was going out of her way to make it easy for me, but I was still angry. I didn't like facing up to her reality—to my reality. I felt like saying, "She lives there, doesn't she?" Instead, calming myself, I answered, "It's up to you. But I think so. He has to understand. He *will* understand," I added fiercely, as if I could make sure he'd react in the right way.

Henry was perfect. I waited until we were in the car on the way to tell him. When I did, he said, "What?"—he was a little shocked. But after I explained the whole thing, he shrugged, and said, "Well, I guess that's the way it is, huh?"

I should have known Henry would accept my revelation. Part of me, in falling in love with him, must have sought out someone I knew would understand.

Henry admired the house, my mom's garden, Marina's needlepoint, their library. He acted as if he'd been around middle-aged lesbian couples all his life, which shouldn't have surprised me, really. After all, Mom and Marina are two charming, kind, intelligent women who happen to be in love. They both work at interesting jobs, Mom as a medical transcriber and Marina as a designer. Now I could see them through Henry's eyes, and it really helped.

I left it up to him to explain things to his own family, and I know he did a fine job of it, because his mother asked after mine the next time we met. After I told her Mom was fine, she asked after Marina. A bit flustered, I said, "She's fine, too."

Strange. Having grown up with a lesbian mother and her lover, I feel as if I am much more tolerant than most people. But sometimes, when I see how people react to my mother and Marina, I realize that I am actually faster than most to judge or be embarrassed.

When Henry and I decided to get married, all of this came to a head. I didn't want to deal with the possible ramifications of a big public wedding, and so I pleaded with Henry for an elopement and a civil ceremony.

But Henry's parents would have none of that. We had the ceremony in a church in their town, and the reception at their house. My father gave me away. Almost everybody in both families, plus friends and neighbors, attended. And Marina was there, too, simply as another guest, a friend of the family. Though there was hugging and kissing galore, to avoid creating a scene, Marina and Mom barely said hello. Mom and Dad sat together at the big family table. Everything went right, except that my brother, Will, didn't show up. Instead, he sent a note to Henry's mother explaining that he would be out of town on duty that week. Since he'd joined the Air Force at seventeen, it was a perfect excuse. But it was a lie. He just didn't want to see Mom.

It hurt me that Will couldn't forgive. Yet part of me understands the pain that keeps him away. I know he's unhappy about not having a relationship with Mom, but something in him prevents his opening up to her. It has made him an unhappy man. And it hurts Mom every time she thinks of him. I know she thinks about him a lot, because she still has a picture of Will and me, when we were about eight and ten years old, sitting on the nightstand by her bed. By the bed where she and Marina have slept together every night for nineteen years.

Henry's mom, my mom and Marina are all friends now. Henry's dad is still just a little afraid of them. I suspect he wishes his granddaughter, Linda, had nothing to do with them.

I've been seeing a therapist on and off for a couple of years now, with Henry's complete support. She—Dr. Carter—helps me not only with understanding my feelings about Mom, but also the whole mess of contradictory emotions just about everybody involved in the situation must live with.

Dr. Carter had told me simply to tell my daughter the truth. And so as I faced her gaze, I let the love in my heart find the words to answer her.

"Grandma's *(continued on page 140)*

The best tomato in the store isn't in the produce section.



STORE BOUGHT THE HUNT'S TOMATO

tomato is a tomato
not the Hunt's Tomato.

Not all tomatoes have
ree universities, eight seed
mpanies and eight years
hind them.

But Hunt's does.

It was specially devel-
ed for sweetness. Perfected
r meatiness. It's so red, ripe
d delicious, it makes a pro-
ce tomato green with envy.

The Hunt's Tomato is specially grown for ripeness.

So it stays on the vine for two, even three weeks longer than
e produce tomato. And the entire field-to-factory force of Hunt's
st waits until that tomato is good and ready.

But patience is rewarded. Hunt's® tomato sauce and tomato
ste were chosen the best-tasting of all leading brands.

If you haven't seen a deep red, juicy, firm, sweet ripe tomato
ely, maybe you're looking in the wrong section. You'll find that
mato in every can of Hunt's sauce, paste and whole tomatoes.

And you'll find it's delicious.

© 1984 Hunt-Wesson Foods, Inc.

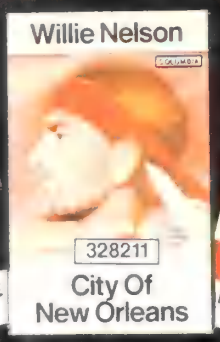
Hunt's. It's a better way to say tomatoes.

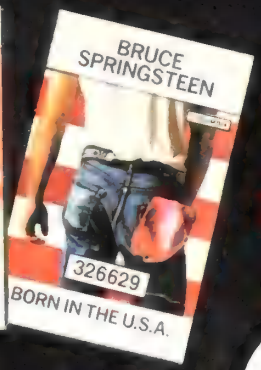



Virginia Slims remembers when
a man had his place and a woman
knew hers.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.


VIRGINIA SLIMS
You've come a long way, baby.
Fashions: Herr-Dor







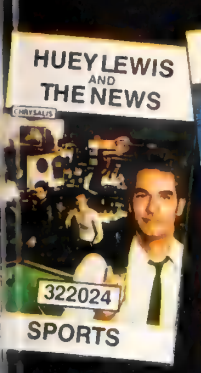
THE BIG 1¢ STEAL

325738* ATLANTIC — RATT — OUT OF THE CELLAR	327858 GEFFEN — ELTON JOHN — Breaking Hearts	328302* CAPITOL — TINA TURNER — PRIVATE DANCER
328856* CBS — PLACIDO DOMINGO — Always In My Heart	329185* A&M — Y&T — In Rock We Trust	328534 WARNER BROS. — THE NITTY GRITTY DIRT BAND — PLAIN DIRT FASHION
328906 EPIC — EXILE — KENTUCKY HEARTS	328955* WARNER BROS. — DIO — The Last In Line	328450 ARISTA — ORIGINAL SOUNDTRACK — GHOSTBUSTERS
327833 POLYDOR — ORIGINAL SOUNDTRACK — BREAKIN'	328484* GEFFEN — WHITESNAKE — SLIDE IT IN	329037* COLUMBIA — Chuck Mangione — DISGUISE
325183 LONDON — DVORAK — NEW WORLD SYMPHONY With CHICAGO SYMPHONY	326082 COLUMBIA — STEVE PERRY — STREET TALK	329011 VIVA RECORDS — DAVID FRIZZELL — SOLO
327296 WARNER BROS. CURB — HANK WILLIAMS, JR. — MAJOR MOVES	326124 WARNER BROS. — GARY MORRIS — FADED BLUE	328997 QWEST — FRANK SINATRA — L.A. IS MY LADY
327148 MOTOWN — THE JACKSON 5 — GREATEST HITS	328351* ELEKTRA — PEABO BRYSON — STRAIGHT FROM THE HEART	328278* CAPITOL — BILLY — SATELLITE
327163* COLUMBIA — ARNOLD SCHWARZENEGGER'S WORKOUT	328336* EMI AMERICA — COREY HART — FIRST DEFENSE	328625 MCA — GLENN FREY — THE ALLNIGHTER
323188* SCOTTI BROS. — EDDIE AND THE CRUISERS	323360* WARNER BROS. — RICHARD PRYOR — HERE AND NOW	328674* ARISTA — KROKUS — THE BLITZ
326835 MCA — MEL TILLIS — NEW PATCHES	321349 COLUMBIA — CRYSTAL GAYLE — Greatest Hits	325928 ATLANTIC — LAURA BRANIGAN — SELF CONTROL
322545 MGD — ORIGINAL SOUNDTRACK — FAME	321331 COLUMBIA — HERBIE HANCOCK — Future Shock	328385 MCA — ORIGINAL SOUNDTRACK — STREETS OF FIRE
318733 ARISTA — MELISSA MANCHESTER'S — GREATEST HITS	323220 COLUMBIA — Barbra Streisand — "YENTL"	327957 MCA — DON WILLIAMS — CAFE CAROLINA
318915 ELEKTRA CURB — Hank Williams, Jr. — STRONG STUFF	323378 WARNER BROS. — EMMYLOU HARRIS — WHITE SHOES	323428 LONDON — MANTOVANI'S — GOLDEN HITS
314047 GEFFEN — ASIA	318154 CAPITOL — DURAN DURAN — RIO	323915 CHRYSALIS — BILLY IDOL — REBEL YELL
324780 CBS MASTERWORKS — BOLLING "SUITE FOR CELLO AND JAZZ PIANO" — YO YO MA BOLLING	319616 COLUMBIA — WILLIE NELSON WAYLON JENNINGS — TAKE IT TO THE LIMIT	326868 EPIC — RONNIE McDOWELL — WILLING
314443 COLUMBIA — NEIL DIAMOND — 12 GREATEST HITS VOL. II	315895 EMI AMERICA — STRAY CATS — Built For Speed	322032 CHRYSALIS — PAT BENATAR — LIVE FROM EARTH
315655 WARNER BROS. — FLEETWOOD MAC — MIRAGE	329516* VIRGIN EPIC — ORIGINAL SOUNDTRACK — ELECTRIC DREAMS	318089 EPIC — MICHAEL JACKSON — THRILLER
322008 ASYLUM — LINDA RONSTADT & THE NELSON RIDDLE ORCHESTRA — WHAT'S NEW	329318* ELEKTRA — Lindsey Buckingham — GO INSANE	318386 COLUMBIA — MARTY ROBBINS — BIGGEST HITS
322198 COLUMBIA — LARRY GATLIN & THE GATLIN BROTHERS BAND — GREATEST HITS, VOL. II	320002 MOTOWN — 25 YEARS OF GRAMMY GREATS — VARIOUS ARTISTS	324418 SIRE — MADONNA
236885 A&M — CARPENTERS — The Singles 1969-1973	318378 ELEKTRA — CONWAY TWITTY — CONWAY'S #1 CLASSICS VOLUME TWO	324327 MCA — JOHN CONLEE'S — GREATEST HITS
323410 WARNER BROS. — JOHNNY LEE — GREATEST HITS	313239 LIBERTY — KENNY ROGERS & DOTTIE WEST — CLASSICS	322099 CASABLANCA — ORIGINAL SOUNDTRACK — FLASHDANCE
138586 COLUMBIA — BOB DYLAN'S — GREATEST HITS	291302 WARNER BROS. — JAMES TAYLOR'S — GREATEST HITS	323121 LONDON — TOM JONES
286914 WARNER BROS. — FLEETWOOD MAC — RUMOURS	322180 EPIC — RICKY SKAGGS — DON'T CHEAT IN OUR HOMETOWN	322438 ATCO — YES — 90125
323386 LIBERTY — Michael Martin Murphey — The Heart Never Lies	260638 COLUMBIA — CHICAGO IX — CHICAGO'S GREATEST HITS	322172 WARNER BROS. — EDDIE RABBITT — Greatest Hits, Vol. II
286740 ASYLUM — LINDA RONSTADT'S — GREATEST HITS	317800 CAPITOL — LITTLE RIVER BAND — GREATEST HITS	312926 FIRST AMERICAN — PAUL ANKA LIVE — BLACK TIE
319541 MCA — ELTON JOHN'S — GREATEST HITS	317149 PALLADIUM EPIC — DAN FOLGELBERG — GREATEST HITS	316992 MOTOWN — LIONEL RICHIE
319178 EPIC — TAMMY WYNETTE — BIGGEST HITS	290916 COLUMBIA ARC — THE BEST OF EARTH WIND AND FIRE VOL. I	319608 COLUMBIA — MEN AT WORK — CARGO
287003 ASYLUM — EAGLES 1971-1975 — Their Greatest Hits	264995 CAPITOL — BEST OF THE BEACH BOYS	246868 LIFESONG — JIM CROCE PHOTOGRAPHS & MEMORIES — HIS GREATEST HITS
313734 COLUMBIA — WILLIE NELSON — ALWAYS ON MY MIND	317768 ASYLUM — EAGLES GREATEST HITS - VOLUME 2	313445 GEFFEN — JOHN LENNON — YOKO ONO DOUBLE FANTASY
318303 EPIC VIRGIN — CULTURE CLUB — KISSING TO BE CLEVER	324764 COLUMBIA — RAY CONNIFF'S — GREATEST HITS	321851 COLUMBIA MASTERWORKS — WYNTON MARSALIS — HAYDN/HUMMEL/L. MOZART TRUMPET CONCERTOS
326892 EPIC — MERLE HAGGARD — IT'S ALL IN THE GAME	324863 WARNER BROS. — CHRISTINE — Mc VIE	326512 MCA — NIGHT RANGER — Midnight Madness
325803 IRS — GO-GO'S — TALK SHOW	326609 CAPITOL — JUICE NEWTON — GREATEST HITS	326348 A&M — SERGIO MENDES — CONFETTI



TAKE ANY 11 ALBUMS FOR A PENNY. plus shipping and handling
THEN TAKE A 12TH ONE FREE!

when you join the Columbia Record & Tape Club and agree to buy 8 more selections (at regular Club prices) in the coming 3 years

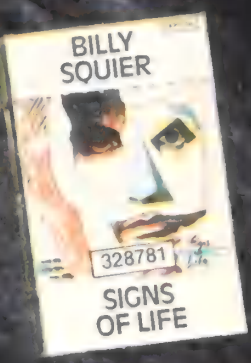












29508* SURVIVOR — *VITAL SIGNS*
328930* JOHN WAITE — *NO BRAKES*
327304 THE JACKSONS — *VICTORY*
327551 PAVAROTTI — *MAMMA*
327988* SCANDAL — *WARRIOR*
328658 JULIO IGLESIAS — 1100 Bel Air Place

35 OAK RIDGE BOYS — *BOBBIE SUE*
328583 A FLOCK OF SEAGULLS — *THE STORY OF A YOUNG HEART*
329029 Charly McClain — CHARLY
327288 *CHICAGO* — 17
328963 RICK JAMES — *REFLECTIONS*
327916* FASTWAY — *ALL FIRED UP*

8989 *BOX OF FROGS*
327866 MOE BANDY & JOE STAMPLEY — GOOD OL' BOYS—*ALIVE AND WELL*
328948* SHEILA E. — *IN THE GLAMOROUS LIFE*
327544 Statler Brothers — ATLANTA BLUE
328708 JANIE FRICKE — *THE FIRST WORD IN MEMORY*
329268 HERB ALPERT & THE TIJUANA BRASS — *BULLISH*

7767 *BEAT STREET,* VOLUME 1
327734 MICHAEL JACKSON — Farewell My Summer Love
328054* BACH'S TOP — KAPP'S PHILHARMONIA VIRTUOSI NY
328237 RAY CHARLES — *FRIENDSHIP*
325852 RUSH — *GRACE UNDER PRESSURE*
329250 KAREN BROOKS — *HEARTS ON FIRE*

7817 CONWAY TWITTY — *BY HEART*
325845 SCORPIONS — Love At First Sting
328229 MICKEY GILLEY — I DO GOOD TO STOP HOW
326736* R.E.M. — *RECKONING*
325662 KENNY ROGERS with KIM CARNES, SHEENA EASTON AND DOTTIE WEST
329243 JOHN ANDERSON — Eye Of A Hurricane

363 JOHN WILLIAMS, COMPOSER — *STAR WARS TRILOGY*
325886* LIONA BOYD — *LIVE IN TOKYO*
323899 THE BEST OF — THE ALAN PARSONS PROJECT
326645* EDDY GRANT — Going For Broke
325233 LIBERACE — *LIVE WITH THE LONDON PHILHARMONIC*
329169 TCHAIKOVSKY — SYMPHONY NO. 4 Maazel, Cleveland Orch.

475 PRETENDERS — Learning To Crawl
325910 JOE JACKSON — *BODY AND SOUL*
323279 BARRY MANILOW — Greatest Hits VOL. II
322958 DAN FOGELBERG — Windows & Walls
324954 THOMPSON TWINS — *INTO THE GAP*
328294 THE WHITES — *FOREVER YOU*

433* STEPHEN STILLS — *RIGHT BY YOU*
319822 DAVID BOWIE — *LETS DANCE*
323162 GENESIS
322933* EDDIE MURPHY: — *COMEDIAN*
321018 BILLY JOEL — An Innocent Man
323261 LIONEL RICHIE — Can't Slow Down

116 DAVID ALLAN COE — *JUST DIVORCED*
324871* ROCKWELL — Somebody's Watching Me
326850 GEORGE JONES — YOU'VE STILL GOT A PLACE IN MY HEART
322909 Hank Williams, Jr. — MAN OF STEEL
321307 AIR SUPPLY — *GREATEST HITS*
322842* CULTURE CLUB — Colour By Numbers

702* DENIECE WILLIAMS — *LET'S HEAR IT FOR THE BOY*
324897 VIVALDI — THE 4 SEASONS — MAAZEL · FRENCH NAT'L ORCH
325217* WANG CHUNG — Points On The Curve
319624 ZZ TOP — *ELIMINATOR*
324301 Barbara Mandrell — SPUN GOLD
324384 JOHNNY MATHIS — A Special Part Of Me

57* GORDON JENKINS — *FRANCE*
323022 ANNE MURRAY — A Little Good News
317990 MERLE HAGGARD & WILLIE NELSON — *PONCHO AND LEFTY*
313049 Barbra Streisand — MEMORIES
323402 CRYSTAL GAYLE — Cage The Songbird
326900 REBA McENTIRE — Just A Little Love

26942 *JERMAINE JACKSON*
319566 AL JARREAU — *JARREAU*
311738 THE DOOBIE BROTHERS — The Best Of The Doobies VOLUME I
329417* NAKED EYES — Fuel For The Fire
318352 JOURNEY — *FRONTIERS*
326355 VERN GOSDIN — There Is A Season

683 ARTHUR FIEDLER AND THE BOSTON POPS — *GREATEST HITS*
319558 ELTON JOHN'S — Greatest Hits, Vol. 2
323840 CHARLY McCLAIN — *THE WOMAN IN ME*
329342 PETER WOLF — *LIGHTS OUT*
306589 LINDA RONSTADT — GREATEST HITS, VOL. 2
323337 ORIGINAL SOUNDTRACK — *THE BIG CHILL*

75 OZZY OSBOURNE — Bark At The Moon
325266 BEST OF — DON WILLIAMS
324434 GEORGE STRAIT — *RIGHT OR WRONG*
325704 MICKEY GILLEY — CHARLY McCLAIN *IT TAKES BELIEVERS*
311761 QUEEN — GREATEST HITS
320770 STEVIE NICKS — *THE WILD HEART*

22412 JOHN COUGAR MELLENCAMP — *UH HUH*
329367* HEIX—WALKIN' — The Razor's Edge
315176 TOTO — *TOTO IV*
323139 ENGELBERT HUMPERDINCK — *HIS GREATEST HITS*
326827 [illegible] RAY — *MAGIC*
320499 THE POLICE — *SYNCHRONICITY*

23 "Every Great Motown Hit Of MARVIN GAYE"
329425* CONNIE FRANCIS — *GREATEST HITS*
314708 JOHN COUGAR — *AMERICAN FOOL*
319590 MARTY ROBBINS — *SOME MEMORIES JUST WON'T DIE*
324657 VARIOUS ARTISTS — 13 Original JAMES BOND Themes
324293 The Oak Ridge Boys — DELIVER

4 MOTLEY CRUE — *SHOUT AT THE DEVIL*
319962 LOVERBOY — *KEEP IT UP*
323295 THE KENDALLS — *MOVIN' TRAIN*
317412 DIONNE WARWICK — *HEARTBREAKER*
306241 THE DOORS — *GREATEST HITS*
324632 JUDAS PRIEST — DEFENDERS OF THE FAITH

93 LARRY GATLIN & THE GATLIN BROTHERS BAND — *HOUSTON TO DENVER*
323774 KENNY ROGERS — 20 Greatest Hits
318550 DEF LEPPARD — *PYROMANIA*
318626 WILLIE NELSON — *TOUGHER THAN LEATHER*
324277 JOHN CONLEE — *IN MY EYES*
324921 ORIGINAL SOUNDTRACK — *FOOTLOOSE*

039* BRAHMS: SYM. NO. 3; HAYDN VARIATIONS MEHTA, NY PHILHARMONIC
328492 GLEN CAMPBELL — *LETTER TO HOME*
328831* *BANANARAMA*
328369* TWISTED SISTER — *STAY HUNGRY*
324582 VAN HALEN — *1984*
328682 LEE GREENWOOD — YOU'VE GOT A GOOD LOVE COMIN'

0 *THE BEST OF MICHAEL JACKSON*
328914* SPANDAU BALLET — *PARADE*
329003 SAMMY HAGAR — *VOA*
328898* HERBIE HANCOCK — *SOUND-SYSTEM*
328427 PLATINUM & GOLD — 16 TOP HITS FROM 16 TOP STARS
328559 VARIOUS ARTISTS — *MUSICAL MEMORIES WITH LAWRENCE WELK*

ytime you can get 11 records or tapes for a nny—*that's* a steal! And *that's* exactly what you if you join the Columbia Record & Tape Club ler this offer. To get any 11 of these albums right ay, simply fill in and mail the application together n your check or money order for $1.86 as payment t's 1¢ for your first 11 selections, plus $1.85 to er shipping and handling). In exchange, you sim- agree to buy 8 more tapes or records (at regular b prices) in the next three years—and you may icel membership at any time after doing so.

v the Club operates: every four weeks (13 times a r) you'll receive the Club's music magazine, which cribes the Selection of the Month for each musi- interest...plus hundreds of alternates from every d of music. In addition, up to six times a year you r receive offers of Special Selections, usually at a count off regular Club prices, for a total of up to 19 ing opportunities.

you wish to receive the Selection of the Month or Special Selection, you need do nothing—it will be ped automatically. If you'd prefer an alternate ction, or none at all, fill in the response card ays provided and mail it by the date specified. You always have at least 10 days to make your sion. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense.

The tapes and records you order during your membership will be billed at regular Club prices, which currently are $7.98 to $9.98—plus shipping and handling. (Multiple-unit sets and Double Selections may be somewhat higher). And if you decide to continue as a member after completing your enrollment agreement, you'll be eligible for our generous money-saving bonus plan.

10-Day Free Trial: we'll send details of the Club's operation with your introductory shipment. If you are not satisfied for any reason whatsoever, just return everything within 10 days for a full refund and you will have no further obligation. So act now!

Special Start-Your-Membership-Now Offer: you may *also* choose your first selection right now—and we'll give it to you for at least 60% off regular Club prices (only $2.99). Enclose payment now and you'll receive it with your 11 introductory selections. This discount purchase reduces your membership obligation immediately—you'll then be required to buy just 7 more selections (instead of 8) in the next three years. Just check the box in the application and fill in number of the selection you want.

If the application is missing please write to Columbia Record & Tape Club, Dept. 642-BJ, Terre Haute, Ind. 47811

SELECTIONS WITH TWO NUMBERS ARE 2-RECORD SETS OR DOUBLE-LENGTH TAPES, AND COUNT AS TWO SELECTIONS—WRITE EACH NUMBER IN A SEPARATE BOX

312892 392894 GEORGE BENSON — COLLECTION
324848 394841 PRINCE — 1999
307447 397448 Lynyrd Skynyrd Band — GOLD & PLATINUM
328575* 398578* *JANE FONDA'S WORKOUT RECORD*
323030 393033 24 of Hank Williams — Greatest Hits
328286* 398289 SPYRO GYRA — *Access All Areas*
329300 399303 EVERLY BROTHERS — 24 Original Classics
310219 390211 JOHNNY MATHIS — THE FIRST 25 YEARS — SILVER ANNIVERSARY ALBUM
318337* 398339 ORIGINAL BROADWAY CAST — CATS
311373 391375 LENA HORNE: — THE LADY AND HER MUSIC
327213 397216 Playboy Jazz Festival
329292 399295 DION — AND THE BELMONTS / ORIGINAL CLASSICS
288670 398677 BARRY MANILOW — GREATEST HITS
325951 395954 COLLECTOR'S RECORDS — OF THE 50's & 60's VOLUME 19 / VOLUME 20
323196 393199 Ferrante & Teicher — 30TH ANNIVERSARY ON STAGE
313221 393223 SHIRLEY BASSEY — GREATEST HITS
311001 391003 WILLIE — GREATEST HITS (AND SOME THAT WILL BE)
318832 398834 ROGER WILLIAMS — *IVORY IMPACT*
324053 394056 VARIOUS ARTISTS — OLDIES BUT GOODIES FROM THE RADIO
312488* 392480 BIG BANDS' GREATEST HITS
317859 397851 ABBA — The Singles, THE FIRST TEN YEARS
313650 393652 SIMON & GARFUNKEL — THE CONCERT IN CENTRAL PARK

*Available on records and cassettes only

© 1984 Columbia House

Beauty Journal



Dollarwise guide to makeup, how computers can make you more beautiful, a super back stretch, new product notes

Where to put your makeup dollars

Is there really a difference between the $3.49 lipstick and the $9.50 one? Does it make sense to spend $15 on foundation? To find out the answers, we talked to three makeup artists—Colin Booker, Mariella Smith-Masters and Wendy Whitelaw. In general, they agreed that it's not the fancy packaging or prices that make great makeup but the color choices offered. Where a natural look is most important—with foundation, powder, blush—it can be beneficial to invest in costlier brands that have more subtle, natural shading. When it comes to mascara, however, the inexpensive brands work just fine. (All three of our makeup pros recommended Maybelline—Great Lash, $2.95, or Ultra-Big, Ultra Lash, $2.75.) Inexpensive eyeshadows and lipsticks were also recommended by our three experts. In fact, the less expensive brands may offer an even wider range of color choices. And the lower prices allow you the luxury of being frivolous—trying new shades just for the fun of it without risking a great deal of money. Below, more of our trio's personal tips.

Colin Booker Use Johnson & Johnson Baby Powder instead of expensive loose translucent powder. It's a money-saving idea that works on all but very tan or dark skins.

Wendy Whitelaw Some of the more expensive brands of lipstick are very emollient. A drier consistency won't smear and often lasts longer. One of her favorites—Revlon Super Lustrous Lipstick ($3.85, available in 32 colors). If you want a more emollient formula, she recommends Moon Drops Moisture Creme Lipstick ($3.95, 51 colors).

Mariella Smith-Masters When choosing eye pencils, smell the tips. Pencils with a strong smell contain ingredients that might irritate your eyes. One of her preferences—Cover Girl Pro-Lining Pencil. It's gentle and easy to use, with a sponge tip for blending, smudging ($2.50, 12 colors). Another tip: Instead of powder blush, Mariella uses lip pencil on her cheeks, drawing it on in little circles, then blending in thoroughly with her fingers.

The beauty of today's computers

The marvels of push-button computer technology have come to the beauty industry. In stores and salons across the country, special computers analyze skin, hair and makeup. The precise perm-processing time, the perfect coloring formula, the correct makeup shade can be determined in a flash. Revlon, Elizabeth Arden and Shiseido are three companies that have entered this brave new world of computers. Check for their counters in selected stores and salons in major cities across the country.

BEAUTY BRIEFS

- *Stylishly yours: Get volume, fullness with Clairol's new Body Builder thermal styling wand. $14.99.*
- *Polish perfection: Neat idea from Aziza, The Polishing Pen Automatic Nailcolor glides on smoothly. $3.50.*
- *Skin saver: Ruvelle's Hot/Derm Deep Penetrating Moisturizer revitalizes outer skin* and *the layer underneath. $3.99 for 4 packets.*



Diane Teske Harris



New Moisture Whip® Natural Blush brings out your natural glow.

Brush on a look that's as fresh and natural as all outdoors. New Moisture Whip® Natural Blush. Rich, rounded-up colors and a natural bristle brush. It's a fresh new way to bring out your natural glow.



Moisture Whip® Maybelline®

Stefanie Powers' SUPERLIFE

The elegant star talks frankly about her career after Hart to Hart, what's great about her life today . . . and the one thing she's missing.

By Doris Bacon

PLUS:

A bonus excerpt from her new fitness book



Beautiful, vivacious redhead seeks adventurous, committed, secure, strong and sensitive man with many interests. Must be equally at home in California or Kenya, love tigers and other wild animals, have insatiable curiosity and fit into the Hollywood social scene.

Stefanie Powers hasn't resorted to the personals ads yet to find her ideal man, but if she did, her ad might sound like that. And though there's no doubt she'd get lots of replies, so far the position remains unfilled. Although the popular forty-three-year-old television actress meets many interesting men in her round-the-world travels, she laments that "all the good ones are married."

But she certainly has not given up. "Listen, I live in the hope that I'm going to meet somebody," she says with a laugh. "I haven't found anything in three years that could turn into a relationship, but it can't go on like this forever."

It's not, of course, that Stefanie is sitting around with nothing to do. In fact, in the last year, she's been so busy with her book—*Stefanie (continued)*

Lichfield



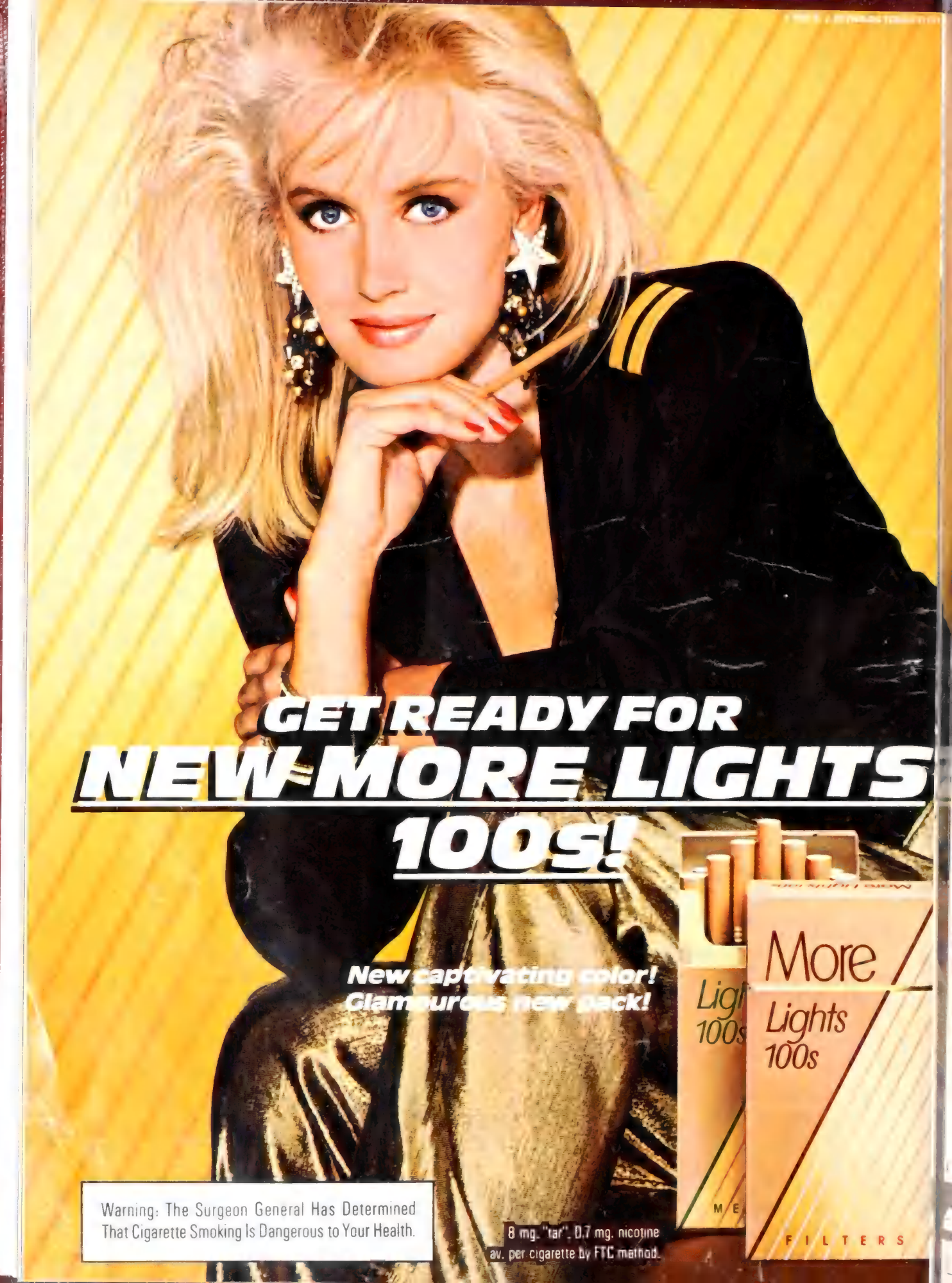
ULTRA SENSE®
The look and feeling of luxury.

Ultra Sense, the luxurious panty hose from No nonsense®. They look marvelous and feel deliciously smooth on your legs.

that's ULTRA SENSE PANTY HOSE

No nonsense™

1984 No Nonsense Fashions, Inc. Made with DuPont Lycra®.


GET READY FOR
NEW-MORE LIGHTS
100s!
New captivating color!
Glamourous new pack!
More
Lights
100s
FILTERS
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

STEFANIE POWERS
continued

Powers Superlife System (an excerpt appears below)—her post-*Hart to Hart* projects and her other interests that she hardly has room to squeeze in another activity. "You know, if I met exactly the right man tomorrow, I wouldn't have an hour to spend with him," she jokes.

Her friends marvel at her energy—whether she's shooting a movie, jetting to Africa, putting her limber body through her exercise regimen or entertaining a tiger. Stefanie Powers is the kind of totally adaptable person, says her former co-star Robert Wagner, who "can be knee-deep in horse manure on a ranch in the morning and walk into a black-tie dinner at night."

Or, as her good friend Tom Mankiewicz says, "Stef is someone who never goes into the shallow end of the pool. She never goes into anything halfway!"

Witness a day in her life when she was working on her fitness book and filming *Mistral's Daughter*: "Stefanie went to the studio at five-thirty in the morning, worked all day on action shots and then practiced a bit of polo [in preparation for a wildlife benefit]," recalls Judy Quine, her co-author and longtime friend. At ten that night she had a photo session to promote the book, followed by an ideas meeting. "We finished about eleven-thirty," *(continued)*

Stefanie's SUPERLIFE STRETCHES

Stefanie Powers believes that exercise should provide a woman with a sense of accomplishment and gratification. To stay fit, Stefanie maintains a personal routine consisting of a combination of karate and other Eastern disciplines—a program that she calls Superlife. Here are three of Stefanie's energizing Superlife stretches, which are especially effective when done as wake-up exercises first thing in the morning.

To increase the benefits of the stretches, pay special attention to the techniques of breathing and visualization (see the sidebar at right), which are also discussed in conjunction with each exercise.

THE FLOWER

Benefits: Yawn and stretch opens chest cavity and diaphragm.
Visualization: See yourself as the flower that must slowly open to be nourished by all the light it can take in throughout the day. Your arms are petals in slow motion. Your body is your root to the earth.
Breathing: Inhale slowly and fully until arms are above your head, then exhale long and deeply (try yawning) as you open the petals of the flower and allow them to separate.
1. Sit on bed or floor with head down and legs folded in front of you, one hand resting on the other in lap.
2. Keeping head down, with wrists crossed, raise arms forward.
3. Keeping your wrists crossed, raise head and arms until head is straight and arms are high over head (A).
4. Let head fall back as arms separate, opening like flower petals.
5. Lower arms slowly, opening totally to the light of day, and return to starting position.
Repetitions: Do one complete movement to a slow count of 30. Hold 5 counts at start, then 5 with hands over face, 5 with arms up, 5 with arms separating, 5 as arms slowly lower, and 5 back at starting position.
Note: Really push the petals open so you can feel the energy in your arms. The more energy you invest, the more you will get from the exercise.


A


B

TOUCH THE SUN

Benefits: Expands shoulder and neck mobility, stretches arms.
Visualization: Reach, imagining that the sun is high above each shoulder.
Breathing: Inhale slowly and deeply when hands and knees are on floor. Exhale slowly as you reach up to stretch behind you with either hand.
1. On floor or bed, get on hands and knees. Back should be straight, with head up and eyes forward.
2. Follow left arm with eyes as you raise it up and back as high and far behind left shoulder as possible (B).
3. Return to starting position to follow right arm with eyes as you raise it up to reach for the sun.
Repetitions: Alternating arms, 10 times on each side.

THE CALENDAR GIRL (FOUR-WAY STRETCH)

Benefits: Unlocks tension in shoulders, spine, hips and legs.
Visualization: Visualize your own beautiful elongated form.
Breathing: Inhale through your nose as you lie still; exhale each time you stretch into the next position.
1. On floor or bed lie flat on your back, legs straight, arms outstretched.
2. Cross bent right knee over left hip. Exhale as you stretch down with left foot. Do not roll over; instead, inhale and feel expansion in middle of back.
3. Exhale slowly, bringing right arm up over head to stretch upward with arm and downward with left foot. Imagine your body pulling four ways—to both sides as well as up and down, simultaneously.
4. Return to starting position; inhale.
Repetitions: Once on each side.

Superlife Techniques

Key Breathing. Most people don't know how important, even crucial, proper breathing is in our lives. Here is how one should breathe to increase one's life force and decrease stress. Inhale for a count of five. Let your shoulders and your chest rise up, feel your rib cage expand and your abdomen move outward. As you exhale for a count of 10 to 15, utter a big sigh of relief and let the breath go out as long and as far as you can. Feel your shoulders loosen, your chest go inward, your back and pelvis relax. At the end of the exhalation, you may even feel a sensation—like a current of positive energy—travel through your torso, through your arms and hands, legs and feet.

Use this relaxation technique whenever you need it. Key breathing is especially effective when used with the Superlife Stretches.

Visualization. Learning how to visualize and using that technique when you exercise is the key to getting the maximum benefits from your exercise time and to building a positive self-image.

You can use visualization in different ways. Try the exercises described at left and imagine yourself performing them with precision; or see a target that your hands and feet might reach for; or capture a feeling that you can project into your body. You will be exercising and creating a positive self-image at the same time.

When you use visualization to feel good about yourself it can change the way you look and feel, and that in turn changes the way you are perceived by others.

Copyright © 1985 by Yoakum Valley Productions, Inc. and Balaban & Quine, Inc. From the forthcoming book STEFANIE POWERS SUPERLIFE PROGRAM, by Stefanie Powers and Judy Quine, to be published by Simon & Schuster, Inc. Printed by permission.

© 1984 THE CLOROX COMPANY

60% SAND vs. 0% SAND

Most scouring powders contain harsh, scratchy sand.

Soft Scrub's milder abrasives clean like a scouring powder without scratching like one.

USE ONLY AS DIRECTED

SCOURING POWDER

Soft Scrub cleanser WITH MILD ABRASIVE

STEFANIE POWERS

continued

says Quine, "and I asked if we could discuss a few more ideas I had for the book tomorrow. She said, 'What about now?' and we worked until one in the morning. She still had plenty of energy."

This frenetic pace, of course, is partly responsible for the lull in Stefanie's lovelife. Contrary to what the public might imagine, actresses have a tougher time than most women in building a social life, she says. "I think it should be made clear," she emphasizes, "that the grass is always greener. You get people saying, 'You're an actress and you've got all these men. . . .' But I'm not interested in having thousands of men. It's a very exciting life and very consuming, but it's an odd life when one tries to put a relationship into it. I don't know how to do it.

"We're specialists. We make movies. That's what we do for a living," she continues. "But we also have the extraordinary ability to have access to all sorts of fascinating societies. We have doors opened around the world that most people find shut. We're privileged to do a lot of wonderful things other people don't get to do. And my curiosity is insatiable. I'm a victim of my own curiosity. But it does get lonely, I must say.

"I was thinking the other day," she says, "it's not that I don't get around. It's just that, you know, I'm always in weird places. You can find men in weird places. But they don't always understand the movie industry. It's very difficult to have diversified interests—because it's difficult to have a relationship with someone who isn't equally interested.

"I do meet a lot of men in my travels," she explains. "But I've worked too many years to achieve the little success I have—the choice of roles, the ability to choose—to throw it all over, abandon it. I have no intention of abandoning my career until my career abandons me. So a man has to fit into all that."

But Stefanie realizes it will be rough to find a man who can fit into the tight community of people in the entertainment business. "There is a clannishness about Hollywood, an insular quality that is very difficult to penetrate if you are not a part of it," she admits. "I don't think a husband of mine would be happy at Hollywood dinner parties if people ignored him because he wasn't in the business—no matter if his business was much more fascinating than mine. I think it would be very difficult for a man outside the business to cope with the clannishness.

"On the other hand, if I were marrie to an actor, he'd have to appreciate m interests in other parts of the world. I'm very committed to them. Let's say he wa working and I wasn't. Would he appreci ate my flying off to Africa or China i the little spare time I have? If he share my interests, maybe. But the motion pic ture and television businessis not steadi ly scheduled work. Would his month off jibe with mine? And if they didn't what would happen to the marriage?"

Has Stefanie ever met anyone wh satisfies all these criteria, or does sh hope to in the future? "There are me who seem to have it all in hand," sh says, "but those I've met are marrie and intend to stay that way. And I hav no intention of having a relationshi with a married man. That's a dead end.

Her closest friends say (and Stefani agrees) that it has not been easy findin a man to take William Holden's place i her life. "I knew Bill since I was a ki and he was making pictures at Para mount," says Judy Quine. "He was th most wonderful person, and she cer tainly knew what kinds of problems h had. The balance, caring as much as sh did for him, was enormously courageous It's hard to follow up."

In any case, even relationships tha seemed to hold promise have faded

Early last year, a wealthy Oklahoma banker flew to California and wangled an introduction, reports a friend. "He was very handsome, very rich. He was divorced and just dying to meet her. They seemed to hit it off and appeared very smitten with each other. But it ended quickly, and that was that."

Stefanie's reported fling with English actor Timothy Dalton, thirty-eight, also attracted public attention briefly—particularly since he is five years younger than she. But Stefanie bridles when the age difference is brought up. (She has, in the past, had a tendency to shave a year or two from her age. Two years ago, she told me she was two years younger than she really is and admitted her true age, reluctantly, only when confronted by my research.)

"Does it matter that he's a few years younger than I? I've never thought of that. I don't think age matters at all," she says firmly. "It's just the compatibility of two people. I don't know why people are always trying to pin you down by age, trying to make you conform to some image they have of women at a certain age. You don't hear as much about men's age. When it comes to men, they seem to be judged more by what they bring to a relationship than by their chronological age."

In any case, it was miles, not years, that seem to have come between the actress and her co-star from *Mistral's Daughter*. Today, she downplays their relationship and says only that Dalton is "in England, and we keep in touch from time to time, just like any friends.

"Timothy is a delightful man, lots of fun," she continues. "We had a wonderful time doing *Mistral's Daughter* together. But he's just come off a longtime relationship [with Vanessa Redgrave] and has his own life and future to sort out—as do I.

"Those tabloid accounts of our 'romance' are so laughable. How could any of them know how we feel about each other? You can make a big thing of it when we're both in the same photograph or television movie. But when he's in London and I'm here in Hollywood—well, that's a pretty poor way to conduct a love affair. You can't conduct a real relationship with a person if you're separated by eight thousand miles."

Friends speculate that what Stefanie needs is "a strong man, stronger than she." But given her own strength, it's a requirement that won't be easy to fill.

"I've got to admit I can be a very strong lady—at least as far as my work and other interests are concerned," she says. "But I don't want to assume the dominant role in a relationship. I need the kind of man who is secure enough to follow his own interests without submerging them in mine."



Her hesitancy about marriage is also an obstacle. There have been rumors that she planned to wed Mankiewicz, her friend of twenty years, but both deny it, saying they are simply close friends and partners (in raising Arabian horses). It's almost as if Stefanie has put off-limits the people to whom she is really the closest—like Mankiewicz or Robert Wagner. "I've probably spent more time with Stefanie than with any other woman I've ever known—more than with my mother, I think," Wagner says. "I've held her in my arms when she's been crying and when she's been laughing her head off. I have a lot of respect, great friendship, for her."

Friendship also stands in the way of romance with the men Stefanie meets during her African travels. "Someone who is doing productive work in Africa is not going to want to enclose himself in the insular world of Hollywood. And most of my friends in Africa were friends of Bill's, or of Bill's and mine, so there is no question of a relationship with people I've known for ten years or more. It's all too incestuous there. I know everybody too well."

Perhaps Stefanie's unpleasant memories of married life also keep her single. "Her only marriage, to actor Gary Lockwood, was a disaster," says a friend. "A lot *(continued on page 148)*

By Beth Weinhouse

MEDINEWS

The latest findings to keep your family healthy



Shirley Kaneda

Women and iron: Maintaining the balance

It's *iron*-ic that liver and spinach—probably the two most maligned foods in our culture—are also two of the most iron-rich. The fact is, many people do not consume enough iron. Women especially risk not getting enough iron, since they require more than men. There are ways, however, to help the body absorb more iron from the diet.

Dr. Elaine Monsen, professor of medicine at the University of Washington, explains that there are two forms of iron: heme and non-heme. About 40 percent of the iron in meat, poultry and fish is heme iron, and people can absorb this iron at a fairly high rate. But the other 60 percent, as well as the iron in plant foods, is non-heme iron, which people absorb at a much lower rate. To increase your absorption of non-heme iron, Dr. Monsen recommends that you:

- Eat something containing ascorbic acid (vitamin C) along with a meal containing iron-rich foods. Putting tomato on a hamburger, for example, will help the body absorb iron from the burger and the bun. So will drinking a glass of citrus juice along with your meal.
- Eat meat, poultry or fish along with iron-rich foods. The meat helps absorb the non-heme iron in the accompanying vegetables, grains or legumes.
- Avoid tea if you're trying to increase your iron absorption. (Tea will reduce the body's iron uptake.)
- Keep in mind that excessive use of aspirin, frequent and heavy menstrual flow (which sometimes occurs in women with IUDs), pregnancy and recovery from disease all increase the amount of iron needed by the body.

Free Medi-Card for emergencies

In a life-threatening emergency or acci dent, it's important to carry identifica tion and medical information that wil speak for you when you can't speak fo yourself. Knowing their patients' medi cal histories can help professionals sav lives. In fact, organizations such as th American Red Cross and the Americar Medical Association recommend tha *everyone* carry some sort of emergency medical identification.

If you've postponed obtaining such identification because of the cost or the inconvenience, procrastinate no longer *LHJ* readers can obtain a free Medi Card—a small metal tag that clips on to a watchband and alerts medical pro fessionals to the presence of an emer gency medical card carried in a purs or wallet. Readers may obtain both th Medi-Card tag and wallet card by send ing a self-addressed, stamped, busi ness-sized envelope to: Medi-Card, c/ Watchband Calendar Corporation, De partment LHJ, P.O. Box 66425, Los An geles, CA 90066-0425. Please reques each Medi-Card individually.

Cold or flu? How to tell

When a winter "bug" hits, most people can't tell whether they have a cold or the flu. Both ailments are caused by viruses, but they are very different diseases, with different symptoms and treatments. The influenza virus is a specific organism (although there are several different strains), while there are more than one hundred viruses (called "rhinoviruses") that cause the common cold. Knowing how to tell the difference between cold and flu can be the key to proper treatment and quicker recovery. The following chart was provided by Du Pont Pharmaceuticals:

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic (102–104°F); sudden onset, lasts 3 to 4 days
Headache	Rare	Prominent
General aches	Slight	Usual; often severe
Fatigue and weakness	Quite mild	Extreme; can last 3 weeks
Prostration	Never	Early and prominent
Runny, stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Usual; can become severe
COMPLICATIONS	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
PREVENTION	None	Ask your doctor about annual vaccination and oral antiviral amantadine
TREATMENT	Temporary symptomatic relief only	Ask your doctor about oral amantadine



PUMP MORE FUN



NTO FIGHTING CAVITIES!

INTRODUCING THE COLGATE PUMP



Meet the very neat, new Colgate Pump. Kids love to push the button, and watch the toothpaste come out neat and easy. Moms, of course, love the MFP* fluoride. And everyone loves the great, minty fresh taste of Colgate!

Two great tastes. Maximum Fluoride Protection . . . At Your Fingertips.

"Colgate" with MFP* fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. See your dentist, limit sweet snacks, brush regularly with Colgate. © 1984, Colgate-Palmolive Company

STRESS

Why life's little hassles can be your biggest problem —and what you must do about them! By Flora Davis

You get stuck in traffic . . . lose your wallet . . . have a fight with your husband. These are everyday hassles—they're upsetting at the time, but trivial in the long run.

Or are they? Most people are used to the idea that when their lives are in turmoil, they're more likely to get sick. Yet now some psychologists are suggesting that when hassles pile up—inflicting a kind of constant "micro-stress"—they can actually be more of a health hazard than a major trauma such as divorce or a death in the family.

How can any kind of stress affect you physically? After years of study, scientists finally have some solid answers to that question. They've proved, for instance, that stress can increase cholesterol in the bloodstream and acid in the stomach. It can also depress the immune system so fewer disease-fighting white blood cells are produced, which means that the body's resistance to viruses and infections is lowered. One study showed that men whose wives had died had a weakened immune response for several months afterward.

Although the effects of stress in general have been scrutinized for some time, psychologist Richard Lazarus, Ph.D., and his colleagues at the University of California at Berkeley, were among the first to chart and study the impact of daily hassles on individuals. Recently, they asked one hundred middle-class, middle-aged men and women to fill out questionnaires over the course of a year, including a monthly checklist of 117 common irritations. Typical problems in the study included: not enough time for the family; losing things; not getting enough rest; commuting in heavy traffic; an overload of work; friction with a co-worker. People checked off the tensions they had experienced during the previous month and indicated how often each had occurred, as well as how severe the stress had been. At the beginning and end of the study, the subjects also answered questions about their health. Lazarus and his colleagues found that those who experienced the most hassles had poorer physical and mental health. In fact, summing up his results, he wrote, "Daily hassles . . . may have a greater effect on our moods and our health than the major misfortunes of life."

Can it really be true that life's molehills have a more significant aggregate effect than its mountains? Early stress research concentrated almost entirely on major life changes. Hundreds of studies were made using a scale—by now familiar to many Americans—that lists forty-three changes and assigns a numerical value to each. Death of a spouse tops the list at 100 points, and the list goes on to include being fired and retiring. People who score higher than 300 on the scale for a given year are supposedly having a crisis and are more apt to develop a stress-related illness. However, as research results accumulated, it became clear that factors other than a life trauma were involved. Researchers had a suspicion that the minor irritations that resulted from major life changes contributed greatly to an individual's problems.

For instance: If you get a divorce (a life change), you're under stress for many reasons. On one level, you must come to grips with strong feelings about your husband and yourself. On another level, the divorce disrupts the established patterns of your life. Suddenly, you're face to face with a host of new problems as diverse as dealing with lawyers, coping alone with household repairs and handling children who are weepy or hostile. The divorce has landed you in a hotbed of daily hassles.

Of course, chronic stress can do the same. If you live or work in an unsafe neighborhood, fear can permeate many ordinary situations and trigger stress. If you're trapped in a job you hate, just getting up in the morning is anxiety-provoking.

How does micro-stress sabotage health? Lazarus has suggested three possibilities. First, hassles may simply have a cumulative effect: Too many in too short a time and you're a pushover for the first virus to come along. Second, perhaps the body has a built-in threshold. Up to a point *(continued)*

Who could create a liquid laundry detergent that's better than yours?

Tide

Right!



NEW LIQUID TIDE

Try Liquid Tide on some of your toughest laundry problems.
You'll say it cleans better because you'll see it cleans better.

TRY
Eve 120's



THE FIRST THING YOU NOTICE IS TASTE.

ALSO AVAILABLE IN 100's.

©1984 Liggett Group Inc.

120's Filter: 14 mg. "tar", 1.1 mg. nicotine; Menthol 120's: 14 mg. "tar", 1.0 mg. nicotine; 100's: 13 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report (Mar. '84).

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

STRESS
continued

you're okay, but when micro-stress mounts beyond the critical point, you begin to develop symptoms. Third, some small but irritating problems can be so upsetting that they temporarily interfere with your ability to cope, and therefore, for a while *all* hassles have more of an impact on you. For instance, if you've had a fight first thing in the morning with your husband and suddenly you're wondering whether your marriage is in trouble, everything else that happens that day may feel like more pressure than you can stand.

One of the great mysteries of stress research is that in similar situations some people seem practically stress-proof, while others are highly vulnerable. One study, by psychologist John Eckenrode, Ph.D., of Cornell University, casts some light on what accounts for the difference. Eckenrode looked at the way the three different types of stress (life changes, chronic stress and small irritants) affected women's moods from day to day. He interviewed ninety-six women, who were contacted through a neighborhood health center in Boston, and asked each to describe the life changes she had experienced during the previous year and whether she was under chronic stress. Every day for a month, the women filled out a form that asked: Did anything go wrong today? If something did, the women described what had happened as well as their mood and any physical symptoms they were experiencing.

Eckenrode found that small irritants had more of an impact on mood than either life events *or* chronic stress, although for many women the impact was surprisingly brief. If a woman's car broke down, or if there was an argument at work or at home, said Eckenrode, "the effect was pretty much restricted to that day. Most women went to bed and the next day were able to start afresh."

However, Eckenrode's study did illustrate that some women—those who had almost no one to turn to for support, or were living with chronic stress—were easily thrown by micro-stress. They were more upset at the time, and their moods stayed sour longer. Such evidence suggests that if you're in either situation—perhaps you've just moved to a new community and have no friends to turn to, or you've been living with the long-term tension of an unhappy job situation—you can expect to overreact to small hassles.

Can you learn to cope with life's minor stresses so they don't loom so large? Yes, say psychologists Arthur A. Stone, Ph.D., and John M. Neale, Ph.D., of the State University of New York at Stony Brook, who are completing an ambitious study of hassles and coping skills. They enlisted seventy-nine married couples and asked each spouse to fill out an eighteen-page booklet every day. That included a list of eighty major and minor potential stresses, as well as questions about mood and health. Subjects were asked to describe the most bothersome event or issue of the day and to check off, from a list of eight "coping styles," the methods they used to handle that particular problem. Had they accepted the situation? Tried to find some distraction? Turned to friends or family for support? Although they are still analyzing their data, Stone and Neale have already confirmed, as Lazarus did, that people cope with minor difficulties by taking direct action and, at the same time, by making an effort to control their emotions.

How can you take the steam out of hassles? Here are some strategies.

1. *Keep a diary for a few weeks*, and use it to learn more about the stress points in your life. (See page 42.) List the hassles you experienced—the car broke down, you left your wallet on the counter at the department store—and make brief notes describing how you dealt with each. The fact that you're recording these hassles will make you more

aware of them as they happen. Some may seem too trivial to get upset about.

2. *Experiment with different ways of managing your emotions.* Stone and Neale's list of coping styles includes: trying to relax; distracting yourself; turning to friends for support; redefining the problem to make it seem more bearable; expressing your emotions, yelling or crying (scientists say that tears actually rid the body of chemicals generated by stress); or accepting the situation.

3. *When you're feeling irritated, pay attention to what you're telling yourself, and then tell yourself something different.* Feelings aren't necessarily an instant, inevitable reaction to a situation; they can sometimes be a reaction to what you tell yourself about what's happening. If your mother keeps harping on the way she believes your children should be brought up, and that distresses you, listen to what you're thinking. You may be warning yourself that she's right about the kids, or you may be secretly enraged—and telling yourself you shouldn't be. Psychologist Peter Lewinsohn, Ph.D., of the University of Oregon, suggests you write down what you're thinking and then—in writing if you like—dispute it.

When you're eavesdropping on your own thoughts, says Lewinsohn, keep an ear out for judgmental words such as "should," "ought" and "must"; pessimistic phrases such as "It's awful"; and overgeneralizations such as "I'm so dumb about these things."

4. *If little things bother you a great deal, dig deep for a reason.* Small problems may mask one big problem you can't quite face. Dorothy has two small children, a part-time job she enjoys and a network of close friends. "Recently," she said, "I spent two days snapping and snarling about everything under the sun. At first, I thought it was the weather, but I finally figured out what was bothering me. My husband's firm plans to transfer him. It means a big promotion, but I don't want to move."

5. *Look for underlying themes in the stresses you record.* Do you:

- have trouble saying no to people when you're already overburdened?
- become uncomfortable when you can't control a situation?
- need the approval of others when it really isn't necessary?
- become easily upset by criticism?
- have difficulty saying what you want and what you feel?
- have a way of putting others down?
- tend to put yourself down?

Of course, these basic personality traits are hard to change, but it's not so difficult to change your behavior in specific situations if you can anticipate them. For instance, if saying no is your problem, you might rehearse different ways to say it. Or keep reminding yourself never to say yes immediately.

6. *As a buffer against tension, try meditation or some form of vigorous exercise.* Cynthia finds that on days when she can't find time to run, little things bother her more—particularly the stubbornness of her energetic two-year-old son. Another friend says that as long as she meditates regularly, she's not as easily upset.

No one is quite sure why running is a tranquilizer, though some think it's because exercising increases the body's supply of endorphins, a natural opiate. Some experts are also uncertain about meditation and its effects—recently, a University of Kansas researcher questioned whether meditating is any more relaxing than the same amount of time spent resting. However, many psychotherapists are convinced that meditation has subtler psychological benefits as well, and there *is* evidence that it can help combat stress.

Meditation's main drawback is the time required—traditionally, twenty minutes twice a day. However, Patricia Carrington, Ph.D., adjunct professor of psychiatry at Rutgers Medical School, says some people can meditate in spare moments, murmuring their mantra (a special sound that helps them relax) while waiting for a light to *(continued)*

"Stop dreaming and start eating. Weight Watchers just made a fabulous pepperoni pizza."

Lynn Redgrave



"Weight Watchers has done what no one else has been able to do—make a pepperoni pizza that won't stretch the seams of my size 10 wardrobe. What they did was remove half the fat of ordinary pepperoni. And it's classic with mozzarella and Romano cheeses, herbs and garlic, and a blissful tomato sauce filling a crispy crust. Now you and I can give up dreaming about pepperoni pizza. Now we can eat it."



LIMITED WARRANTY TO CONSUMER
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

WeightWatchers® FrozenFoods.

Weight Watchers is the registered trademark of Weight Watchers International, Inc.
© Weight Watchers International, Inc. 1984

change or while jogging. By tucking mini-meditations into odd corners of their day, they receive the same buffering effect.

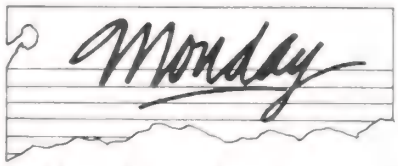
7. *If you feel continually hassled because you have too much to do, analyze the way you're spending your time.* Perhaps the real problem is that you're rushing all day, doing things you don't enjoy. In that case, you need to make time for what Lazarus calls "uplifts"—minor pleasures such as leisurely lunches with friends. But although there's no real evidence that uplifts can minimize the effect of hassles, for many it can help to make life less stressful.

8. *Use your social support system.* Hillary is in her forties and divorced, with teenage sons. When she's feeling hassled, she phones a close friend. She calls this "venting," because for her it's a safety valve.

Though no one has actually compared venting with other coping techniques, there's evidence from a number of studies that people who are part of a supportive social network are more resistant to stress. What can you do if you don't have legions of friends? The size of a social network is less important than the way you use it. Studies done by Boston University psychologist Deborah Belle, Ed.D., indicate that for some women a large social network is actually *(continued on page 137)*

HASSLES DIARY

For tips on coping with life's daily irritants, we spoke with Herbert Walker, M.D., clinical professor of psychiatry at New York University Medical School in New York City. He believes you can learn how to handle hassles by recording what happened, what you did about it and how you might have handled a problem differently. Check this diary for hints on managing micro-stress.

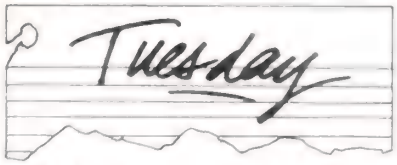


Problem: Just as I was about to put dinner on the table, the phone rang. It was some woman calling for a local charity. I said no politely—but then she persisted in talking. I knew the dinner was getting cold. I lost my temper and hung up rudely.

Coping: I didn't cope, really. I felt bad about being rude; I know she was just doing her job.

Another time: As soon as I realize that I'm getting angry, I'll simply say good-bye and hang up.

The key to handling stress, Walker explains, is not to let your *body* get involved in minor problems, and that means not losing your temper. You don't hold the anger in, because that's stressful, but you don't spill it out, either (most people feel guilty about doing that). Instead, remind yourself that your priority is to stay healthy.

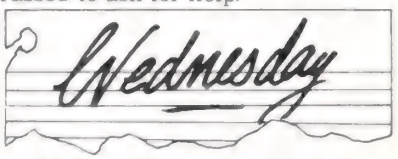


Problem: The car wouldn't start this morning—again. It's old and unreliable, but with the expenses of a new baby and a new house, we simply can't afford to replace it.

Coping: I begged a ride from a neighbor, but it was very awkward. I felt embarrassed because it wasn't the first time this has happened.

Another time: I'll tell my neighbor I know I'm inconveniencing her; that should clear the air. When the car is fixed, I'll ask if I can run an errand for her or give her a lift.

"The hassle here isn't only the car, which certainly is a problem," says Walker. It's also the anxiety triggered by financial worries. At such times, small problems can loom large, but if you recognize that fact, you may feel less embarrassed to ask for help.

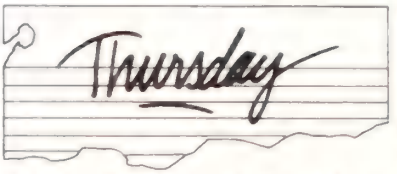


Problem: It's raining, the roof is leaking, and the roofer still hasn't come. He was supposed to fix the roof a week ago, but every day he has another excuse.

Coping: I pleaded with him and then got angry and threatened to sue him. He was apologetic, but it got me nowhere.

Another time: I'll remind myself that the service professionals don't always provide service the way they used to, and that's just how it is. Since there's nothing more I can do, I'll get on with other things. Having the roof fixed isn't as important to me as staying calm.

"People often make things worse by feeling they've been singled out and duped," Walker explains. However, sometimes service really isn't what it was, and insisting that it should be only damages you.

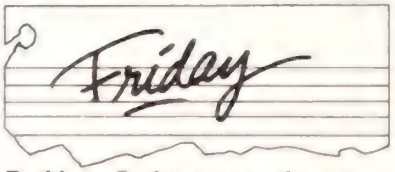


Problem: My husband arrived home for dinner tonight at seven-thirty, though I was expecting him at six-thirty. Bob says he meant to call and tell me he had to work late but he forgot. This happens *all* the time.

Coping: We barely spoke to each other throughout the meal.

Another time: Before there is another time, I'll talk with Bob about the irritations that have been piling up for both of us.

"Most marriages suffer from poor communication at times," says Walker. He adds that sulking only makes stress worse, because you're keeping anger inside.

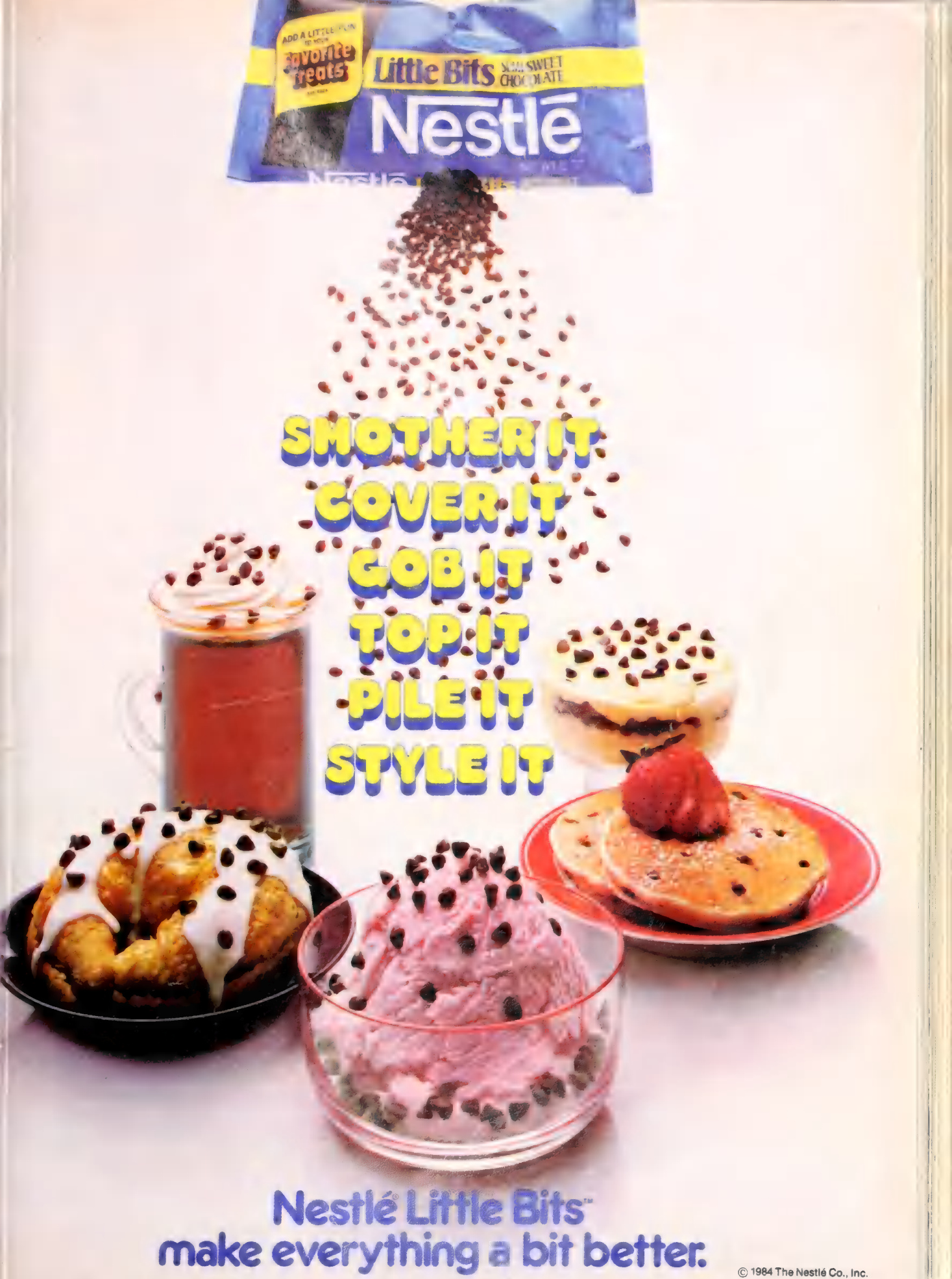


Problem: Backing up in the supermarket parking lot today, I just missed a child standing next to another car. I was in a hurry and didn't see her. Her mother yelled at me.

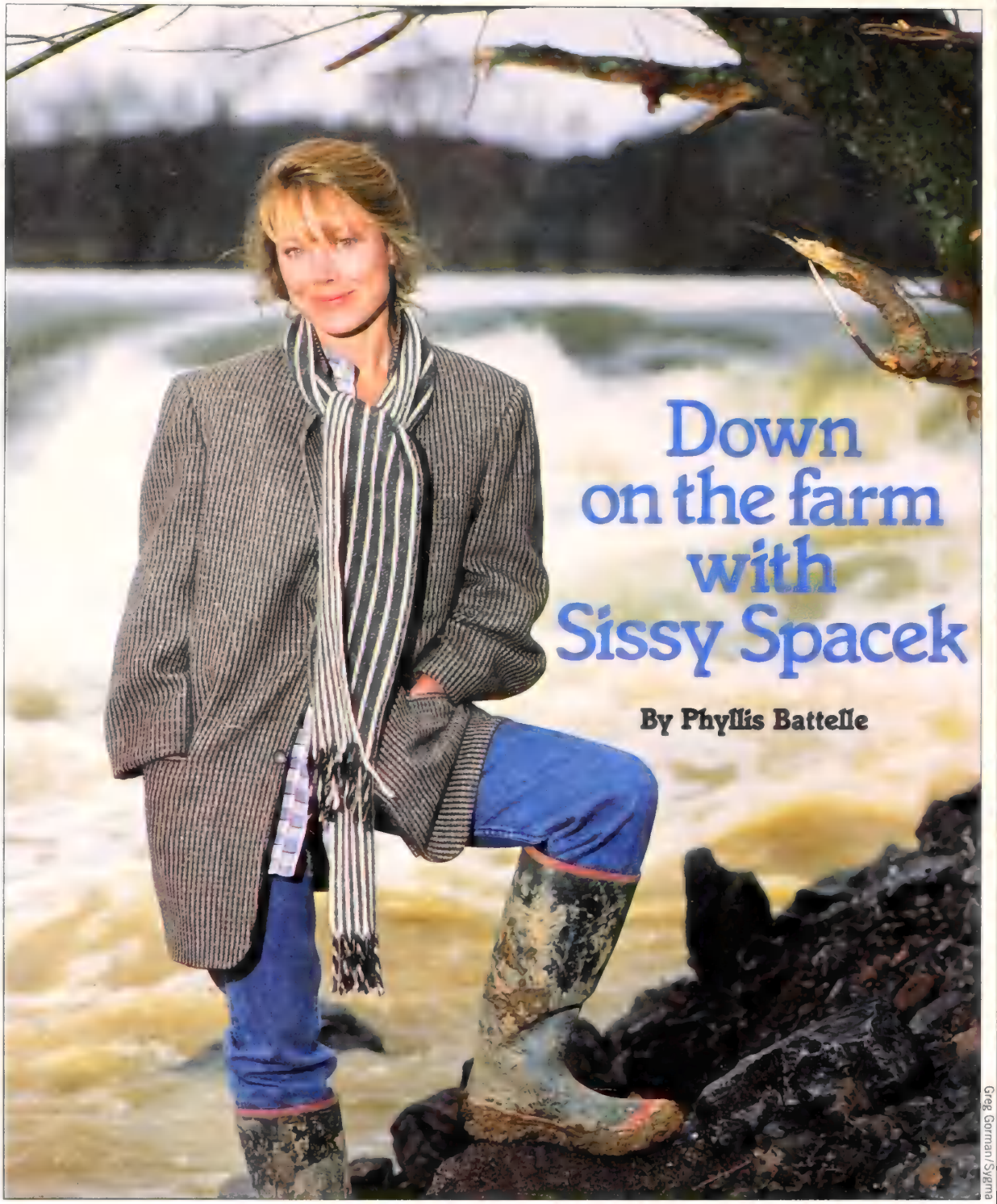
Coping: I apologized and drove off, feeling shaky and humiliated. What a terrible thing to do.

Another time: It'll be a long time before I'm so careless again.

"Sometimes you should feel shaky and guilty," says Walker. "All guilt is not bad." It's one way you learn to behave differently.



© 1984 The Nestlé Co., Inc.



Down on the farm with Sissy Spacek

By Phyllis Battelle

Greg Gorman/Sygma

Far from Hollywood, the Oscar-winning actress, her spunky toddler daughter and her artist husband live a life that's rich in love.

One evening last winter, a small girl with the unlikely name of Schuyler and hair the color of ripe strawberries was perched in front of a television set while her mother, actress Sissy Spacek, drew the child's nightly bath.

"Suddenly," Sissy remembers, "I heard her cry, 'Mommy, Mommy!' and I rushed into the nursery. Schuyler was excited, pointing at the TV screen . . . and there I was, in *Carrie*."

Deftly, Sissy clicked off the picture of herself portraying a demonic adolescent in the horror-film classic. Then she gently scooped up her daughter and whisked her to the tub. "It was no big deal," she *(continued)*

R. J. REYNOLDS TOBACCO CO.



Introducing New Glade Fabric Fresh.

Now Glade does more than clear the air.

...es • upholstery • fab... • mattress pads • ottoma...
...n bags • futons • car... ugs • accent chairs • uph...
...ders • throw-pillows ...ers • golf bags • drapes
...chair cushions • dust ...ns • racquet covers • curt...
...paper • tablecloths • ... • camping tents • sofas •
...uggage • mattresses ...ruffles • pet-pads • otton...
...nt bags • linenclosets ...loths • offices • carpets •
...ver curtains • lampsh... • car interiors • rugs • go...
...railers • love seats • ... • laundry hampers • batl...
...ds • ottomans • diva... gym lockers • toilet cove...
...chairs • upholstery • ... • divan • gym bags • fut...
...gs • drapes • chair cus... ...ons • potholders • throw...
...uet covers • curtains • ... • recliners • chair cushion...
...nts • sofas • mattresse... • fabric wallpaper • tabl...
...• lamp shades • otto... ...t chairs • luggage • mat...
...carpets • accent chai... • garment bags • linencl...
...ors • rugs • golf bags ... bags • shower curtains •
...npers • bath mats • r... • campers/trailers • love...

NEW Johnson wax
DRY FORMULA
FRESHENS FABRICS
Glade
Ultra Fresh
FABRIC FRESH
THE DRY FABRIC/AIR DEODORIZER



Also available in Spring Clean

Fresher fabrics mean a fresher home.
Glade Fabric Fresh.

Good Housekeeping

© 1984 S. C. Johnson & Son, Inc.

explains, grinning. "Schuyler lost in terest the moment I put her duck in th bath water."

Sissy Spacek, one of the world's mos sought-after actresses, wasn't worrie that her then eighteen-month-old chil would be frightened. "Nothing scare Schuyler. She's a tough little kid with lot of moxie. I have to hide the car keys 'cause she'd drive if I gave her chance." Even so, Sissy is determine to keep her movie-star image from in vading her family life. "Even *I* don't se my films. My attitude is that if it fel good making it, why not leave it a that?" she says, laughing. "I like *rea* life—baking cookies and visiting th grocery store and planting a garde and taking swim classes at the Y wit my child. That's what I want for us."

To that end, after Schuyler was bor in July 1982, by natural childbirth "which hurt like the dickens but wa the greatest experience ever"—Siss and her husband, artist film directo Jack Fisk, abandoned California an moved to a 210-acre farm in rural Vir ginia. There, the Fisks' idea of enter tainment is breeding Thoroughbred and quarter horses and "just watchin Schuyler grow."

The move was not a repudiation o the film colony, which has honore Sissy with three Academy Award nomi nations and an Oscar, which she keep on an heirloom dressing table "like piece of the rock." She explains: "W enjoyed California to the hilt. I love those fancy parties where you dress u and they park your car, although I al ways wondered if we'd get our car back And it was very difficult for me to sel our little Topanga Canyon house be cause I'm a real nester. I grow emo tionally attached to the *soil* unde whatever house I'm in. But from th moment I learned I was pregnant, ou lives just completely revolved aroun Schuyler. She was an affirmation of al the things I was brought up to believ in—I was brought up in a communit where everybody knew everybody els and pulled together in a crisis. That what I wanted for her."

Sissy has not given up acting; her new movie, *The River*, may well win her an other piece of the rock. But the world cinema is an artificial one, and smal town-raised Sissy wanted something othe than the Beverly Hills "E's"—Gucci Mercedes and nannies—for her daughte

Until now, no member of the medi had been invited inside the Spacek Fisk home at Beau Val breeding farm in the rolling foothills of the Blu Ridge Mountains. Hidden beyond stone gate and a long driveway shade

by centuries-old trees, Sissy's two-story white frame farmhouse is a vision out of Norman Rockwell's bucolic, middle-class America. An old-fashioned three-seater wood swing hangs above the front veranda, and a clutter of toys and workboots are stacked on the back porch—all overlooking a backyard vegetable garden and fenced pastures of frolicking mares and foals. "Come in. Have any trouble findin' us?" asks Sissy, swinging open the back screen door ("nobody comes in the front") leading into an airy country kitchen.

In shorts and sneakers, her silky straight hair tumbling halfway down her back, she could still pass, at age thirty-five, for a teenager. Outside playing, and soon to join us, is Schuyler, whose name is "old Virginian," her mother explains. "Jack grew up in Virginia and used to talk about the Schuyler Mountains here, and a town named Schuyler, and I just loved the sound of it. We were going to give our baby that name no matter what sex it was."

As though on cue, Schuyler bursts through the door like a brisk breeze—an adorable, sturdy pixie in a green polka-dot dress. She has the deep brown eyes of her darkly handsome father. As she wraps her arms around her mother's hips, it is clear she also has Fisk's build. "She's real robust like her daddy, who is six feet two and a half—a foot taller than I am—so Schuyler's going to catch up to me," Sissy says proudly. "I'm trying to get my licks in while I can. But it's already hard to keep up with her. She's an early-everything baby." Schuyler walked at nine months and shortly afterward began riding her pony, Wild Bill, with Sissy holding the reins. "She started talking early, too, calling Jack and me 'Dack' and 'She-She.' She also has an offbeat sense of humor. One day we were sitting at the table talking, and somebody mentioned the words 'big money.' Schuyler went berserk; it was the first time she ever laughed out loud. Now all you have to say is 'big money' and she goes crazy. We don't know what it's all about, but we hope it means she'll take care of us in our old age."

Schuyler is also an inquisitive child who explores everything around her. "One night I was alone with her, and she started acting a little weird," Sissy remembers. "Then all of a sudden she became sick. I found an empty tube of Neosporin ointment on the floor and thought, My God, she's poisoned herself! I called the pediatrician, who reassured me that Neosporin couldn't hurt her. It's even given internally sometimes. She just had a bug."

But it was a scare, and to ease her fears on a recent trip to New York City, which is only a forty-minute flight from the farm, Sissy took precautions. "Schuyler adores New York, but she's unaccustomed to city streets, and she's so quick! So I bought one of those child harnesses and put it on her in Bloomingdale's. She set up a howl, and everybody started staring, thinking, What is that woman *doing* to that poor child?"

After a few minutes of "chatting," leaning on her mother's lap, the effervescent two-year-old romps back "outchide" to her menagerie of pets. "We're real big on animals around here," Sissy says. "I had a horse when I was a kid, and belonged to the 4-H club, but my fantasy was to breed horses, and it's come true. We have a stallion and eight broodmares." And with each year, more Thoroughbred foals. Beyond that, Schuyler has ducks, geese, chickens, peacocks, a cat and a collie puppy. "It's easier to ask what animals we *don't* have," Sissy says, laughing. "We don't have elephants. . . ."

We leave the kitchen, and Sissy leads the way into the living room: a sunny, high-ceilinged front parlor filled with an eclectic assortment of furniture. Settling into a deep sofa in front of a stone fireplace, she says, "I like contemporary furniture, but the things that mean the most to me are the old things, passed down from my family. My most valuable possession is that little desk over there." She gestures toward a small bird's-eye *(continued)*



maple writing desk under a window. "If the house burned down, I'd definitely go for that first. It was my great-grandmother's, then my grandmother's, my mother's, mine, and one day it will be Schuyler's." In a sense, the desk has come home: Sissy's mother's family came from Virginia, "and when she went to Quitman, Texas, with Daddy, that desk and all the tradition of old-family Virginia went with her. When she gave me that desk I was still little, and Mother would say, 'Now, Sissy, the first thing after lunch, before you take your nap, you do your correspondence.'"

Incurably sentimental, Sissy admits, "I have clothes from high school that I can't bring myself to part with. I'll show you a little culotte jumper that I used to wear long, and then, as the years went by, I kept hemming it up shorter and shorter till now it's like little hot pants. But early in my career, when I just *had* to have a role, I'd wear that jumper, and inevitably I'd get it. So naturally I hang onto it. And old shoes! Schuyler's already padding around the house in my old shoes, and someday she'll wear my drum majorette boots. I always kept things, but as I get older, I get even sappier!"

Each of Sissy's possessions has a story. The big clock on the wall "was my grandfather's, and my dad—who was an agricultural agent—looked at it every morning to see if I was late for school." The family silver reminds her that "when my mother was teaching us table manners, I protested, 'I don't want to eat with all these forks!' But she said, 'Honey, I want you to be a well-rounded person, not just a country bumpkin. I want you to be able to meet the President!'"

Tears are close to the surface as Sissy reminisces about her mother, who died of cancer two years ago at the age of sixty-three. She died just days after Sissy learned she was pregnant. Only with the knowledge that life goes on was Sissy able to bear the grief. Her mother, she says gently, was the kind of role model she wants to be for Schuyler. "She was always trying to open the world up for me, telling me that I was capable of going anywhere and doing great things. She and my dad just loved me blindly. When I was eighteen and went to New York to find a career, I could have gotten into all sorts of trouble. It was the sixties, and you had to live in a glass cage not to get involved in drugs and things that would have just broken my parents' hearts. But any time I was tempted to stray, I'd hear Mother's little voice saying, 'Now, Sissy, be a lady.' I remember thinking, Gee, if only my parents were creeps, life would be so easy!"

At that period of her life, Sissy wanted to be a rock-and-roll star. It had been her ambition since adolescence, when she bought a mail-order guitar and began playing and singing at Rotary meetings and church socials. Once in New York, her cousin, actor Rip Torn, and his wife, actress Geraldine Page, convinced her to enroll at the Actors Studio and try drama—at which she proved a natural. "I was just so lucky," she says now. "The difference between me and so many kids in the big city who got 'lost' in the sixties was that they drifted where the weather took them. But I had been given goals. My mother knew I was going to be a star. She convinced me and my brothers that we were special."

A year before she found her niche, while she was still in high school, Sissy's eighteen-year-old brother, Robby, was stricken with leukemia. "I thought my two older brothers hung the moon—and Robby was my best friend, so that was a shattering time," she remembers. He was sent to the M.D. Anderson cancer clinic in Houston, and Sissy followed, entertaining the children in the pediatric ward with her songs (she still visits them once a year to sing and play). "I didn't think my brother could die, because we were special." When he did die, it changed her outlook on many aspects of her life.

"My home is number one, my career definitely second. I savor my relationship with my family. Money isn't what it's about."

For one thing, she was "angry at God" for letting this happen. The Spaceks' social life had revolved around the Methodist church. "I sang in the choir, and my whole religious life as a child was wonderful—we just had a blast at church," she says, smiling. For a while, after Robby's death, she avoided the formal church. "But as time went by, I came to terms with that, and I've returned to my belief that God is love. I'm a spiritual person. I think church fellowship is the greatest thing, better than the sermons." Sh smiles. "And I want that for Schuyle and for all of us. She goes to Sunda school and adores it."

Sissy is very aware that her family experience with cancer (her older brothe Eddie also had the disease but fough it) could mean she is genetically predis posed to malignancy. "I know som things tend to run in families, and think about it. I'm not paralyzed wit fear," she says quietly, "but I realize is important to live as if there's no to morrow, always trying to maintai your integrity, and have no regrets Her face is a study in concentratio "So I'm real active. I jog and rid horses, have regular checkups. And *use* things more than I once did. I wear a nice linen jacket to tram around the farm instead of saving it fo 'good.'" After a pause, she adds, guess knowing what I know just make me live a little harder and savor m relationships with my little family."

It also makes Sissy fight against en vironmental pollutants. She surprise Virginia state legislators last year b suddenly showing up at a meeting t lobby against a move by Union Carbid Corporation to establish uranium min ing in the state. "They want to min uranium all the way up the East Coas and I'm frightened to death about wha would happen to the air and the water she says firmly. "Currently there is moratorium on their proposal, and don't think they'll get by with it." Siss also favors nuclear disarmament, an her father, the agricultural agen urges her to speak out against certai herbicides that were widely used yea ago in Texas and may have caused th high incidence of cancer there in rece years—including her family's.

"I think actors can make the mo powerful statement through the work, rather than by leading rallies she's concluded. "I found out while was making *Missing* that an hone movie can subtly but surely hit peop over the head." She and her husban have formed a production compan Flying Armadillo, and Jack, she say "is always searching for powerf scripts that deliver a message."

When she talks about Jack Fisk, when she talks about Schuyler, Sissy animated face seems to glow. "My hu band is a true Renaissance man. H can do *anything*. Not only is he a wo derful artist (he graduated from th Pennsylvania Academy of Fine Arts he remodels houses, builds fence mucks out horses' stalls—the world simply Jack's oyster. And part of th fun of living with him is that h changes all the time. I still don't kno completely who he is. We still can quite believe *(continued on page 136*

REE! A Delightfully Beautiful Christmas Ornament for joining.

The Christmas Ornament Collectors Club

Founded to give you the opportunity to acquire in a convenient and affordable way, Christmas ornaments not readily available in stores.



Porcelain Fairy
Delightful peppermint fairy — hand-tailored costume...crafted of fine imported porcelain ..hand-painted face. $9.50.



old & Enamel Winter Wonderland
elicately crafted with a 24kt gold finish. $5.00.



old & rystal Horse
yful rocking horse — 24kt gold finish...full d crystal. $8.75.



lleroy Boch rnament
e porcelain from Villeroy & Boch featuring r popular "Naif Christmas Scene." $7.75.

ments above – typical of those you receive member – are shown smaller than actual size.

It's no wonder that Christmas ornaments are a treasured part of your family's Christmas tradition. Colorful and magical, they add warmth and wonderment to your Christmas tree each year. Memories of holidays past come alive as you and your family trim the tree with the ornaments you've collected over the years.

Unfortunately, however, in this age of mass production, distinctive ornaments of high quality are becoming very hard to find.

A Beautiful Ornament Sent To You Each Month

Now, through membership in The Christmas Ornament Collectors Club, you can build a collection of heirloom quality ornaments; a collection which would be practically impossible to assemble on your own. Indeed, many of the monthly selections are created *exclusively* for Club members.

Each month, you will receive a splendid ornament. For you and your family, it will be as if Christmas arrives every month with each delivery.

Each ornament will be painstakingly crafted from the finest materials. Many will be hand-decorated. Some will be crystal, some porcelain, others pewter and still others wood. Moreover, as a member you will have the opportunity to acquire at a very attractive price a handsome collector chest to store your ornaments.

No Risk or Obligation

If you are not delighted with any month's ornament selection, you may simply return it within thirty days for a full refund. You may cancel your membership at any time.

Modest Cost

One of the nice things about collecting these ornaments is that besides being beautiful they don't cost a lot. The Club's regular monthly ornament selections cost from $5 to $10 each.

Now is the Best Time to Join – Enjoy the Christmas Spirit All Year!

To become a member of The Christmas Ornament Collectors Club, send in your application today. There's no membership fee and you need send no money now. Act today and enjoy the holiday spirit month after month, throughout the year!



Wood Soldier shown actual size.

FREE!
This colorfully hand-painted wood soldier is yours free as a member – it's our special welcoming gift for joining.

MEMBERSHIP APPLICATION D51

The Christmas Ornament Collectors Club

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Conn. 06810

Please return by March 31, 1985.

Please enroll me in The Christmas Ornament Collectors Club. Each month I will receive a different ornament, crafted from the finest materials. I need send no money now. I will pay for each new ornament as billed on a monthly basis. The ornaments will cost from $5 to $10. Any ornament I am not satisfied with may be returned within thirty days for replacement or refund and this membership can be canceled by either party at any time. Upon acceptance as a new member, I will receive a hand-painted wood soldier ornament as a free gift.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City _____

State/Zip _____

Check here if you want each ornament charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card No. Exp. Date

Signature _____
Allow 8 to 12 weeks after payment for initial shipment

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the latest psychological research. By Sonya Friedman, Ph.D.

Q I'm terribly squeamish. The sight of blood makes me faint, and slimy things like cold cream give me goose bumps. Even certain foods, because of their texture, literally turn my stomach. How can I overcome this?

It's very likely that as little girls many of us were conditioned to develop a fairly hysterical response to slimy, creepy, crawly things. If we played in the mud or brought Mother a worm, she most likely responded, "Get away from that, you'll get dirty" or "Yuck! That's disgusting!" We saw that by touching certain substances we would elicit her disapproval or else we learned, by observing her reaction, that such substances or objects were to be considered inherently repulsive.

The Freudians would add that such distaste for slimy, gooey substances can be associated with the anal phase in childhood development when youngsters play innocently with their own bodily excretions and may be harshly reprimanded by their parents for such behavior. Or perhaps your strong distaste for certain textures is linked to your feelings about bodily substances resulting from sexual arousal.

If you are conditioned this way, you will jump or chill at the thought of blood, cold cream or a runny egg yolk. But you can learn to desensitize yourself to these key substances so that you can shake it off with an "ick" instead of an *"eek!"* Begin by changing your vocabulary. Trigger words such as "slime" or "goo" can produce a charged response without any such substance being present. Picture the things that make you sick. Instead of thinking "slimy," try attaching a word with some positive or neutral connotation to the mental picture. Think of an egg yolk, for example, not as "slimy," but just "undercooked." When you picture cold cream, make it connect with "dewy skin." You'll find that truly much of life is mind over matter. The short-term unpleasantness you may experience as you practice will be worthwhile should an occasion arise when you need all of your emotional resources to cope with the seriousness of the moment, such as an accident involving a bleeding victim. Exercising greater control over your emotions in this way will heighten your self-esteem while permitting you to experience a variety of new situations without undue concern about what you might have to face.

Q Ever since my older brother died, a year ago, my parents have been deeply depressed. I'm married, with two young children, and I miss my brother a lot, but I feel as though I've lost my parents, too. They used to be so enthusiastic and caring. Now, even though we see one another often, it's as though they're not there.

It's important to know that the grieving process usually lasts at least one year and typically two years. Your parents must divest themselves of their deep emotional attachment to their son and give up the magic expectation that at any moment they might turn around and see him alive again.

It's also very important for you to recognize that the loss to your parents and the void in their lives is different from the loss that you may feel as a sister. Because it is our human expectation that parents will die before their children do, when the reverse occurs, it is an assault on the sense of order and structure that we count on in our lives. As a result, it is not only the issue of death that we deal with, but also the issue of a certain loss of control in a very pervasive sense. As you state, you are married and have two young children: You have a world that involves you completely. This is not the case for your grieving parents, who feel—in addition to the loss of a child—the loss of a portion of their genetic code and their cherished step into the future.

You can help relieve the situation by suggesting to your parents that they search their minds for a project in which your brother may have had a personal interest. In this way they can begin a living memorial to their child and at the same time begin their own path into the future. The memorial may be a research project, a charity or some sort of fund that may exist for many years to come. It can serve to help others and be a continuing flame of memory of your brother's life upon this earth. It is my sense that your parents' commitment toward a goal of this nature will reinvest them with a purpose in life and a feeling that they will continue, in a very personal way, their relationship with their son.

FAIRY TALES HELP KIDS COPE

Being a little person in a world of giants can be frustrating, but fairy tales, which frequently involve such predicaments, can help children deal with the psychological dilemmas they face while growing up. According to child psychiatrist Anita Schmukler, the fairy tale simplifies real-life situations and offers suggestions about how the child may cope with them. "In stories in which a child is the protagonist, there is usually some kind of monster, often a giant, who wants the child to do something against his will," says Dr. Schmukler. "By trickery, by wishing or by hard work, the child overcomes this giant." Yet when a real child tries to outwit or deceive her elders, she may often feel guilty. Seeing fairy-tale children applauded for getting the better of a bigger person makes the real child feel better about herself and her own actions.

Five important things to know before you buy a home appliance.

: Whirlpool, we know that uying a new appliance is a ajor decision. And that ere is more to it than just e selection of color, size and atures. So to us, what we can *in other ways* to make ur world a little easier is st as important as what our pliances can do.

Whirlpool promise of quality.

With every Whirlpool® pliance, you get our prom- : of good, honest quality. It's romise we're proud of, d one we stand behind by ering a variety of helpful ograms like these:

Whirlpool toll-free, 24-hour Cool-Line service.



It's important you to have meone to k to en- r you e ques- ns about of our appli- es. Our Cool-Line® service* is an easy way to get information about appliance installation, proper operation, or even hints on saving energy. Plus, it's a great way to get help should you ever have a problem with a Whirlpool appliance.

Whirlpool Do-It-Yourself Repair Manuals.

We now offer manuals that can make do-it-yourself work easier. You can obtain them through Whirlpool dealers, parts distributors or Tech-Care® service companies. We have them for our automatic washers, dryers, dishwashers and trash compactors. And soon to come, manuals for our ranges and refrigerators.

Whirlpool Tech-Care service.

If you need service on any of our appliances, our independently owned Tech-Care service franchises make sure you get it. They have the right equipment, and highly trained personnel ready to answer your call. Just look in the Yellow Pages.



Whirlpool Instant Service Parts.

Our WISP® parts service is designed to reduce your waiting time for a special-order part. It's processed within 24 hours, then given special handling and shipping at *our* expense.

So *before* you buy your next home appliance, think about these five important things that you can count on *later*. Like our appliances, they're designed to make your world a little easier.

*Call 800-253-1301.
In Alaska and Hawaii, 800-253-1121.
In Michigan, 800-632-2243.

Whirlpool
Home Appliances

Making your world a little easier.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

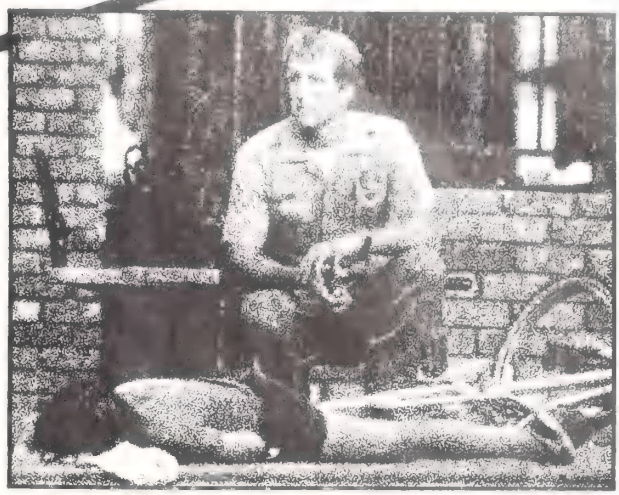

MERIT
ow Tar Filter
New crush-proof box.
A world of flavor in a low tar.
MERIT


HANES ALIVE®
WE MAKE SUPPORT YOUR SECRET.™
Beautifully sheer. Fabulously fashionable. Only you'll know they're support pantyhose. Hanes Alive, available in a dazzling array of award-winning fashion colors.
Hanes Alive
Hanes Alive Support Pantyhose

THE CHILDREN OF SAN YSIDRO

Aftermath of a Massacre

Last July 18 San Ysidro made headlines as the scene of the nation's worst mass murder. Now, six months later, the survivors—especially the kids—struggle to piece their lives back together and forget the devastation.



News of the senseless massacre shocked the nation.

BY MIKE GRANBERRY AND BETH WEINHOUSE

The dirt lies still on roads where children's bicycles once churned the dust into thick clouds. The playground—with its swings and jungle gyms that had rocked to the happy shrieks and giggles of youngsters at play—has been razed, as has the McDonald's restaurant nearby. Both were hangouts for children who would ride their bicycles there for a few turns on the swings and a chocolate sundae. In San Ysidro, California, a town full of large families and many children, the streets are now empty, and the children nowhere to be seen.

The event that caused this transformation was the subject of countless newspaper headlines and television news clips: On July 18, 1984, twenty-one people were murdered, nineteen wounded, in the worst single-episode slaying in the history of the nation. Six of those killed and nine of those wounded were children; the youngest to die was only eight months old.

For at least three of those youngsters, among the most seriously wounded of the survivors, life will never be the same. Their world has been irrevocably changed by the massacre, and the scars they bear are both physical and emotional. Aurora Pena, twelve, survived six bullet wounds—and then opened her eyes for an instant only to catch the attention of the killer, who grinned and shot her twice more. Joshua Coleman, eleven, saw his two best friends murdered, and suffered shotgun pellet wounds along the right side of his body. And Albert Leos, eighteen, was shot four times—and survived, say his doctors, only because of his excellent physical condition: Albert was a high school football player. He is now indefinitely sidelined.

Those children "were doing the most innocent thing they could possibly be doing—eating a hamburger at McDonald's," says Dr. Faye J. Girsh, a clinical and forensic psychologist based in San Diego (of which San Ysidro is a suburb). "And then to be in the midst of such complete devastation, death, annihilation, horror. The impact had to be stunning, as though one could never again count on anyplace as safe."

The events of July 18 would have traumatized even the most stable adults, let alone impressionable youngsters. At about four o'clock on an otherwise peaceful afternoon, forty-one-year-old James Oliver Huberty walked into the San Ysidro McDonald's restaurant carrying three weapons—an Israeli-made Uzi semiautomatic rifle, a 12-gauge shotgun and a Browning semiautomatic pistol. His methodical assault lasted exactly seventy-seven minutes, and left bodies strewn on the playground next to the restaurant, in the parking lot and in the kitchen and dining areas. Finally, the gunman—who had two children of his own—was killed by a police sharpshooter.

The event was so *(continued)*

UPI/Bettmann Archive

All we've left out
is the sound of the sea.
Mariner's Cove, authentic New England style clam chowder. Creamy, rich, thick chowder with fresh potatoes and tender clams, natural spices, and onions. Delicious.

20¢ OFF!
On any can of Mariner's Cove Clam Chowder
STORE COUPON
71240-104589

C·H·B Mariner's Cove Clam Chowder

shocking in its brutality that even children who were n where near the scene of the killings have suffered emotion scars. Patricia Kelly, a former San Ysidro schoolteacher, w one of four people assigned to help teachers assist lo children in readjusting to classroom life when they return to school in September. One mother told Kelly that her t daughters cried every morning and begged her not to go work. They had trouble eating and sleeping and cou not stop clinging to her. A ten-year-old responded to l mother's casual remark about buying meat at a store in S Ysidro with the question, "We won't die, will we, Mom?"

Other children have reacted in yet more disturbing wa Toy weapons brought into the classrooms of San Ysidro ha changed from relatively innocent cap pistols to mock au matic weapons resembling those used in the massacre. Ev the local children's playacting has taken a morbid turn: In San Ysidro preschool in August, one child reenacted t killing by having his classmates lie still on the floor. then pretended to kill them, one by one, like Huberty. Wh the teacher returned, Kelly recounts, she was shocked find a mock burial under way. "The line between fact a fiction is getting fuzzier by the minute," says Kelly. "TV a movies have made it that way."

The media coverage of the event has also profoundly inf enced the recovery of the survivors. Six months after t massacre, as the children struggle to piece their lives ba together, they face physical and emotional battles ov whelming for their years. Here are the stories of thi children—Aurora, Albert and Joshua—who looked death the face and lived.

A troubled little girl

Aurora Pena is a typical sixth grader who enjoys math a drama ("I was a Pilgrim girl in our Thanksgiving play") a names Prince, Billy Idol and Cyndi Lauper as her favor rock stars. Her bedroom is filled with stuffed tigers a bears. When she grows up, she says, she wants to be eithe model or a border patrol guard (San Ysidro is on the Calif nia-Mexico border, and most of the residents are Hispar many are recent immigrants). As a qualification for bein model, she describes herself as "tall—five three—w short brown hair and dark brown eyes." The twelve-year- also has a sweet smile that makes it hard to imagine anyo not liking her, let alone wanting to hurt her.

But the wheelchair propped up against the living ro couch and the limp in Aurora's walk when she isn't confi to the wheelchair are grim reminders of last summer's hor

On that July afternoon, Aurora and her aunt, eighte year-old Jackie Wright Reyes, had been out shopping wh Aurora suggested that they stop and eat at the McDona in Chula Vista, near the shopping center. But Jackie cided they should drive back to San Ysidro instead, and at the McDonald's only a mile or so from Aurora's home.

When they arrived at the fast-food restaurant, Aur noticed a strange man lurking in the corner by the ba rooms, but she thought nothing of him. She and her au ordered their hamburgers, planning to take them hor Aurora also wanted an apple pie for dessert, and t McDonald's cook, who was a friend of hers, told her it wo take a few minutes.

"That's okay, we'll leave," Aurora said.

"No, please wait," urged the friend. "It'll only be a minut

In the time of that brief exchange, the strange-looki man had gone out to his car and returned with three we ons. He ordered everyone to lie down and be quiet.

Aurora, Jackie, and Jackie's eight-month-old son w among the first to be hit. Jackie tried to use her(continu

Recapture the Magic of Childhood...



- 23K gold rim
- A limited-edition premiere from The Hamilton Collection and Roman, Inc.
- Shown smaller than actual size of 8½" in diameter
- Vibrantly portrayed in fine china by an acclaimed child-subject artist

All of us recall with fondness the lighter, simpler times of our childhood – when our world was magic, presenting us with new experiences at every turn. One of the most memorable events was making friends with the animals around us. Now you can recapture the magic of those moments from your youth – with "Special Friends."

This adorable first-issue collector's plate portrays a little boy meeting some baby chicks for the first time. Fascinated by their downy feathers and boundless energy, he tries to gather them up and claim them as his "Special Friends."

Created by a Talented Portraitist

This superb art is the first-ever created for the collector plate medium by Abbie Williams, a talented child-subject artist. The Hamilton Collection is privileged to present it through a special arrangement with the renowned porcelain studios of Roman, Inc.

Ms. Williams, the protege of the late art master Frances Hook, has earned much acclaim for her ability to depict children with exceptional skill and warmth. And now Roman's master craftsmen have captured in porcelain every nuance of the warm colors and exquisite detail of Ms. Williams' "Special Friends."

A Popular Subject with Investment Potential

Experienced plate collectors know that those plates most likely to go up in value on today's secondary market are issues exactly like this one: child-subject plates that are the first in a series – and particularly those that are also the very first plate by a well-known artist.

Special Friends

A Fully Certified, Limited Edition

Each plate in the edition will be serially hand-numbered on the reverse side and accompanied by a same-numbered Certificate of Authenticity. The edition is strictly limited to only 10 firing days, after which no more plates can ever be made.

Owners of "Special Friends" will be guaranteed the right to own all eight plates in *The Magic of Childhood* Collection – a series of endearing vignettes by Ms. Williams that feature children with their animal friends. If you order now, you may obtain all of these plates at the $24.50 original issue price at two-month intervals. *But you are not obligated to buy any others unless you choose to do so later.*

Furthermore, you may acquire "Special Friends" *at no risk* under the terms of The Hamilton Collection 100% Buy-Back Guarantee. You may return it within 30 days of receipt for a full refund.

A plate with as much warmth and appeal as "Special Friends" does not appear often at such a reasonable issue price. And since "Special Friends" represents Abbie Williams' first limited-edition collector plate and has good investment potential, a quick closing of the edition is expected.

Therefore, *we cannot guarantee this offer after the final postmark date shown.* To avoid disappointment, **order today.**

FINAL POSTMARK DATE:
January 31, 1985
Limit: Two plates per collector.

Please accept my order for "Special Friends," by Abbie Williams, first issue in *The Magic of Childhood* Plate Collection, celebrating the friendships between children and their animal friends. 8½" diameter, 23K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Special Friends" plate(s) at $24.50 each, for a total of $ _____ ($24.50* or $49.00*) 49098

Please check one:

☐ I enclose full payment by check or money order

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Diners Club

Acct. No. _____

Expiration Date _____

Signature _____
Charge orders must be signed to be valid

Name _____

Address _____

City _____ State _____ Zip _____

*Florida residents please add $1.23 per plate, sales tax. Illinois residents add $1.72 per plate, state and local tax. *Please allow 6-8 weeks for delivery. All orders are subject to acceptance. Deliveries made only to U.S. and its territories.*

©HC 1984

The Hamilton Collection
9550 Regency Square Boulevard, P.O. Box 2567
Jacksonville, FL 32232

SAN YSIDRO
continued

body to shield both her niece and her baby. But after the infant had been shot once, Huberty yelled, "Make the baby stop crying. I don't want to hear that baby crying." Then he shot both Jackie and her baby again, repeatedly, killing them both.

Aurora had already been shot six times when she tentatively opened her eyes to see if the madman had gone. She still berates herself for doing so. Huberty saw the little girl's eyes open, and with a chilling, maniacal grin he came over and shot her twice more.

Miraculously, Aurora survived, but in the days immediately after the shooting she was silent, almost comatose, in a hospital. Bullets had hit her arms and legs, and one lodged under her tongue, breaking her jaw. Her teeth were wired together, making it difficult to talk. But even if she could have, she didn't want to, she says.

Then one day Aurora's father, a dockworker, mentioned to one of the hospital staff that his little girl absolutely loved baseball, and her hero was Steve Garvey, the All-Star first baseman for the San Diego Padres. The staff member surprised Pena by saying that a visit might be arranged.

Garvey was more successful than anyone had been at snapping Aurora out of her depression. For the first time since she had entered the hospital she was smiling and giggling. "I would have come sooner if I'd known you were this pretty," said the handsome baseball star, who also gave his fan some pointers on how to play first base, her position on a local girls' team. When he left, he gave her a big hug.

During Garvey's visit, a camera crew from San Diego's ABC-TV affiliate was present. Later that night, Aurora asked if she could watch herself on television. It had been a great day; Garvey had raised her spirits and left her in a wonderful mood. She wanted only to recapture the feeling.

But as Aurora watched herself with Garvey on television, she was horrified to see scenes of herself with her hero interspersed with gory flashback clips from the massacre. She screamed hysterically and lapsed into shock. Her recovery, which had been slow, was delayed even further.

Dr. Fernando Bayardo is the psychiatrist who treated Aurora after the shootings. His greatest fear is that the survivors of the massacre, and especially the children, will never be allowed to forget what happened. "I told Aurora," he says, "that she's a public figure and that people won't let her forget." Dr. Bayardo equates Aurora with conquering military heroes or even former World Series greats who can never quite shake the public attention that haunts their private life. "She, like many victims, may require lifetime counseling," he explains.

Today, Aurora talks about school and her many interests with girlish enthusiasm. But her voice grows quiet, hesitant and shaky when the conversation turns to the events of last July. She claims it distresses her to talk about it only "sometimes," but one suspects that it's never easy. "It bothers me most when I'm feeling bad," she says. "If I happen to be in a good mood, it doesn't bother me nearly as much. I won't let it." A night light in her room stays on to ward off bad dreams. And she confesses to being terrified of going into stores or restaurants—"I'm afraid it will happen again."

She is still grief-stricken about the death of her favorite aunt, Jackie Reyes, who was her mother's sister. Aurora's mother, a cook at a department store coffee shop, has had trouble dealing with Aurora's guilt over her aunt's death. Aurora confesses to missing her aunt terribly, and says she talks to her sometimes "in heaven, where I know she has her baby with her." And, she says, "One day I started crying, saying, 'Why didn't he kill me? Why couldn't I die instead?' I really loved her a lot; she gave up her life for me. I wish," says this troubled little girl, "that I had died and she had lived."

> **"The kids were doing the most innocent thing they could be doing—eating hamburgers. Now they'll never feel safe again."**

An angry young man

Albert Leos, a high school senior, describes his days as "mostly just going to school and studying. I don't feel so comfortable out of the house. I don't go out to eat much anymore."

It wasn't always that way. Last year, the eighteen-year-old was on the Chula Vista High School football team and dreamed of starting his senior year as defensive back. He took a part-time job last summer at the San Ysidro McDonald's to earn a little extra money ($3.35 an hour) and also "just to keep me busy" until the first fall kickoff. Now, says his mother, "Albert heads off to football practice after school . . . to watch. He was hoping to play in college next year, but the doctors don't know if he'll ever be able to play again."

Albert's limp—he was able to discard his cane only recently—is the result of the bullet wounds he received in the massacre. He was shot four times—in the abdomen, the right arm and both legs. He suffered massive nerve damage and later underwent three operations. He will need physical therapy for months to come.

When Albert talks about the events of last July, he gets angry. "Every time I see the guys play football," he says, "it upsets me. But I go to see who's taking over my position. I had always heard that the last year of high school was supposed to be great. But my year—and maybe my life—is ruined."

Albert had only an hour left on his work shift last July 18 when Huberty entered the restaurant. The young man lay huddled on the kitchen floor with four of his teenage co-workers—three girls and a boy. For forty-five minutes he lay motionless and listened to the shots and the screams, counting the bullets one by one. By the time Huberty reached him, near the hamburger grill, Albert had counted to one hundred and ten.

The teenager says Huberty's manner was businesslike. His eyes hidden by sunglasses, the gunman said nothing as he killed the three girls. Somehow, Albert and his buddy survived.

Besides going for regular physical therapy, Albert still sees a psychiatrist to "work the kinks out." The doctor feels that talking is a useful tool, although the boy will not speak with his classmates or friends about what happened. In spite of the senselessness and randomness of the crime, the dark-haired, dark-eyed, gaunt-faced teen can't refrain from torturing himself with guilt. He wonders "what if . . ." What if he had tried to seize Huberty from behind with one of his well-practiced football tackles? But he has to admit it would probably have been useless. "He had everything, and I had nothing," the boy says, his voice breaking. "He had three guns. The odds of me succeeding against that were almost nil. But still I think about it."

Some of Albert's anger is directed at the San Diego Police Department. He firmly believes the policemen could have acted sooner and prevented some of the carnage. "The police took too long to get there," he says bitterly. "I heard the shots for a half hour after they got there. It's not true everyone was killed in *(continued on page 142)*

The Tiffany Stained Glass Collectors Society for a limited time invites you to

Choose one of these Hand-crafted Originals Only $1.00

with no-risk trial membership



"Balloon Bouquet"
Actual size: 6" high
Retail Value: $10.50



"Exotic Bird"
Actual size: 7½" high
Retail Value: $10.50

Hangers included with each piece



"Windswept Cattails"
Actual size: 7½" high
Retail Value: $10.00

True handmade leaded cathedral glass originals... The real thing, issued in a Reserved Edition. Each sculpture comes with its own Collectors Certificate of Authenticity.

For centuries, collectors have prized the pectacular beauty of hand-crafted leaded tained glass...***admiring the magical "color pictures" framed against chang-ng light.***

Now through this Collectors Announce-nent, you can take possession of stunning Tiffany leaded stained glass creations, start-ng with the beautiful Balloon Bouquet...the enchanting Exotic Bird...or the graceful, windswept Cattails shown here. True classics! Each is designed to gather the sun's rays and cast off endless variations of accents, shades and hues.

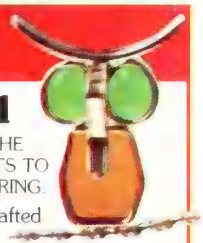
To create this rare Reserved-issue Collection, the Society has commissioned the Bates family of Portland, Connecticut, rated among the most imaginative stained glass artisans. Each stained glass panel and channeled lead "separator" will be cut and hand-crafted using skills passed down through the ages ***virtually unchanged.*** You'll find ***no two hanging sculptures exactly alike.***

Use the form below to acquire your Tiffany original with Collectors Certificate of Authenticity for only $1! Plus, the chance to enjoy future Tiffany issues ***without any obligation.***

You won't be sorry. Take it from "Tiffany" members who know!

"Your work is treasured." M.N.
"Nicest thing I've done for myself in a long time." M.B.
"So much beauty for so little cost!" S.S.

FREE!



Tiffany Owl

WILL BE RELEASED TO THE FIRST 1,500 RESPONDENTS TO THIS COLLECTORS OFFERING.

The Wise Owl is hand-crafted n exquisite green and amber leaded glass. It is yours to keep FREE if you respond now.

1 YEAR BUY-BACK GUARANTEE

We are so confident you will find your collection of significant potential investment and artistic value that the Society will buy any or all of them back anytime within a year... AT FULL PURCHASE PRICE.

RESERVATION FORM T

Tiffany Stained Glass Collectors Society
Dept. LH15, 7 Indian Hill Avenue, P.O. Box 208, Portland, Connecticut 06480

SEND NO MONEY NOW.

Please send me the one Tiffany Stained Glass creation checked for only $1: ☐ Balloons ☐ Exotic Bird ☐ Cattails. At the same time, enroll me—entirely without obligation—as a member of The Tiffany Stained Glass Collectors Society and send my first regular selection. I understand I will receive a new Tiffany Stained Glass collectible, chosen by the Society's Selection Board, about once a month. If I keep the selection, I'll pay the low member's price of $6.95 to $10.95, with some special selections slightly higher, (plus a small postage, handling and insurance charge). If I wish to return it, I may do so within 10 days—***at your expense***—and pay nothing, owe nothing. **There is no minimum number of selections to buy—not even one—and I may cancel at any time.**

ACT TODAY TO OBTAIN YOUR FREE OWL!

Name _____

Address _____

City _____ State _____ Zip _____

Do you have a telephone? Yes ☐ No ☐

Y·O·U·R S·E·C·R·E·T

Sex Life

What sexual fantasies say about you, and how they can enrich your marriage.

By Kathryn Lance

Do women who fantasize about rape have a desire to be raped in real life? If you frequently imagine being seduced by Paul Newman, are you rejecting your husband in favor of the blue-eyed superstar? The answers to these and other questions are beginning to emerge from recent studies of sexual fantasizing—a basic human activity that researchers believe can give us clues to the psychology of our sexuality.

Just what are sexual fantasies? Are they harmless, private movies we run for our own enjoyment? Or can they be symptoms of underlying pathology, a clue to our deepest and darkest desires? According to Dr. Alexander N. Levay, clinical professor of psychiatry at Columbia University College of Physicians and Surgeons, our sexual fantasies are "dynamite. They contain everything. They are a fingerprint of the unconscious."

While it is true that a trained psychiatrist would be able to tell a great deal about you from a study of your sexual fantasies, both Dr. Levay and Dr. Eugene L. Goldberg, a member of the faculty of the Columbia Center for Psychoanalytic Study and Research, and associate clinical professor of psychiatry at Albert Einstein College of Medicine, stress that having sexual fantasies—even the most seemingly bizarre—is normal behavior. "We're only beginning to learn what a wide variety of erotic fantasies people have," says Dr. Goldberg. Extreme scenarios—even those that are violent or sadistic—don't mean a woman is disturbed, as long as she leads a normal life. It is only when hurtful or dangerous fantasies are acted out, as in rape and other perversions, that they become a problem.

Most people begin having sexual fantasies during puberty, although fantasies may develop as early as age five or six. These fantasies are often based on mistaken notions that then become a part of the sexual-arousal pattern for the individual. For example, a small child who accidentally observes her parents making love may believe that they are fighting. Ever after, violence and sex become entwined in her mind in a fantastic way. However, Dr. Levay points out that these abnormal fantasies are often greatly modified by later real-life sexual experiences.

As a child grows older, her basic fantasy is elaborated by ideas from movies, books and television. In fact, according to Dr. Goldberg, "adolescence is one long rehearsal fantasy." For example, romantic sexual fantasies can help girls rehearse the responses they will exhibit as grown women to courtship as well as to more explicit acts. A fantasy may revolve around a favorite movie star or rock star, sparked by a photograph or a poster of him. Later on, real-life experiences may become interwoven with the basic theme. In fact, says Dr. Goldberg, the preliminary results of a recent study of the sexual fantasies of college students seems to indicate that the more actual sexual experience a person has, the richer her fantasy life.

In spite of elaborations inspired by experience and maturity, however, our basic sexual fantasies never really change. According to Dr. Levay, each of us has one basic theme (with variations), which *(continued)*



the FACE PLACE℠
from COSMETIQUE®

CHOOSE YOUR OWN COLORS!

Please pick as many as you like in each category:

EYE SHADOW:	Blue	Green	Brown	Rose	Plum	Gray	Variety
LIPSTICK:	Pink	Red	Coral	Plum	Mocha	Variety	
NAIL POLISH:	Pink	Red	Coral	Plum	Mocha	Variety	
MASCARA:	Black	Brown	Navy-Blue	Variety			
SKIN TONE:	Light	Med-Light	Medium	Med-Dark	Dark		
SKIN TYPE:	Dry	Oily	Normal	**Age** _____			

( ) $1.00 enclosed. I save $1.98 shipping and handling.

-OR-

4626

( ) Bill me later for $1.00 plus $1.98 shipping and handling.

Please Print

☐ ☐ ☐

Miss Ms. Mrs. _____
First Name Last Name

Address _____ Apt. _____

City _____ State _____ Zip _____

Do you have a telephone? ☐ Yes ☐ No

Have you purchased anything else by mail in:
☐ last 6 months ☐ year ☐ never

Note: The FACE PLACE reserves the right to request additional information or reject any application. Limit: One Introductory Kit per Household. Offer void if previously accepted or if previously a member of COSMETIQUE. **Offer good only in the U.S.A.**

Mail to:
THE FACE PLACE

© Copyright Cosmetique Beauty Club, Inc. 1985

A division of COSMETIQUE Beauty Club, Inc.

- You can accept this fabulous offer with no obligation to purchase another kit, ever!
- If you decide to remain a member of The FACE PLACE, you will save up to 80% off retail prices on the exciting, new beauty kits sent to you about every four to six weeks! Once a year you will also receive an elegant $100 Perfume Collection and a prestige Men's Collection.
- No matter how high their value, you pay only $8.95, plus shipping and handling, for each future kit you choose to buy.
- Each future FACE PLACE kit will feature an assortment of full-size, famous-name cosmetics and fragrances– never any samples– from a variety of the most prestigious cosmetic houses in the world.
- You may return any kit for full credit, and you may cancel your membership at any time.
- You choose your own exact colors of lipsticks, eye

we call on throughout our lives. "The theme is like a tree," he explains. "The leaves and flowers might look very different on different branches, but if you trace them back, you see they are all growing from the same roots."

Julia, thirty-five, is a caterer with a six-year-old son. She is very aware that her whole panoply of sexual fantasies is rooted in the childhood game of playing doctor. "It's ironic, and fortunate, perhaps, that I ended up marrying a doctor," she says with a laugh. "Because my most powerful fantasy, the one I've had ever since I can remember, is of being made to undress, lie down on a sterile table and submit to an examination by an aloof, clinical M.D. who then becomes aroused in spite of his best intentions. I've shared this with my husband, and sometimes we act it out. It really spices up our lovemaking, because he can let himself have the thoughts he would never allow himself during a real examination. Of course, I've developed many variations on this basic idea, most of which I keep to myself, but they all involve my being examined by some individual or group of authority figures."

Similarly, one twenty-eight-year-old wife and mother of two small children has had the same powerful fantasy about being spanked ever since adolescence, yet she sees its roots in her early childhood. "My father was a difficult man, and we were never close," she recalls. "He would spank me, and while I was frightened at the time, I now realize that being so close to him under such dramatic circumstances produced an erotic response."

While these fantasies may seem slightly kinky, they're really not that unusual. In *My Secret Garden* (Trident Press, 1973), Nancy Friday collected hundreds of sexual fantasies from women of all walks of life, proving that our imaginative sex life can be rich indeed. The five most common themes reported in Friday's book, as well as in other studies of women's fantasies, are fantasies of romance and seduction, of being admired by a number of men, of having group sex, of homosexual encounters, and of violence or rape.

A very common fantasy, which is often a variation on the romantic theme, is that of having sex with a famous person. In fact, more than half of the women surveyed in a recent poll admitted that they have had such fantasies. "This is very common," says Dr. Levay. "After all, you see celebrities every day on television and in magazines. You feel you almost know them. And it is much safer to fantasize about a famous person than to have dreams about a forbidden figure—such as your best friend's husband."

"I love my husband, Steve," says Catherine, a systems analyst for a large data corporation. "But ever since I saw Omar Sharif in *Doctor Zhivago*, I have fantasized about being seduced by him. His huge dark eyes and swarthy complexion are a real contrast to Steve's blond hair and blue eyes. Now, when I want to give myself an extra private treat, I imagine Omar is making love to me instead of Steve. I don't do it often, so I don't feel I'm depriving my husband of anything, and it makes me feel sensational!"

Some women prefer to idealize their own identity. Elizabeth, for example, a twenty-six-year-old writer, doesn't fantasize about other men when she makes love to her husband, Roger, but she does enjoy trying on the images of other women. "Sometimes I imagine

> "It is much safer to fantasize about a famous person than to dream about your best friend's husband."

I'm a French courtesan, and I'll whisper in my husband's ear with a French accent. He loves it, and so do I."

Shawna, a thirty-eight-year-old administrative assistant who's been married for seventeen years, finds that her switching identities titillates both herself and her husband. "I frequently change the style and color of my hair," she admits, "and when I've just become a blond I'll pretend in bed that I'm Susan Anton. When I'm a brunette, I pretend I'm Sophia Loren. My husband gets really excited, and I feel more attractive than ever."

At the other extreme are fantasies about rape and violence. "Probably more women do have them than not," says Dr. Goldberg. But the experts agree that such fantasies do *not* indicate that a woman actually wishes to be raped. Rather, such a fantasy usually represents a way of avoiding responsibility for sexual needs. As Dr. Levay puts it, "Mommy said I shouldn't make love. But here I don't have any choice, so I might as well enjoy it." Furthermore, unlike an actual rape, which is an act of violence rather than a sexual act, rape fantasies tend to be overlaid by romantic images—in many cases more like seduction than actual force. In fact, this is almost always the basic sequence of events in any historical or contemporary romance novel—the dashing hero forces himself upon the unwilling heroine who initially resists only to surrender in a swoon to his torrent of kisses.

The romantic image is shown clearly in a bondage fantasy reported by Jane, a thirty-eight-year-old Wall Street executive. "I've had fantasies since I was a teenager about being tied up," she says. "Once I'm helpless, the man is free to do anything he wants—for my pleasure." The erotic component is only part of the picture, however. "For me the most important thing is how much the man loves me," she says. "He ties me up so I won't run away."

Opposite such passive imaginings are fantasies in which the woman is the aggressor. Linda, who at thirty is happily married and busy with her career as a lawyer, reports that she often fantasizes about seducing several men at once. "I've invited them to a beautiful country meadow. I look absolutely gorgeous and I dance for them. But although they outnumber me, I'm in total control of the situation. They're in awe of my sensuality."

According to Dr. Levay, fantasies like Linda's may be a sign of the times: "It's a part of today's woman being free to do her own thing," he says. "For some women, such fantasies also provide a feeling of safety, where the woman knows she has her partner under control."

Another woman, who recently became a lawyer after her children were grown, is thrilled at the respect with which her male partners treat her. Although she has an extremely satisfying marriage, she finds herself fantasizing about seducing some of her co-workers. "It's just that I feel so terrific about myself," she blushingly explains. "I feel so powerful."

"Power is a great equalizer," says Dr. Levay. "I think that this kind of fantasy is the healthiest sort a modern woman can have. She's integrating her assertiveness into her fantasy life."

When asked whether fantasies of submission might disappear as women become more assertive in their lives and equal partners in their relationships, Dr. Levay said this was a definite trend. But he adds that while these fantasies might diminish they will never disappear completely, for women will still be human, with all the fears and wishes that that implies. The more kinky or masochistic *(continued)*

Alive with pleasure!

Newport



© Lorillard, U.S.A., 1981



After all, if smoking isn't a pleasure, why bother?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

7 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report March 1984.



SECRET SEX LIFE
continued

fantasies often result from childhood mistreatment, he not and unfortunately can never be completely eradicated. Fu thermore, one expert points out that many men have fantasi of submission. "It's a desire to relinquish control," he says, " let someone else make the decisions. As women become mo powerful in their own lives, they may more frequently fi themselves desiring an escape in fantasy form from their re world responsibilities."

"Think of yourself first as a human being," says Dr. Lev "and realize that among your needs is a varied fantasy life."

Despite such reassurances, it is difficult for many of us avoid feelings of guilt or shame about some of our more e treme fantasies—a whole roomful of lustful men, for examp or a desire to tie down and sexually punish one's husbar Why, we may wonder, would we fantasize about things that would never do? "*Because* we would never do them," says L Levay. "That's exactly the point. They're similar to nonero fantasies. Everyone has daydreams of chopping off the bos head, getting revenge or running away from an unplea ant situation—all sorts of things they would never consid doing in real life. It's the same with sexual fantasies. Think them as a safety valve."

At the other end of the spectrum are fantasies so brief we hardly aware of them, and they need not occur only in priva sexual moments. In fact, most people fantasize several time day, although we may not always recognize a sexual fantasy such. "A sexual fantasy is sometimes nothing more than a tw second reverie," says Martha Gunzburg, a marital-sexu therapist and director of the Couples Counseling Center Manhattan. "If you're walking down the street and you see puppy being stroked, and you imagine for a second that yo skin is being stroked—you've just had a sexual fantasy."

"I used to think I didn't have them," says Helayne, a ve proper-looking corporate lawyer and mother of two. "But som times when I see a good-looking guy, I imagine our chee touching or him putting his arms around me. I guess those a fantasies, but they're never very specific. Thinking of them like trying to see something behind a veil."

But whether fantasies are lengthy or fleeting, they ser many sexual and psychological purposes. Apart from bei used to discharge negative emotions, they are most obvious used for arousal and maintenance of sexual excitement, a cording to sexual researchers. In a recent survey, a surprisi 51 percent of those questioned reported that they fantas while making love, at least occasionally.

The stimulation provided by erotic fantasizing can be qu powerful. In a clinical study at the State University of N York at Stony Brook, Wendy Stock and James H. Geer show that women who use a great deal of fantasy during masturb tion also display a greater physiological level of arousal, measured in a laboratory.

Such heightened stimulation can obviously enhance lo making with your sexual partner. And even though it is co mon to feel guilty about having fantasies while making lo the experts say that it is a perfectly normal part of lovemakin something that nearly everyone does. But fantasizing eve time you make love can put your relationship at risk. As L Levay points out, "It can be hard to relate when you're a sorbed in your own fantasy." And Dr. Goldberg adds, "If y find that you are getting all of your satisfaction from t fantasy and not from the lovemaking, then you have a pro lem." In other words, if you feel a continual need to repla your lover with a fantasy, the relationship may be in troub and you should probably seek counseling.

Although their prime purpose is stimulation, sexual fa tasies may also provide relief from anxiety, much as ordina daydreams do. For example, they can *(continued on page 14*

CHUCK WAGON® INTRODUCES A DELICIOUS GRAVY RECIPE.

NEW!

CHUCK WAGON®
brand DOG FOOD

With richer, thicker, real meat gravy.



Here's a simple recipe for a delicious gravy dish your dog is sure to love.

1 dog
1 bowl
new Chuck Wagon
warm water

Just combine Chuck Wagon and warm water. Stir 20 seconds. A rich, thick, real meat gravy will magically appear. (And so will your dog.) Soon, the food will disappear, and your dog will look at you and smile. Because new Chuck Wagon tastes fantastic.





Helping pets live longer, healthier lives

© Ralston Purina Company, 1984

Travel talk

Whether you're going around the world or just around the corner, here are up-to-date travel tips to help you get where you want to go, and have the best time while you're there. By Linden Gross

PICTURE THIS DEAL

If you intend to travel during 1985, there's a bargain you should take advantage of without delay. From now until January 31, 1985, buy a camera or five rolls of film from Polaroid and you'll receive a 25 percent reduction on the price of *any* nonholiday TWA round-trip flight, no matter what the destination (the U.S., Europe or the Middle East) or what the class (first, economy or super-saver). Prices of the cameras that qualify you for the discount range from $24.95 for the OneStep 600 to $265 for the SLR 680 Autofocus. And if you already have a camera and don't need Polaroid film, you can opt for the new AutoProcessor, and develop film into 35mm slides in your own home in a matter of minutes. It sells for $99.95.

For more information about when the discounted tickets are valid, contact your local TWA reservations office or your travel agent. And if you have any questions about how to redeem your sales slip once you've made your purchase, call the Polaroid Hotline at 1-800-225-1618.

CHECKING UP ON A CHARTER OR TRAVEL PACKAGE

It doesn't take more than a quick look at the travel section of a Sunday newspaper to see that charter companies offer dozens of travel deals—each seemingly better than the next. Determining which companies are reliable, however, isn't as easy. To help you make sure that you'll get what you pay for, the Better Business Bureau of Metropolitan New York has these recommendations.

- Check up on the operation you're considering doing business with. If you're using a travel agent to make your trip arrangements, find out whether the agency's ever done business with the tour operator before. If so, were the clients satisfied? Also, be sure to call or write the Better Business Bureau in the city where the company is located and ask for a customer experience report.

- Don't just glance at travel ads and brochures . . . scrutinize them! Look out for asterisks or small print that alters the meaning of the statement that first caught your eye. Typical amendments usually hidden at the bottom of a page include restrictions on length of stay and when you can travel as well as additional surcharges. And look to see that the travel services you're interested in are currently available at the advertised price.

- When you call or write for information about a travel package, make sure you understand exactly what is—and is not—included in the price. (When an ad states that you can horseback ride at a resort, for example, that doesn't necessarily mean that the riding fees are part of your prepaid package.) Double-check that airfare, hotel, meals, sight-seeing and gratuities are included. And have the company spell out how many days and nights are included, as well as the names and grades of your accommodations.

- Finally, before you commit, find out what the cancellation penalties are and what the company considers to be a valid reason for canceling.

For more information, write for a free copy of "Shopping for Travel Packages," from The Better Business Bureau of Metropolitan New York, Inc., 257 Park Ave. South, New York, NY 10010.

THE INSIDE STORY ON X-RAYS AND FILM

If you own a camera that you take on trips, you may already be aware that the X-ray machines used to check carry-on baggage at airport terminals can be hazardous to the health of your film. And if you've ever tried to avoid having your film pass through those machines, especially when traveling abroad, you're also aware of just how difficult a procedure that can be: While you can have your film inspected by hand in American airports, overseas airports are not always so accommodating.

"I was carrying fifty-four rolls of film that I'd literally shot around the world," says one veteran traveler. "I'd had no problem having my film examined by hand until I hit Switzerland. There I was told that my film absolutely had to be X-rayed along with the rest of my carry-on baggage, and that no exceptions would be made. I appealed to the security guard, to his superior, and finally to the chief of security of the entire airport. After an hour and a half of pleading, the answer remained the same. If I wanted to get on the plane, I had to let my film be X-rayed or check it. It was as simple as that. I had no choice but to let the film go and take my chances."

Having run out of options, that traveler finally decided to allow her film to pass through the machine, and the film suffered no damage. The choice to hand-carry the film was a wise one considering that airports randomly X-ray checked luggage with machines that often use a higher level of radiation than those in most terminals. However, there was a degree of luck involved as well: The machine in question was a newer, sophisticated model (which uses lower doses of radiation than the older models do), and it was not malfunctioning.

Needless to say, the situation is less than perfect. Though all American airport terminals—as well as an increasing number of ones in Europe and around the world—have opted for the new low-dose machines, even these are problematic. Multiple X-ray exposures (five or more) will visibly alter most film, and the new high-speed films (with ASA ratings of 1,000 or more) suffer damage after just a single exposure.

So what's an avid photographer to do? Using photo mailers and sending your film to a developer through the mail, which is rarely X-rayed, is one way to safeguard it, according to Tom J. Dufficy, of the National Association of Photographic Manufacturers. Or, if you don't trust the mail, Dufficy suggests that you have your film developed abroad. Most major cities in Europe already have a number of rapid photo-processing shops, and they're beginning to show up in most of the rest of the world as well. Finally, if you're planning to carry film onboard an aircraft, make sure that your camera is not loaded, and carry your film separately in a clear plastic bag. Leave the camera in your carry-on luggage, and ask for a hand-inspection of your bag of film. If your request is refused (and chances are good that it will be in countries like Israel, France, Italy, Spain, Denmark, Belgium, Germany and, of course, Switzerland, to name just a few), cross your fingers as your film is X-rayed. **End**

FOR BEST RESULTS, COOK EVERYTHING AT 360°.



© 1984 Sharp Electronics Corp.

Introducing the Sharp Carousel® II Convection Microwave Ovens. By turning the food, it always turns out better.

Any microwave oven can cook food quickly. But most fall short when it comes to cooking ood evenly. Because the energy inside a conventional microwave oven isn't distributed evenly, ll too often the food isn't cooked evenly. Overcooked here. Undercooked there.

A problem you won't have with any of the Sharp Carousel II microwave ovens.

Thanks to our turntable design which rotates the food while it's cooking, everything omes out perfect every time. And our Carousel II convection microwave ovens also brown, ake, broil, and crisp the food. So it looks as appetizing as it tastes.

We also offer features that even make working in the kitchen more appetizing. Like our lectronic Sensory Processor (ESP)™ and CompuCook™ computer hich do all the calculating and cooking automatically.

So if you're in the market for a microwave oven, we suggest you onsider the Sharp Carousel II.

Because when it comes to microwave cooking, the only way to et perfect results is to go around in circles.

SHARP

FROM SHARP MINDS COME SHARP PRODUCTS

V EQUIPMENT, AUDIO, BANKING SYSTEMS, CALCULATORS, CASH REGISTERS, COMPUTERS, COPIERS, ELECTRONIC TYPEWRITERS, ACSIMILE EQUIPMENT, MICROWAVE OVENS, PROFESSIONAL VIDEO CAMERAS & MONITORS, TELEVISIONS, VIDEO TAPE RECORDERS

LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT OR REPAIR IF DEFECTIVE

Decorating hotline

Learn how to solve all your decorating problems by following this expert advice from interior decorators and designers. By Deborah S. James

Q *We want to display a collection of old maps in our living room. How can we show them off?*

A Proper lighting will make your collection the focus of your room. Highlighting certain objects will give the room drama and flair and make your collection look its best. You have a variety of lighting options, depending on how much time, effort and money you want to invest.

If you want to set up something quickly and easily, try inexpensive "up-lights." These canister-shaped fixtures sit on the floor and light the area directly above.

A system that looks more professional—although you can easily install it yourself—is overhead track lighting. These lighting heads will cast warm pools of light on your maps, and since the bulbs are on tracks, they can easily be positioned. Or if you want to highlight the maps but not the surrounding areas, try framing projectors. These fit into the track heads and enable you to shape a beam of light to an exact shape and size by a series of lenses. These are a more expensive addition that a serious collector may find desirable.

An elegant idea—but the most costly—is to install either recessed or ceiling-mounted wall-washers. Unlike track lighting, which casts pools of light, wall-washers cast even light over an entire wall. Because they can cover a fairly large area, it is best to place them two to three feet apart. Find a good electrician, since installation of these can be difficult.

For a copy of *Guidelines to Good Lighting*, which gives more details on lighting, send $2 to: American Home Lighting Institute, Attention: Helen Cross, 435 North Michigan Ave., Suite 1717, Chicago, IL 60611.

Q *Most of my furniture is contemporary, but I have recently started collecting country pieces. How can I mix the two styles so that they won't clash?*

A There's a new freedom in decorating that lets you decide what's right for your style of living. Country pieces, because of their simple lines and classic colors, coordinate well with many different styles, including contemporary. You shouldn't have any problem mixing the two, but keep some pointers in mind.

The key is restraint. A few special pieces will add all the punch your room needs. Avoid the "museum" look and simply scatter country pieces throughout the room—an antique desk, a carved wooden chair or a simple parsons table for starters.

Then decorate the room so that the furniture stands out. Paint your walls a neutral color—if you're adventurous, try a rich tone of green, red, gray or blue instead of white or beige. Just be sure to use a flat finish, which won't reflect glare and will make your room seem larger. Complement wall colors and set off the country quality of the furniture with rag rugs, baskets, quilts and pottery. Keep the windows simple—wooden blinds or shutters have a contemporary look but won't overpower. Those country pieces will feel right at home.

Q *The spare bedroom in our house has a window that is small and high. What can I do to make it look better?*

A Windows are a working part of a room's decorating scheme, so it's important that they reflect the room's style. At the same time, window treatments can disguise a defect in a room. So before deciding how to decorate, evaluate the window's main function—whether it provides light, offers a view or heats and cools the room. You don't want to cover a light-giving window with dark shutters, or seal the only window that gives a room ventilation. And since your problem is a small window, you'll have to decide whether to try to make the window appear larger or to simply try to decorate it more attractively.

To make the window look bigger, give it width and length with curtains. Extend the curtain rod beyond the window on both sides for extra width, then let the curtain run below the sill for length. Just be careful not to overdo it: The width and length should be proportional. To give another illusion of length, use fabric with vertical stripes.

You can also beautify the small window without trying to make it seem larger. One simple way is with café curtains. Instead of hanging from the very top, café curtains are hung from a tension rod halfway down, so they cover only the bottom half of the window. You can also cover the whole window with sheer fabric held with tension rods at the top and bottom; tie the curtain in the middle with colorful ribbon for a more festive look.

For something different, simply pull a light cotton curtain off to one side and tie it back. Or for a contemporary look, install shutters or blinds. Kits are available, so expensive custom-made orders are unnecessary. Just remember that with problem windows, simple treatments like these are the most effective.

TIP OF THE MONTH

Before purchasing your next sofa, here are some things to consider that may save you money and aggravation.

- Shake the arms. Any movement may indicate a weakness than can lead to squeaks and other noises as your couch ages.
- Check for padding on the back of the sofa, behind the cushions and under the front panel. Padding not only is important for comfort, but it also increases fabric life.
- Check that there is a metal spring system in both the seat and back to provide comfort and support.
- Look for cushions that are movable and reversible. Loose cushions can be reversed for longer wear.
- Check frame strength by lifting one side of the sofa six inches off the ground: The other side should firmly tilt back, and the middle of the couch should not sag. Any bowing or sagging may indicate that sofa was poorly constructed, with wood that was too soft or warped.

To order a guide with more advice, *Things They Might Not Tell You at the Furniture Store: 197 Tips that Will Help You Avoid Costly Mistakes*, send $2.95 plus 60 cents for postage and handling to: Straight Facts Publishing, P.O. Box 550, Department 30, Damascus, MD 20872. **End**

Introducing Atune.®

Shampoo, Conditioner, Hair Spray.
The first system that keeps permed or colored hair looking good longer.



Atune! It's just what I've been waiting for.
A hair care system made just for permed or colored hair.
Atune shampoo won't strip my color or dry out my perm.
The conditioner makes my color shine.
It even perks up my perm.
And Atune hair spray has a sunscreen.
So even in the sun
my color won't fade...my perm won't frizz.
Finally! I can be kept in color and curls.
Won't my hairdresser be surprised.



Just keep me in color and curls.

© 1984 Helene Curtis Industries, Inc.

Women getting ahead

Get the most out of your job and make the most of yourself with these answers to your questions on working life.
By Shirley Sloan Fader

FLIRTING AND MORE



Cameron Wasson

Men I meet at my job often try to find out if I'm "available." I'm not. I'm married and they know it. How do I handle them?
If you're sure that you're not sending out provocative signals with your behavior, clothing or makeup, then what you're experiencing is the all-too-normal response to an attractive married woman in the business world. It may actually be the fact that you're married that interests some men, who hope that you are a job contact who is "available" without any real commitment from them. Their questions are aimed at discovering how serious you are about marital fidelity. The simplest way to subtly yet effectively give them the message is to frequently mention your husband in conversations—things you did last weekend, a trip you're planning or any other activity that features your mate. Keep up the comments until the men get your "not available" message.

YOUR OWN BUSINESS

I have a small business with a very limited advertising budget. How do I find the best place to put my advertising money?
It's always wise to start with an ad in the Yellow Pages. Then for free (or very inexpensively) you should obtain detailed reader and listener statistics from your local newspapers, magazines, radio and television stations. Because they're interested in attracting advertisers, the publications and stations collect and supply data on the makeup of their audience. For example, they can tell you not only how many women of a certain age group are in their audience, but also whether the women have jobs, how much education they have and what their average family income is. You can then place an advertisement where it will reach the highest number of potential customers.

MOVING UP?

I am going to be training for a new position in my company, but my boss says he won't hold my old job for me. Could I really be fired if I don't succeed with the training?
Yes, that's a common arrangement. Usually you're allowed up to about three months to show that you can handle the new work. During those months someone else is doing your old job. That's why you run the risk of being fired. Otherwise, what would they do with the innocent person who assumed your responsibilities?

TOO TRANQUIL

I have a pleasant job that's routine and easy, as well as a good family life. Yet I come home tense and exhausted. My doctor says it's not physical; it's stress. How can I get rid of my anxiousness?
Ironically, the ease of your job may actually be causing your stress symptoms. Many people thrive on action, excitement, change and high-pressure surroundings. When their days are too placid, their innate capabilities go unchallenged, and this can produce stress symptoms like the ones you mention—or even illness. Professor Emeritus John R.P. French, Jr., of the University of Michigan's Institute for Social Research, who has studied the problem, says the amount of job stress that is right for one person can be too much or too little for someone else.

WHEN MOMMY TRAVELS

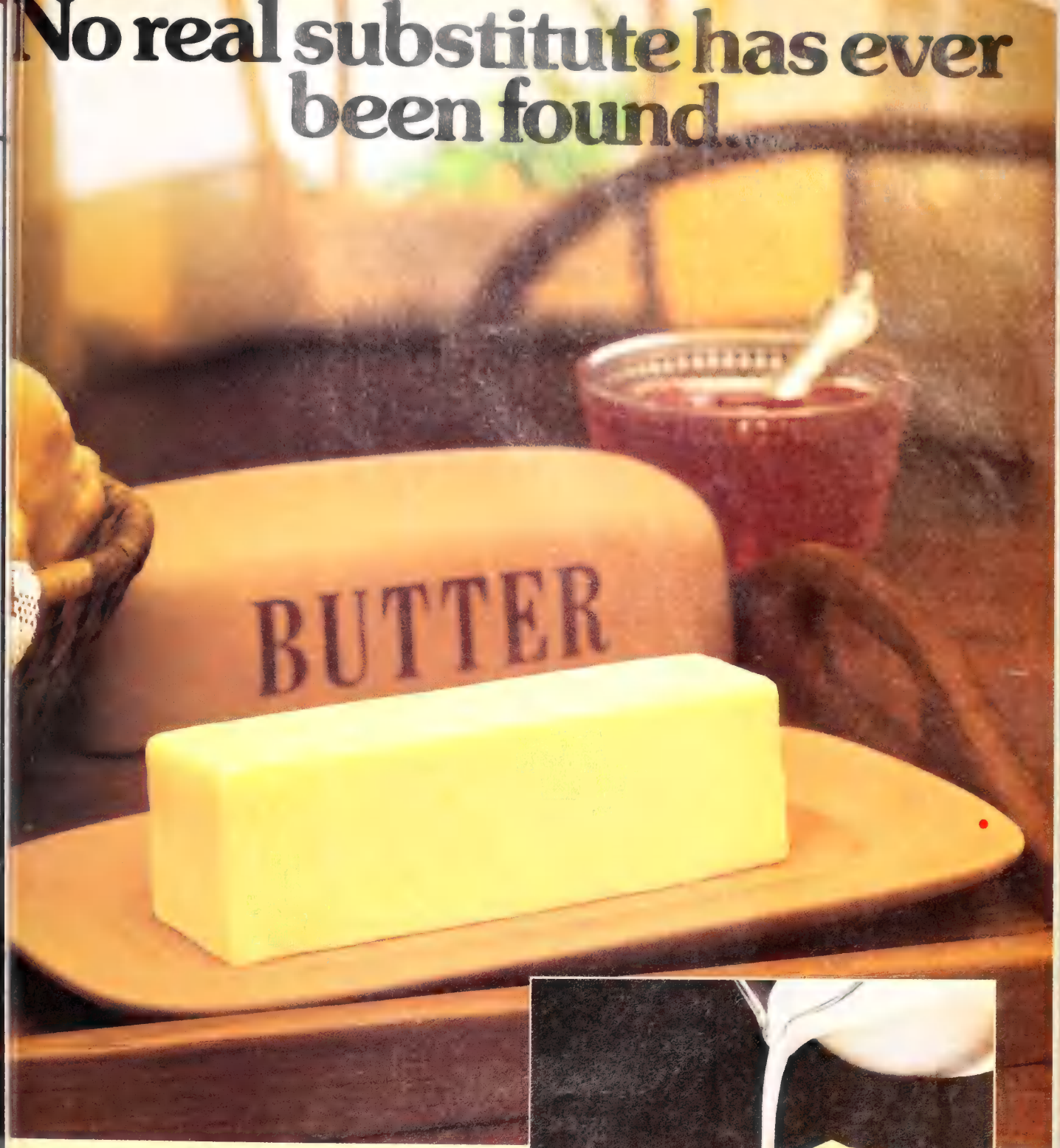
My new job requires me to be away from home for one week every month. My children are eleven and fourteen and my husband's work allows him time to do a lot of fathering. What can I do to make this new routine easier for us all?
Besides concentrating on keeping in touch with your family while you're away, you should work out a going-away and coming-home routine that will minimize emotional conflicts. If getting to and from airports will strain family schedules, for instance, be sure your employer will allow for airport travel service in your expenses. Or if you anticipate being exhausted when you return, talk it out beforehand and set up a time for catching up with the family the night *after* you're back. Otherwise you may find yourself cranky, edgy and overwhelmed each time that you return to a "Hurray, Mommy's home" family dinner. And don't create endless problems by bringing homecoming gifts—you and your family are one another's homecoming present. Starting a ritual of arriving with gifts becomes a headache as you struggle to find something appropriate on every trip. Worse, it can deflect your children's interest in you to inspection of this trip's goodies. Save presents for other special occasions unless you find something particularly appropriate or unique.

ANTI-SMOKING JOB BIAS



I'm quite sure that I was turned down for a job because I'm a smoker. Isn't that illegal job discrimination?
No, it's an accepted basis for a hiring decision. A recent issue of *Management World* magazine *(continued)*

No real substitute has ever been found.



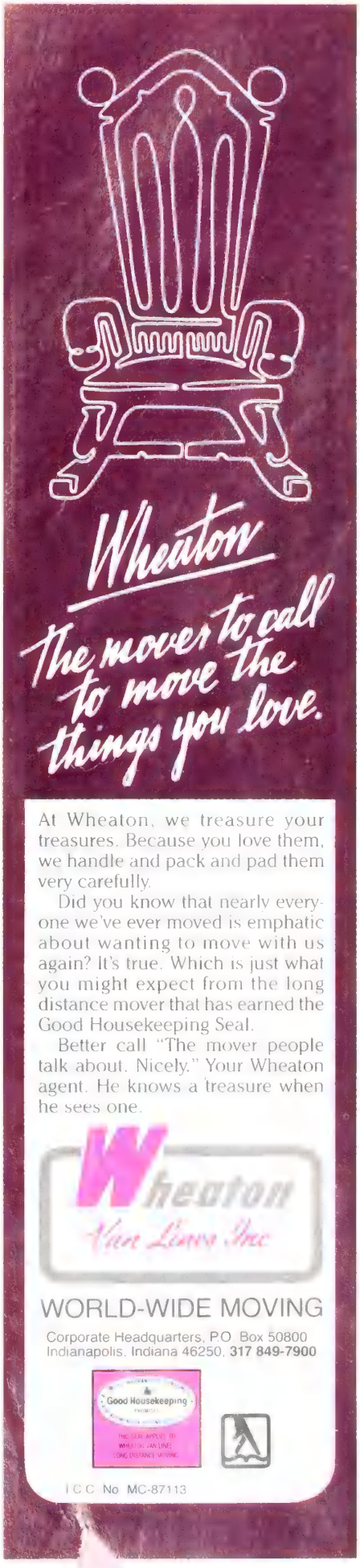


When it comes right down to it, no real substitute has ever been found for the pure, natural, wholesome taste of real butter. Or for bringing out the very best flavor in foods.

So come on home to the good taste of real butter.

Come home to the good taste of real butter.

National [illegible] oard



GETTING AHEAD

continued

reports that job-hiring prejudice against smokers is increasing. One typical example: A survey of Seattle-area managers with hiring authority revealed that 53 percent admit giving preference to nonsmoking applicants. What you are legally protected against, however, is discrimination in such matters as your sex, age, religion, marital status, national origin and whether you have children.

KEEPING TABS ON YOU

Every time I'm out sick for more than a day, my boss calls me at home. I think I should be trusted and that my boss should not be checking up on me. Am I right?

Your employer calling to see how you are is not an invasion of your privacy. A leading business publication, *Boardroom Reports*, says that such calls are justified because the supervisor "has a right to know the state of the worker's health."

TIPS FOR SUCCESS



Cameron Wasson

Helping your ratings. No matter what kind of job you have, your supervisor may soon be checking little boxes headed "poor," "fair," "good" or "excellent," describing various aspects of your performance. It used to be that only factory workers were rated, but nowadays office, government and white-collar workers of all kinds as well as many professionals and managers are subjected to written appraisals. Often your next pay increase depends on how well you do in your "performance evaluation." At the very least, your chance of keeping your job and moving ahead will certainly be affected by the boxes in which your supervisor's check marks land. Here are some useful things that you should know about performance appraisals.

What are they looking for? In general, employers rate you on characteristics such as accuracy, alertness, cooperation, dependability, drive, personal appearance, quantity and quality of work, courtesy, stability and human relations. Depending on the job you do, each rating might be worth a certain number of points. For example, a "satisfactory" in human relations might be worth four points in a personnel job but only two points in a bookkeeping job, in which human relations is of less importance. At the end, points for each characteristic are added for a total score.

Don't try to avoid an appraisal. If you hear that your job will include an evaluation, be pleased about it. It's the jobs in which no one is interested enough to rate you that are the most likely to be dead ends.

What you can do about an unsatisfactory rating. In most cases you will be shown your appraisal. Your supervisor will explain the reasons for ratings and discuss how you can improve your performance. If there are poor ratings, your best course is to *calmly* discuss with your supervisor what triggered them. If you recall a few times when you did poorly, ask if they overshadowed the many times (mention some specifically) when you've excelled in that particular skill. If you are pleasant—and cite specific examples—many bosses will realize that unusual errors may have overinfluenced the rating, and may improve the grade.

Signing it. Many organizations ask their employees to sign the appraisal. Usually there's a sentence on the form indicating that your signature is meant to prove that you have seen the evaluation and know that it is being put into your personnel folder.

If you disagree with the appraisal. Write a memo with your view of the situation and have it *attached to the rating form* when it is filed.

The human factor. Because you're being rated not by a computer but by a human being, every score will inevitably reflect that evaluator's personality and prejudices. As Dr. Henry P. Sims, professor of organizational behavior at The Pennsylvania State University and a specialist in employee performance, explains, "A score of eighty-three out of a possible one hundred implies an ability for precise measurement that does not exist in most jobs." He says that there is no real quality difference between a score of eighty-three and one of eighty-nine. He also points out that the grades you're given would probably differ with every evaluator who rates you. **End**

SPECIAL OFFER FROM LHJ

VESTED INTERESTS



Both our easy-wear vests have a touch of elastic in the ribbed bottom borders for a good stay-put fit and comfortable feel. Available in small, medium and large, they're priced at $19.95 for one; $37.95 for two. To order, see page 140.

CITY STRIPES

A V-neck with lots of verve, top, our 100 percent cotton vest is patterned with colorful horizontal broken stripes in high-fashion colors.

Our slip-ons for all seasons have stylish wear-all-year versatility. And they're so attractively priced, you can hardly afford *not* to have one.

COUNTRY TWEED

The crewneck tabard, bottom, with its deep, easy-fit armholes, is a cotton-and-acrylic blend flecked with bright colors. Layer it over a blouse to protect against winter's chill. Or wear it alone to accent your spring-into-summer wardrobe.

Hair and makeup, Clifford Brake. Jewelry, Monet.

Al Rubin

By Katherine Barrett and Richard Greene

MONEY NEWS

Are you spending shrewdly and investing wisely? Here are useful tips to help you manage your money.



Shirley Kaneda

Record-keeping tips

If you itemize your tax deductions, be forewarned. The IRS has really tightened up its requirements for the documentation of expenses. "Now business use of automobiles, home computers and other business equipment will be allowed only if detailed records are kept," says Michele Bourgerie, a tax partner with the accounting firm Arthur Young & Co. "The IRS now has the ability to say, 'No log, no deduction.'"

What's more, the records must be made "contemporaneously"—the IRS does not want people going back after the fact to document their expenses.

To keep these requirements from robbing you of precious hours, Bourgerie suggests keeping log sheets on a clipboard in the car if you're using it for business or charitable work. These should have a space for the date, a description of the trip, including its purpose, and the round-trip mileage.

It pays, similarly, to make up log sheets in advance for the use of home office equipment—including spaces for the dates, a project description and the length of time the equipment was used.

If you want to take advantage of investment tax credits or accelerated depreciation (which allows you to deduct your business equipment at an even faster pace than usual), you must also document whether you're using the car or office equipment more than 50 percent of the time for business purposes. For that reason, you need to differentiate carefully when you're using each for personal or business reasons.

A better alternative?

If you're looking for a way to save money on college expenses, you have probably already heard about Clifford Trusts. These plans enable you to put a lump of income-earning cash into your child's hands when it's time for college. He or she can then use the income—taxed at a lower rate than your own—to pay for the schooling.

There is a problem, however. You have to set up such a trust for a time span of no less than ten years and one day. But the clever CPAs at the Big Eight accounting firm Deloitte Haskins & Sells point out the existence of a frequently overlooked alternative, called the "spousal remainder trust." These trusts have no time minimum, and operate like Clifford Trusts with one important exception. The principal you have transferred to your child doesn't revert to you at the end of the trust's life—it goes to your spouse. In most cases that's not a problem. But it could present some difficulties if there's any possibility of a divorce. See your attorney or tax adviser for more information.

Good news for women

Some real inequities in the pension and retirement system may finally have disappeared. Here are some of the key elements of the new Retirement Equity Act, as described by Henry Saveth, a senior technical analyst with Johnson & Higgins, an insurance brokerage and human resource consulting firm.

1. Divorce court orders can now clearly govern the division of pension plan assets between husband and wife.

2. People who take leaves of absence (such as maternity leave) are no longer as likely to be penalized by having their years of service start from scratch when they return to the company. Under the new law, you have to make sure your absence from your job has been less than five years (or six years for maternity leave). Then your employer must count all the time you have worked for the company toward your pension.

3. Employers now have to let peopl into pension plans at age twenty-on rather than twenty-five. This should b especially beneficial to women becaus they tend to start work earlier.

4. Before the act, some people were dis mayed to find that if their spouse die before age fifty-five, their rights to th pension disappeared. Now, anyone in pension plan long enough to have guar anteed rights to its benefits will autc matically pass on death benefits fror the plan to survivors.

What's more, employees can n longer choose to decline death benefit without their spouses' permission.

HELPLINE

Q *Just about everywhere I look, son "expert financial planner" wants to te me what to do with my money. How ca I tell how expert these people really a or whether I need them?*

A Generally, hiring a financial pla ner is wisest for people with relative high incomes. But others may certain benefit from an expert's advice for sp cific financial problems—if they've ju come into an inheritance, for exampl or if they are trying to pay for college

The key, of course, is to find someor with good credentials and a reliab track record. It's also very important make sure your adviser is not primar ly concerned with pushing one type investment—like tax shelters or ann ities—on which he makes a commissio

According to Claire Longden, a ce tified financial planner with Butcher Singer, an investment banking firr the best way to choose a planner is turn to one of two organizations th have fairly rigorous educational and et ical standards for membership. The are: The Institute of Certified Fina cial Planners, 3443 So. Galena, Sui 190, Denver, CO 80231; and The Intern tional Association for Financial Pla ning, 5775 Peachtree-Dunwoody Rc NE, Suite 120-C, Atlanta, GA 30342.


The power of Sheer Energy® pantyhose comes from special springy fibers that massage and soothe your legs. Sheer Energy's all day massage makes your legs feel lively, energized...and you feel ready to light up your days—and nights. So put on the power of Sheer Energy. In Control Top, too.
Nothing beats a great pair of L'eggs.
L'eggs SHEER ENERGY PANTYHOSE
SHEER ENERGY Control Top
SHEER ENERGY and All Day Massage are registered trademarks of Consolidated Foods Corporation for pantyhose.
© L'eggs Products, Inc. 1984

TIMELY TIPS FOR HEALTHY HOUSEPLANTS

Winter months can be hard on plants and flowers. Noted gardening expert C.Z. Guest tells you how to provide extra care.

Q *How often should houseplants be misted, syringed or washed under a spigot?*

A Heavy-leaved or fuzzy-leaved plants such as gloxinias, African violets and Streptocarpus (Cape primrose) are prone to getting water marks on their leaves, so avoid misting or syringing—simply use a watering can, then dust with a camel-hair brush. Glossy-leaved plants, however, do splendidly with a monthly sponging or syringing. Washing with a spigot can drown any plant.

Q *How can I prevent pests from getting a start on my houseplants?*

A Make it a habit to inspect all plants weekly. Plants that are infested with bugs must be segregated and thoroughly cleaned. Pick off all dead flowers and leaves—these are great hiding places for pests. Sponge with soap and lukewarm water at monthly intervals to check for such deadly pests as red spider, mealybugs and scale. Segregate any new plants initially, and promptly throw out all plants that simply cannot be saved.

Q *How does one go about getting the tiny, sticky, hairlike seeds of the African violets or Calceolaria from their packets into the dirt of starter pots? I'm all thumbs.*

A Tear open the packet and use a pair of tweezers to pull out the seeds gently. This is the surest way not to lose any.

Q *The new leaves on my potted plants sometimes turn a light green and stay small. What can I do to stop this?*

A This is probably due to lack of food. Nutrients can be dissolved by too much water or poor drainage. Although plants need water to survive, the roots need air, too. If the soil is kept too wet, the air spaces fill up with water and the weakened roots can easily die. Plants with diseased roots do not absorb as much water as they did when they were healthy, so the soil stays wet and the plants can't get the nutrients they need to thrive. Discard severely wilted plants and those without white root tips. Do not water less severely affected plants until the soil is barely moist. To prevent the problem, pot plants in a light soil with good drainage.

Q *What kind of houseplants do well with hardly any direct sun?*

A That depends upon the temperature you maintain. Hot, dry rooms will kill anything, but if the temperature is moderate and you have fair humidity, you can grow ferns, ivy, aspidistra, snake plant, rubber plants, philodendrons, many large-leaved begonias, as well as tropical foliage plants and bromeliads. Keep your night temperature down to 55°F. if possible, and your plants will stay vigorous. Remember that hot or cold drafts will make plants lose leaves and buds.

Q *Many years ago people mixed coffee grounds into the soil of their houseplants. Is this really good for plants?*

A Tests at the United States Department of Agriculture reveal that coffee grounds are slightly toxic to plant growth. Small amounts added to compost or soil are harmless but of little value. Stick to a good all-purpose fertilizer and be sure to follow directions precisely for best results.

Q *Why do the leaves of all my houseplants sometimes turn brown around the tips?*

A Tip burn usually results from under-watering. But, assuming that this is not the case, it may be due to more natural causes. The environment for houseplants changes drastically during the fall and winter months as relative humidity decreases and less sunlight is available. These unfavorable growing conditions often *(continued)*



You can't judge a kiwifruit by its cover.

Outside, a kiwifruit is fuzzy and brown.

Inside, it's a spectacular emerald green starburst of sweet, luscious flavor.

Some say it tastes like a strawberry. Others say no, it's more like a melon. We'll let you settle this debate.

Just peel and enjoy it, or slice it up for sensational salads, delicious desserts or a beautiful garnish for meats, seafood and poultry.

A ripe kiwifruit feels firm, but soft. If it's hard, ripen it at room temperature.

Ounce for ounce, kiwifruit has more vitamin C than oranges. As much potassium as bananas. It's high in fiber. No cholesterol. No sodium. And a whole kiwifruit has only 45 skinny little calories.

Send us a stamped, self-addressed legal-size envelope. We'll send you a ***free, full-color recipe folder.*** Send to: California Kiwifruit Commission, 1540 River Park Drive, #120, Sacramento, CA 95815.

CALIFORNIA

KIWIFRUIT

Feels Fuzzy. Tastes Fabulous!

cause symptoms such as browning and yellowing of leaves. Poor drainage, overwatering, gas fumes, poor light and lack of plant food or any combination of these may also be responsible. Plants need maximum light and humidity, so on warm, sunny days, move your plants outside (but watch out for insects). They'll start to thrive and look better in no time.

Q *My poinsettia is losing all its blooms and leaves. What should I do with it now? Can it be cut back?*

A Drafts and overwatering often cause leaf drop. Remember, poinsettias are heat lovers. They thrive outdoors during the summer but require a constant temperature of about 60°F. after early September. Without this *and* high humidity, the leaves will drop.

With proper care your poinsettia can bloom again next year and for years to come. Proper watering is most important. Just keep it moist, not soggy. When the blooms fade, withhold water and place out of the light as the plant becomes dormant. In early May, trim back the plant to two or three nodes (small swellings on the stem), start watering and put in direct sunlight. When the frost is gone, plunge your plant —pot and all—into a sunny spot in your garden. Fertilize occasionally and water during the hot summer months. In September, when the nights get cool, bring in your poinsettia and cover or closet it. Be sure it gets no light from sundown to sunup until Thanksgiving. Any light during that dark period will interfere with its cycle, and it won't bloom. However, during the daytime it can have full light. Come Christmas, your poinsettia should be full of buds.

Q *Can you explain to me the difference between these cactus species—Thanksgiving, Christmas and Easter? I am confused about which is which.*

A These species are all part of the same family. The Easter cactus *(Rhipsalidopsis Gaertneri)* blooms in spring as the days grow longer, while the flowering of both Thanksgiving *(Schlumbergera truncata)* and Christmas cactus *(Schlumbergera Bridgesii)* seems regulated by day length and temperature conditions. If grown in cold frames, the Thanksgiving and Christmas species will flower with the shorter fall days and cold nights.

The Thanksgiving will have visible flowers by the end of October. To ensure a December crop for Christmas cactus, plants should be given short (nine-hour) days by covering them with black cloth for the other fifteen hours, starting in late September. All three species can be propagated from leaf cuttings.

Q *Are there any houseplants a beginning gardener can raise from seed?*

A Raising houseplants from seed is a rewarding hobby. With very little expense and a small amount of time, you can have all sorts of delightful varieties of plants in every size (standards, miniatures), shape, color and fragrance. African violets, aloe (mixed species), cactus, cineraria, fuchsias, geraniums, gerbera, gloxinias, impatiens, kalanchoe, primula, wax begonias and other flowering plants can all be started from seed. Be sure to use plant markers to keep the names straight.

Q *Can you tell me what the best soil for houseplants is?*

A Here is a good potting mixture that I use:

1 part good potting soil
1 part good vermiculite or perlite
½ part coarse builders' sand
A little cow or sheep manure

Mix and add the following for each 6-inch pot you use:

1 tablespoon dolomite lime
1 tablespoon osmocate fertilizer
1 tablespoon bonemeal

Q *When should I feed my plants and how often?*

A Most plants need additional food in periods of major growth as well as feeding every three or four weeks in periods when growth slows down. Fertilize with an all-purpose plant food that contains equal quantities of the three nutrients most needed: *nitrogen* (to prevent stunted growth and yellowing of leaves), *phosphates* (to develop a root system and promote luxurious flowers) and *potash* (to strengthen stems and promote bloom; vital in making plants resistant to diseases).

Q *I'd like to buy a gift for an avid gardener. Are there any special tools you'd recommend?*

A These are what I consider the essential tools for indoor gardening. Put them in a basket, tie on a cheery bow and you have the perfect present.

Hand fork, for loosening soil around potted plants
Light trowel, for transplanting
Tweezers, for pulling tiny seeds out of packets and catching pests
Alcohol and cotton swabs, for hairy-leaved plants and to control mealybugs
Sponge, for cleaning foliage
Sprayer and duster (camel-hair brush), for applying pesticides
Safer Agro-Chem's insecticidal soap, for controlling white fly, spider mites, aphids, mealybugs (use only on ornamental houseplants)
Twist-Ems, for tying and staking
Plant markers, for identifying varieties

Remember, clean and wipe your tools with an oily cloth after using. Then store in a high place away from tiny hands.

Q *Are there any common houseplants that bloom in the winter?*

A African violets, wax begonias and shrimp plants give constant bloom. Paper-white narcissi and French-Roman hyacinths can be started for succession, are long lasting. Also try scented geraniums, amaryllis, jasmines, azaleas and chrysanthemums. If there is sun, tree-form geraniums or lantanas make a handsome grouping. For most flowering plants, sunshine is the key. Of course, many lovely prepotted bulbs available at garden centers are especially cultivated to bloom at Christmas time, such as amaryllis, narcissus, hyacinth and crocus. These fragrant bulbs will last several weeks and require only a little watering.

Q *What are the best containers for all types of houseplants?*

A Most plants grow well in both clay and plastic pots as long as cultural care is satisfactory. Plants in plastic pots need less water than those in clay. During the hot, sultry months (July and August) plants potted in clay dry out fast, especially if they're sitting in direct sun. They may need two daily waterings—morning and evening—to survive wilting and heat stress. Whatever type of container you use, be sure there are drainage holes in the bottom. Without proper drainage, roots rot.

Q *What houseplants need the least attention? I'd like to have the green of plants in my home, but I don't want to spend a lot of time caring for them.*

A The following plants grow easily indoors: spider plant, grape ivy, cast-iron plant, dracaenas, philodendron, pick-a-back plant, ferns, ponytail, snake plant, jade plant, lipstick vine, wandering Jew and wax plant.

Q *How do you root houseplant cuttings? I have a spindly Schefflera and I'd like to cut it back and then root the cuttings to start new plants.*

A Plants that grow upright with long stems, such as geraniums and begonias, can be propagated by cutting off sections of the stem and planting them. Choose healthy upright-growing shoots several inches long with a few leaves. Use a sharp knife to snip the shoots from the plant. For rooting medium, get a sterilized sand, perlite or vermiculite, from a garden center. Or try Rootone, excellent for its fungicidal properties. Sterile conditions, warmth and humidity are all absolutely essential for healthy growth. **En**



New Duncan Hines cookies taste soft and chewy inside, like homemade. Not hard, like most storebought packaged cookies.

New Duncan Hines cookies are loaded with real chocolate chips. So every bite is full of delicious homemade taste.

New Duncan Hines® ready-made
okies are baked up golden brown and
ispy outside to taste homemade.

One bite'll tell you

...brand new Duncan Hines Chocolate Chip Cookies taste crispy, chewy like mom's.



PIERCE BROSNAN "Please don't call me a sex symbol!"



By Phyllis Battelle

His aristocratic good looks helped him rise from the welfare rolls to the starring role of debonair Remington Steele—yet he still can't believe that he is being called "the Cary Grant of the eighties."

The setting is a whirlpool hot tub, nestled into the flowery terrace of a picturesque mansion high atop the Hollywood Hills. Pierce Brosnan, the handsome star of television's *Remington Steele*, is chin-deep in his new Jacuzzi, luxuriating and laughing with his beautiful blond wife, Cassandra. "We had just moved into this house," Pierce remembers dreamily, "and Cassie and I were like little children about it, talking about our sweet new lifestyle—marveling about how much we have, so soon. It was incredible. Only three years ago we were in London on *welfare*. Now we were in our own pool, listening to the coyotes howling in the hills, when suddenly a skywriting plane buzzed right over us, puffing messages in the sky. The whole scene was just so bizarre. I still can't believe I am here!"

As he reminisces about that evening last summer, Pierce's voice is a melodious blend of British accent and the brogue of his native Ireland. He stands on an airy patio of his new California-copy "French chateau" that overlooks *(continued)*

Larry Dale Gordon

BENSON & HEDGES

Lights



Philip Morris Inc. 1984

ng "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'84.

The Deluxe 100.

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

PIERCE BROSNAN
continued

Hollywood, the town that now labels him "the Cary Grant of the eighties." The title fits: Even in chinos, with a light stubble of beard—a luxury he allows himself on Saturday, after a week playing the impeccable Steele—thirty-three-year-old Pierce has the easy elegance of Grant. Both men trained on the British stage, though more than a half century apart. Brosnan is flattered by the comparison.

"But please don't call me a sex symbol," Pierce pleads, smiling. "That bugs me. I don't go around thinking I'm sexy or suave. I'm just a human being and an actor, that's it." Sometimes, he jokes, he's not even sure about the actor part. "I have a dark, Irish, brooding side, when I'm my own worst enemy. I tell myself, 'You're no good, Brosnan. You're lousy as an actor.' My wife says I'm great at creating negative moods." A sudden grin. "But I battle through it."

He is sipping coffee when, out of nowhere, a blimp appears on the horizon, floating directly toward his hilltop home. "Oh, my God, it's coming right at us!" Pierce cries, ducking back in feigned alarm. "Charlotte! Christopher!" he calls to his twelve-year-old daughter and ten-year-old son inside the house. "Look out the window!" The third Brosnan child, sixteen-month-old Sean—"the boy with the silver spoon and the American passport," Pierce says fondly—is too young to watch.

As the blimp veers away, Pierce settles back in a deck chair, squinting at this panorama of city, sea and sky, and murmurs, "I never quite get used to the show. The other day my wife was sunbathing, topless, by the pool when I heard a noise overhead and looked up to see five pairs of eyes peering out of a helicopter. I said, 'Darling, just put your bra on, please. We have visitors.' " He chuckles. "At night, the helicopters beam searchlights over the house and grounds." Pierce certainly doesn't object. Leaning over the railing, he points out a rooftop on the winding street below. "That's [actress] Penny Marshall's house. She woke up one night and two men dressed in black from head to toe were in the house—scared the daylights out of her. She pressed a panic button, which connects to the police downtown. They got up here before anything could happen." The Brosnan residence, "a house with a lot of creative energy and a charming European feel," has six bedrooms and a guest house and is "loaded with panic buttons." Yet because of his tumultuous past—a painful childhood without parents in rural Ireland followed by years of struggle as a stage actor in England—Pierce is as interested in psychological security as he is in physical safety.

"I never dreamed of coming to Hollywood—those were poppycock dreams," he says. "Only three and a half years ago I was on unemployment in London, working at a greengrocery—do you know what that is? I'd get up at five each morning, open the store, put out the vegetables and sell them. Cassie would bring the children round after school, and I'd slip vegetables into their baskets on the sly." His eyes, the bluest since Paul Newman's, sparkle at the memory. "We ate nothing but chili and vegetables for months." Those times came to an end when Pierce was cast in a BBC-TV mini-series, *The Manions of America*, which he recalls as "six hours of Irish tragedy in which I cried over my dead mother, then cried over my dead brother and finally cried over my dead horse." Learning that the show would be aired in America, Pierce and Cassie decided at three o'clock one morning that they would take out a second mortgage on their small Victorian house in London to cover airfare to the U.S. in the hope that Pierce could capitalize on his *Manions* performance and find work.

"I have a dark, Irish, brooding side, when I'm just my own worst enemy. But I try to battle through it all."

His first appointment was with MTM Productions in Los Angeles, and they hired him to play Remington Steele after interviewing him. "They didn't even ask me to read for the part, which baffled the hell out of me," says Pierce. "I'd done Chekhov and Ibsen, but I'd never done comedy, didn't think I was funny and hadn't the slightest clue how to do it." He studied old Cary Grant and Spencer Tracy films, and went on the set "thinking to myself, Okay, Pierce, keep smiling, talk fast and dazzle them. Seems to have worked." Brilliantly. But although *Remington Steele* is now well into a successful third season, Pierce is naggingly aware of the risks. "A TV series gives you a sense of security, because you think it's going to last forever. But it could all go as quickly as it came." His voice is as casual as if he were talking about the weather. "Nothing is forever. Success like mercury. If you squeeze it, it ju slips through your fingers. You must very gentle with success."

Pierce *is* a gentle man. And an ar ist—he was a commercial illustrat for Harrods, London's largest depar ment store, before he took up actin He could also, in a pinch, begin wri ing. "I daydream a lot of writing pla and novels," he says quietly. He is rea istic as well. "This year I bought a bla Corvette, the first fancy car I've own in my life," he notes proudly. Yet hangs on to the faithful 1970 Dod Dart he bought secondhand when came to California to seek his fortun "I got the Dart a free paint job, and no it's a brilliant yellow. I figure if tim get hard, I can always drive down Sunset Boulevard and pick up cab fares He adds that if anything happened, *Remington Steele* was suddenly ca celed, it would be a damn shock. But can't think of a better person than m wife to share the poor times with."

When he talks of Cassie, Pierce r sembles an Eton schoolboy rather tha a television star. Cassandra Harris, h maiden (and professional) name, w better known on the British stage tha her husband. A stately, stunning blon she was once listed as one of England most beautiful women by a top ph tographer there and played in t James Bond film *For Your Eyes On* First and foremost a classically train stage actress, she has put her career hold to care for her husband and ch dren. "She's far superior to me," Pier says, "a fine actress, a woman of gre inner strength. I'm a great believer fate, that certain things were meant be, and when I saw this beautiful, fa tastic lady I fell madly in love for t first time. It felt so good, so good could just afford some flowers, so wine. It took a good deal of wooing my part because she was like a wond ful, sparkling glass of champagne. S brought out a sense of humor in m didn't know I had." Pierce smiles su denly, betraying a hint of embarra ment. "I was a very dark creature wh I met her, very intense, full of Iri melancholy. Can you believe that?"

Anyone who has heard about childhood can believe it. Pierce is relu tant to talk about it. "I feel I'm teari away little pieces of myself. And ac ally, I've buried much of my childhoo It reads like a tale that would ha inspired a favorite author, Charles Di ens. When Pierce was an infa his father abandoned his mother, a she fled to London to escape small-to censure and find work. Her infant s was left in County Meath, Irela shuttled among elderly grandpare and family friends and (continu

AMANA AND NEW BOUNTY MICROWAVE...



Get cooking with this hot new combination and open the door to great tasting food.

Amana's new Mastercook™ Radarange® Microwave Oven is like a computerized chef. You just tell it what food you've selected and this oven knows how long to cook it... automatically! Mastercook eliminates guesswork, so fancy foods are as easy to cook as plain foods.

Wrapping up this hot new combination is new Bounty Microwave. It's the first paper towel specially made for microwave use—with natural fibers and no artificial colors.

New Bounty Microwave gives you better-tasting rolls, Danish pastries, bagels, sandwiches and other bread products. The secret? Wrapping foods in new Bounty Microwave before heating. They taste so much better than unwrapped.

New Bounty Microwave absorbs excess moisture so foods don't get soggy. Yet it holds in essential moisture so foods don't dry out. Result? Delicious! And, like regular Bounty, it's the quicker picker upper.

So get cooking with Amana and new Bounty Microwave—a hot new combination that has great taste all wrapped up.

Bounty and Amana have agreed to place Bounty Microwave coupons in Radarange ovens and to feature Amana in Bounty Microwave advertising. Bounty Microwave is not available in all areas. If you have any questions about Bounty Microwave, please call us toll free at 1-800-543-0480 (Ohio residents call 1-800-582-0490).

Amana / Bounty

1984 Procter & Gamble

When insufficient lubrication interferes with sexual intercourse

Introducing
NEW
Lubrin™
Vaginal Lubricating Inserts



What is Lubrin?

New Lubrin is a vaginal lubricating insert specially formulated and designed for women when the lack of sufficient lubrication interferes with sexual intercourse. A problem that millions of women have but seldom talk about.

New Lubrin is an easy-to-use insert that is unscented, colorless and nonstaining. Because Lubrin liquefies within the vagina, it can be conveniently and discreetly inserted prior to intercourse to simulate your own body's natural lubrication.

Lubrin isn't messy like foams or jellies. It provides long lasting lubrication yet is easily washed off with water. Because each premeasured insert is individually foil-wrapped, Lubrin is convenient to carry in your purse or pocket.

Lubrin is gynecologist-tested, gentle and nonirritating. Use it with confidence.

NEW
Lubrin™
A product specifically designed for vaginal lubrication

Available without prescription at your pharmacy's feminine hygiene counter.

©1984 Upsher-Smith Laboratories Inc.
Minneapolis, Minnesota 55441 All Rights Reserved.

PIERCE BROSNAN
continued

schooled by a ruthless order of Catholic teachers who, Pierce recalls, "would smack the hell out of you with paddle bats and leather straps. It was very bleak. The first day of school a nun wouldn't let me go to the bathroom and I swore at her. I didn't know what the word meant. My uncle had a garage and I'd heard the mechanics say it and knew it was something you said when you were angry. She whacked me. And that was the beginning." Until he was eleven, when his mother remarried and he went to live with the couple in England, Pierce was educated by what he calls the "sadistic" teachers of the religious order. "They closed down the school two years after I left, for its brutality to boys," he says. "It takes the stuffing out of you to be standing up saying your prayers and get the hell beaten out of you, and for a while I was very resentful. But once a Catholic, always a Catholic," he adds, smiling. "I still have faith, still thank God for my good fortune. I still pray when I get scared."

Until last July, Pierce had never seen his natural father, Tom Brosnan, an elderly carpenter who still lives in Ireland. "When I was making *Manions* in Ireland, a cousin called to say he knew where my father was and maybe we should meet." Pierce was ambivalent. "He took more than thirty years to fit me into his life, which is a terribly flip thing to say. But I had no feelings for him beyond a mild curiosity, and I didn't want to hurt my mother or my stepfather—who is a gentle man and my *real* father." But last July, when *Remington Steele* was on location in Dublin, the cousin brought Pierce's father to the set. "He was like a total stranger to me. There wasn't much to talk about, and it was an uncomfortable experience." At least the past was laid to rest. "I don't hold any malice against anyone for what happened," Pierce says. "We're all fragile people who make mistakes. We all screw up."

Cassie—a tall woman whose handsome face reflects her intelligence and humor—believes that Pierce's turbulent past has given her husband remarkable stability in a business not renowned for that quality. "His childhood was so screwed up that Pierce finds great solidity and security in his family. He's a marvelous father—a disciplinarian, absolutely, but very adult and level and funny with the children.

"There was an article recently in *TV Guide* that hurt, because it made Pierce out to be totally ambitious," says Cassie. "He works very long hours, bu if I should ever say 'I can't stand you hours anymore,' or if the children were adversely affected by his career, he would—without a moment's hesitation—pick up stakes and go back to a sheep farm in England if that's what would make us happy." But there is no chance of that now. Pierce Brosnan is expanding his horizons with his first starring role in a movie, *Nomads*, scheduled for release this spring. And he and Cassie have formed Kilkenny Productions to create new properties for themselves. Cassie played two roles on *Remington Steele* recently to critical acclaim. "I need to work again. It's not just an ego thing," she says. "My acting ability just needs to flex itself." And her fulfillment would add to her husband's well-being. "Pierce is a very happy man now. If he gets in one of his moods, it's because of something to do with his work. With his sense of humor he gets out of it, but it can be binding at times."

Pierce admits that in spite of his stardom, he has self-doubts. "I'm a shy person, finding it difficult to communicate with people at times, which is why I got into acting—it took away some of my inhibitions, lifted the veil of doubts," he philosophizes. "Yet every new script is like a mountain to climb and scares the life out of me. I talk to myself a lot, stand outside myself and say, 'Listen, Pierce, what's your problem? Just do good work and build a good life for Sean and Charlotte and Christopher and Cassie.' " Then, he says, "I go to New York and see Jeremy Irons starring on the stage in *The Real Thing* and come out of the theater in awe—and the paparazzi take my picture. Makes me feel like a fraud!"

Pierce Brosnan is a delightful, witty, complex man who has—as he keeps reminding himself to do—built a good life for his family. Yet he'd rather not show his vulnerable side. "People in this town are always looking for your insecurities, trying to find a chink in the armor," he says, with a soft edge of annoyance in his voice.

"I'm pretty much a loner," he admits. "It's not my nature to have really close friends. I don't think I've had one ever." His circle is Cassie and the children who, he adds proudly, have adjusted to the move from England to California more easily than he imagined. "California is home to us now. And this is a joyous house." He gazes at his home and again the look of disbelief is in his eyes. "All it needs is a pub on the corner with some actor friends and a pool table and a jukebox, and I'd be in seventh heaven," he jokes. But judging from his success, both off- and on-screen, Pierce Brosnan is close to seventh heaven already. **End**



DUMP THE CLUMP.

Don't give your cat leftovers, cold from the can.
Give him Tender Vittles®, fresh from the pouch.
brand CAT FOOD



TEAR INTO TENDER VITTLES AND WATCH YOUR CAT TEAR IN!

Purina

Helping pets live longer, healthier lives

® © Ralston Purina Company, 1984

News for Parents

Information about child rearing in the eighties. By Mary Mohler

PILLOW TALK

You've been through story time, goodnight kisses all around and a couple of drinks of water. But your twenty-month-old's not off in the Land of Nod—she's sitting in her crib in the dark, babbling merrily to herself.

Do you go in and tell her to stop that nonsense and go right to sleep? Stan A. Kuczaj hopes not. Chairman of the psychology department at Southern Methodist University in Dallas and the author of *Crib Speech and Language Play*, Kuczaj says that while it may sound as if the child is merely playing, he or she is also working on language skills.

In these pre-sleep monologues, children often try out new aspects of language, practicing vocabulary and various ways of developing sentences and putting words together without correction or interference from adults.

Typically, crib speech begins when the child is between one and two years old, lasts for anywhere from six weeks to six months and ceases before the third birthday. Of course, crib speech doesn't have to take place in the crib—Dr. Kuczaj believes it's the activity that's critical, not the setting. Children who are put to bed with a bottle, for example, do not engage in crib speech, but they will do so if given time to play alone.

Kuczaj says the best thing parents can do to enhance language acquisition is to let the child be part of conversation. Encourage kids to talk about things they're interested in. As they get older and more proficient, allow them to think things out for themselves. In this way, language is not only an important part of development, but also fosters development.

SHORT TAKES ON KIDS' HEALTH

Rx for better medicine. If you're giving the spoonful of sugar to help the medicine go down, a household teaspoon is fine—but don't use that teaspoon for the medicine itself. It's common practice, but the bowls of teaspoons vary so widely that you run the risk of seriously over- or undermedicating your child. Instead, use a medicine spoon, a practically spillproof tube with a spoon at one end, calibrated in teaspoons and milliliters. Or, if your baby hasn't yet graduated to using a spoon, ask your pharmacist for an oral syringe.

Feverish concern. Most parents are frightened by a child's fever, but it turns out that the real cause for concern may be parental misinformation about this symptom. The fact is, a temperature of less than 101°F. is not a fever and should not be treated.

Though there's a great deal of misunderstanding on the subject, fever alone is not a reliable guide to the seriousness of an illness. According to the American Academy of Pediatrics (AAP), a fever of 102°F. is low-grade, 104°F. moderate; and in spite of parental fears, any fever under 106°F. is actually harmless (except in newborns)—that is, it has no neurological consequences—though of course it may make a child uncomfortable.

How should you treat a child's fever? The official word from the AAP is tepid sponge baths and aspirin or acetaminophen for temperatures of 101°F. and up. (The AAP advises giving acetaminophen if the disease is suspected to be viral, as there is an apparent though unproved association between aspirin and Reye's syndrome, a rare but often fatal neurological complication.) And as with any symptom, report fever that persists beyond twenty-four hours to your pediatrician.

Cigarettes and colic. French researchers have noted a link between parental cigarette smoking and infant colic. The authors found, in a study of 253 infants three months old, that in families in which neither parent smoked, 7 percent of the babies suffered from colic; in which one parent smoked, the figure rose to 28 percent; in which both smoked, the incidence reached 61 percent. Reporting the study to U.S. health professionals, *Pediatric Alert* warned against construing a strict cause-and-effect relationship between cigarettes and colic, but urged further study.

DO YOU SEE WHAT I SEE?

That kid who seems to be a born troublemaker—failing in school, always on the wrong side of authority—may just be having trouble with his eyes. According to the American Optometric Association (AOA), 15 percent of children five to twelve years old have vision problems that can result in learning disabilities, causing a child to work far below capacity. Even more tragic, these vision-related learning disabilities have been shown to be a strong contributing factor in juvenile delinquency. In fact, juvenile delinquents are four times more likely than other children to have vision problems. And one study, conducted at a state school for delinquents, showed that those given vision therapy were six times less likely to get into trouble again than their counterparts in facilities without vision therapy.

Many of these vision problems can't be detected on the eye-chart exams given routinely at school. The AOA therefore suggests that all children three years and older have yearly exams with a qualified optometrist or ophthalmologist. Parents should also watch for any of the following symptoms, which may be clues to learning disabilities caused by vision problems.

- Excessive blinking of eyes; red, watering or itching eyes; frequent sties.
- Headaches, nausea, dizziness; complaints of blurred or double vision.
- Frowning or squinting while reading or writing; tilting the head to use one eye only or covering one eye.
- Losing place while reading or using a marker to guide eyes; saying words aloud or mouthing them; difficulty remembering what has been read.
- Omitting, repeating or confusing words while reading aloud; persistent word reversals (after the second grade).
- Difficulty remembering, identifying or reproducing basic geometric forms; difficulty with sequential concepts.
- Poor eye-hand coordination; unusual awkwardness, including trouble going up and down stairs, catching a ball or buttoning clothing. ▸

Why is Jan tickled p... while Judy's feeling blue...

NOW
So effecti... Ya...

Because Jan's wearing elastic-leg Huggies which help stop leaking.

But poor Judy's wearing a saggy diaper that leaks. No wonder Jan's on her way to another masterpiece while Judy's lost her inspiration.

Kleenex® Huggies disposable diapers hug your baby with soft, gentle elastic at the leg. And Huggies have lots of thick, fluffy padding to soak up wetness, plus a special "Dry Touch"™ liner to keep her feeling dry.

And that's enough protection to keep any baby happy.

Even a temperamental artist like Jan.



© 1983 KCC

...ive—improvement begins overnight.
...t you don't need a doctor's prescription.



overnight success

Cellular Replacement Cream

Remarkable advance in face treatment technology: This night-strength cream is so advanced it helps remove old dry skin cells as emerging younger cells replace them. Actually helps diminish the aging look of drying skin while you sleep. With nightly use, you'll wake up to smoother, younger looking skin.

Clinical tests prove it: Overnight Success begins to work overnight! And after 3 nights use, 98% of women showed an improvement in the condition of their skin. Yet you don't even need a doctor's prescription. Now that's something to sleep on.



From COTY

Discover Overnight Success tonight. Wake up to younger looking skin.

© 1983 Coty N.Y.



continued

News for Parents

UNDERSTANDING KIDS

By Lawrence Balter, Ph.D.

Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC TALKRADIO for questions about child rearing and appears regularly on The CBS Morning News. *His book,* Dr. Balter's Baby and Child Sense, *will be published in May by Simon & Schuster, Inc.*

Q My husband and I love each other and are committed to a life together, but lately we seem to be fighting all the time. I'm afraid all this arguing might have some permanent effect on our kids—they're aged three and seven. What can we do to prevent that?

A While it's not wise to make a habit of bickering in front of the children, it can be useful for children to learn that parents can argue without cataclysmic aftereffects.

The term "argument," however, covers a wide range. I am not including physical violence in this discussion: Striking each other is simply unacceptable. Extreme emotion can also be terribly upsetting to children; thus screaming, swearing or hysterical crying should be avoided. Finally, don't have angry confrontations concerning child rearing in front of the kids.

Parental dissension always affects children to a certain degree—they feel, at least temporarily, very vulnerable. But you can tell when your arguments are taking a more serious toll.

In younger children, cowering, grimacing and whimpering at the first sign of tension are common signs of being disturbed by parental disagreements. I have also known children who try to be mediators for their parents. They may suggest that Mommy and Daddy hold hands, or they may try to avert an argument by keeping parents apart. Some children get into trouble in an effort to divert parental attention from each other.

But disagreements are natural by-products of interacting; some valuable lessons can be learned by children if certain guidelines are followed. Disagreements in which you can maintain a measure of civility toward each other are best suited for an object lesson. If the subject is too volatile, or if you're in an argument that threatens to escalate out of control, you must learn to defer the disagreement.

After seeing an argument, your children should be reassured about several important matters. Younger children in particular should be hugged and reminded that they weren't the reason for the disagreement—kids under five still tend to see all activity as related to themselves.

Children feel much better, too, when they have evidence that you have resumed a loving relationship. Making up with an obvious kiss and hug can be very comforting to them.

Try to label your emotions—angry, perturbed, annoyed—so children can learn to identify their own feelings. Point out also that as there are degrees of anger, so there are differences in expression. Some people are screamers, some have very short fuses. If you or your husband qualifies, be sure to let the kids know emphatically that you aren't going to hurt each other. Explain to them that different points of view can co-exist. Recall how they sometimes argue with their friends, but they still play together.

Finally, if the pressures on you and your husband are so constant that you cannot curb the fighting, consider short-term marital therapy to help you through these rough times.

PARENTING TIP

We found a great way to make sure our daughter—who was born in the winter—didn't get a chill during her middle-of-the-night feeding. When she woke at three o'clock, I slipped a heating pad set on medium into her crib while I nursed her. When she was finished, I'd remove the heating pad and put her back into a toasty-warm crib. She never fussed.

—Gaby Perkowski, Glenolden, PA

Got a solution to a parenting problem? We'll pay $25 for each tip we use; we can't acknowledge or return ideas. Write LHJ, *Box PN, 3 Park Ave., N.Y., NY 10016.*

Now

A night-strength lotion as effective as the cream

overnight success

Cellular Replacement Lotion by Coty



- Improvement begins overnight
- The drier your skin, the more dramatic the improvement
- Light, greaseless, absorbs quickly
- Skin looks younger

© 1984 Coty N.Y.

May all your crystal be bright.





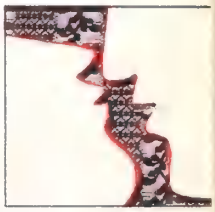
The Cascade look. *Virtually spotless.*

LADIES' HOME JOURNAL
JANUARY 1985

HOW TO MAKE YOUR DREAMS COME TRUE











BY SONDRA FORSYTH ENOS

MAKE A WISH. THAT'S THE FIRST STEP. NOW, READ ON FOR SUREFIRE ADVICE FROM EXPERTS WHO KNOW HOW TO HELP YOU GET WHAT YOU REALLY WANT OUT OF LIFE. (P.S. YOU DON'T NEED LOTS OF TIME OR MONEY TO SUCCEED!)

Back in the April 1984 issue of *Ladies' Home Journal*, we announced a seven-part contest with wonderful prizes that we believed would be dreams come true for most women. And sure enough, thousands and thousands of you entered in hopes of winning a perfect kitchen, a trip to Hollywood, a beauty/fashion makeover, a week at the exclusive Bonaventure Spa, the ultimate dinner party or a chance to have a short story published in *LHJ*. On the following pages, you can share the good fortune of the winners of these awards.

One part of the contest elicited a particularly large number of entries, and that was the one that asked you to tell us what your own secret wishes are. We agreed to grant $1,000 each to three readers as a financial start toward realizing their fondest fantasies. Thousands of thoughtful responses poured into our offices, and we read each and every one. They were so inspiring, so revealing and so heartfelt that we found ourselves wanting to be able to grant every single wish. Since we couldn't do that, we decided to do the next best thing: Consult recognized authorities in the area of making the most of human potential and let you know what their philosophies and techniques are so you can make your dreams come true, even *without* a monetary boost from us.

In fact, the one common denominator of the entries to the contest was that the dreams, however various, were *not* wildly impossible to attain. The women we heard from harbor modest but soul-satisfying fantasies that fall mainly into three distinct categories: a longing to do something creative, a yearning for romance and a yen for adventure. Richard N. Bolles, best-selling author of *What Color Is Your Parachute?* (Ten Speed Press, 1972), speculates that creativity may be the expression of one's special self, while romance signifies the human need to love, and adventure reveals the urge to connect with the world at large.

Interestingly, a large majority of the contestants' dreams began in childhood or young adulthood, and yet they have never been fulfilled. What, then, has kept these women from turning their dreams into reality—striking out on a backpacking expedition, learning to fly a plane, taking a fiction-writing course, playing bagpipes or planning a long-postponed honeymoon after years of marriage and no time alone with the man they love? True, such things would cost a certain amount *(continued on page 146)*

From the thousands of entries to our secret wish contest, three distinct themes emerged: A powerful yen for adventure, an urge to do something creative and a longing for romance. Each of the three winners represents one of these categories. Congratulations to them and best wishes to all who participated. Remember the words of Henry David Thoreau: "Dreams are the touchstones of our characters." And may the following winning essays inspire you to recognize the essential nature of your hopes and do whatever you must to fully realize them.

MY SECRET WISH

The winner in the creativity category is Anita Lanning, of Salem, Oregon. She and her husband, George, have been married for eighteen years. They have two teenage daughters, Kendra and Devon. Anita is an executive assistant for the Oregon State Parks Division and enjoys canning, hiking and camping with her family. Here is her winning essay.

My dream has been secretly mine for so many years that going public with it is a bit scary, but here it is.

More than twenty years ago, I attended a music school, where I studied piano and voice. As I practiced scales and exercises on the piano and struggled through music theory classes, I wasn't thinking of a career on the concert stage. But I did sing in public—doing solo and small-group performances. I loved it and dreamed of a future that would include expressing my feelings in song for everyone to enjoy.

The dream was sidetracked by college, work, marriage and motherhood. A piano couldn't fit into a tiny house or a tiny budget, and my singing was restricted (though I still enjoyed it) to lullabies for my babies.

Now I'm ***(continued on page 144)***



LIZI BOYD, "BOX IN WHICH A WOMAN'S DREAMS ARE KEPT," MIXED MEDIA, 1984

A DREAM KITCHEN



FULL OF IDEAS

By Marilyn Diane Glass, Decorating & Design Editor

A NARROW KITCHEN CRAMMED FULL OF APPLIANCES THAT WERE TRULY A COOK'S DESPAIR BECAME A FABULOUS AND EFFICIENT COOKING CENTER.



George Hein



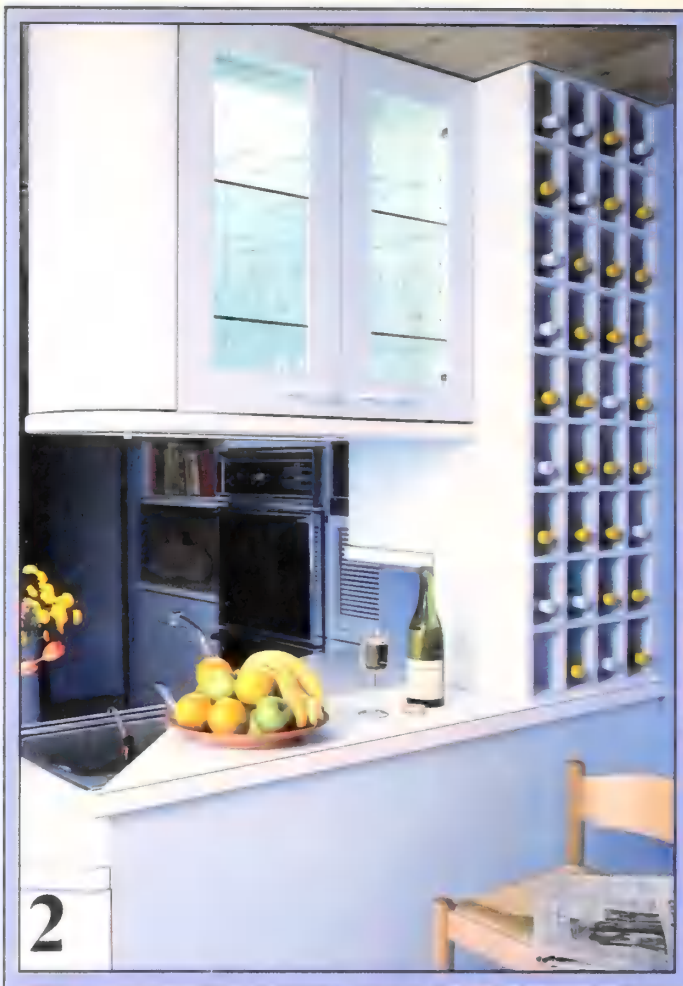
Robert Grant

Small and cramped, old and inefficient, with no room for a family of five to sit comfortably—that's how Linda Lazarus described the narrow galley kitchen (above, top picture) of her suburban New York City home in a poetic plea to win our dream contest. She won over our editors with her wistful lament—and won a spacious new cooking and dining showplace that was her fantasy come true. Under the careful guidance of design expert David Linzer, ISID, president of Lingold Design and Construction and Roseline Design Center, the new layout took shape. Once he had a clear picture of how Linda and her family used the kitchen space, he devised a new scheme incorporating a dining area large enough to seat five in style. Since the formal dining room was rarely used, the wall separating the two rooms was removed (above, lower picture). A whole new area was thus created from space that had been going to waste. For a close-up view of the kitchen's many ingenious touches, turn the page.

Robert Grant



Pretty and practical—that was David Linzer's guiding principle in planning the dream kitchen. Soft-blue custom cabinets by Roseline Products, Inc.. have a smooth Formica-brand laminate that is low-maintenance, durable. The backsplash **(1)** that looks so much like ceramic tile is made of Colorcore® surfacing material routed to reveal a pinstripe of blue underneath, creating the effect of rectangles. The advantages—easier cleaning and no problems of tile-grout maintenance. Double-sided, lighted entertainment center over the sink **(2)** serves as a stylish wall divider. On the kitchen side it has solid doors **(9)**, while the side facing the living room is enclosed with glass doors for a touch of elegance. Assorted base cabinets provide a place for everything. Included: a slideout four-shelf pantry **(3)** accessible from both sides. Pots and pans stow neatly behind closed cabinet doors in adjustable pullout drawers under the cooktop **(4)**. A built-in rollout garbage pail **(5)** is tucked into a cabinet by the cooktop. Underneath the cookbook and communication center **(6)** is a vertically partitioned cabinet, custom-made to contain a Black & Decker Dustbuster and Scrub Brusher. Built-in electrical outlets allow the appliances to recharge constantly. An appliance garage **(7)** adjacent to counter space keeps items plugged in without any

















Robert Grant

tangled cords or any wasted work space. The sink's tiltout drawer **(8)** stows messy soap pads and sponges. Throughout the kitchen, a play of curves and angles establishes visual interest. For example, the range hood **(4)** rises chimneylike over the cooktop, but its edges are softened with gentle curves. A rounded blind-corner cabinet **(9)** not only makes use of what would be wasted space but also subtly directs traffic flow into the sink area. A 36-inch-high work counter is angled onto the sink cabinet; set into the back is a 30-inch-high table that integrates the dining area into the kitchen, keeps refrigerator and cooktop easily accessible. What was Linda and her family's reaction to the new kitchen? Love at first sight! "It has everything anyone would need . . . everything I ever wanted."

RULES OF KITCHEN DESIGN

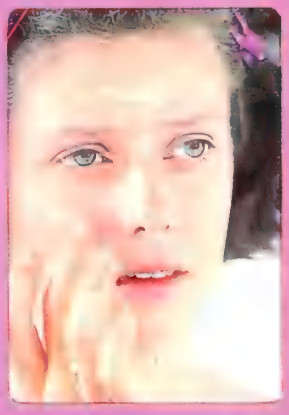
Advice from expert David Linzer on how you can create your very own dream kitchen:

- Take into consideration your work/serving priorities, as well as your lifestyle: how often you shop, cook, entertain. Decide what appliances you will really use—not what you'd like to have.
- Consider kitchen traffic patterns. Establish where preparation and cleanup areas will be and how they will relate to the dining area. Will the oven door open into the middle of the kitchen for unrestricted access? Is there a counter to slide food onto?
- The height of an oven door should equal the height of the adjacent countertop.
- The top of a chair seat should be 12 inches below the height of a table or counter for maximum comfort. If the counter is 36 inches high, the seat of the chair should be 24 inches.

Floor and ceiling by Armstrong World Industries, Inc. Large appliances by Frigidaire. Small appliances in appliance garage, General Electric. Television by Magnavox. Decorative accessories from Henri Bendel; housewares from Ad Hoc Housewares. Cookware by Le Creuset. Stainless steel by Oneida. Glassware by Anchor Hocking. China by Caleca USA Corp. Sink and faucets by Elkay. Hot-water dispenser by In-Sink-Erator. Wines courtesy of Quality House Liquors. Teapot, Chantal. Details, page 129.

New look New outlook







A sophisticated update for her hair and makeup—that was the dream makeover requested by Christie Speir Price, of Raleigh, North Carolina. But her new look had to be low-maintenance and versatile to match her busy schedule—she's a practicing attorney, a doctor's wife, and the mother of two toddlers. First step was a blunt chin-length cut that could be quickly switched from sporty curls to smoothed-under sleekness. Christie's makeup regimen had included too-bright colors that worked against her skin shade, and no foundation—a necessity to bring out the best in her skin's tone and texture. Our answer—a palette of pale neutrals, soft pastels that takes just ten minutes to apply. For quick eye color, gray-brown pencil applied along upper lashes, angling out and down beneath lower lashes at outer corner only and softly smudged. Taupe shadow for lids, brown mascara and soft rosy lip color. To suit her look, a wardrobe in pale colors with long, lean lines; classic trousers and pullover pairups, a pleated skirt. Pictured, a vee'd jacket, longer skirt, in winter white, as crisp and fuss-free as Christie's stylish makeover.

Hair, Jean-Louis David. Makeup by Maybelline. Makeup artist, this page, Mariella Smith-Masters; opposite, Pascal Lewis. Clothing, Koret. While in New York, contest winners stayed at the elegant and luxurious Hotel Parker Meridien in New York City. Details, page 129.

Our Cinderella treatment—a re-do of makeup, hair and wardrobe—lets LHJ's dream makeover winners discover their full beauty potential.

By Lois Joy Johnson Beauty & Fashion Editor



West Coast outdoors lover Barbara Harris, of Las Vegas, Nevada, spends most of her time surrounded by children. Besides taking care of four children at home, Barbara—with her architect husband—does volunteer work at Child Haven, a center for abused and neglected children. Barbara wore little makeup at home and just blush, mascara and lipstick at work. And the shades she chose, —shimmery pearlized pinks and mauves—did not do enough to emphasize her all-American good looks. Now her new makeup includes earth-toned neutrals—terra-cotta, bronze and copper eyeshadows blended on, tone into tone. A tinted moisturizer with just a hint of color is better with her year-round tan than foundation. Her long, layered hair looked dated, needed streamlining. A softly layered blunt cut adds volume, offers instant styling options. Casual classics (such as the cotton knit top, striped trousers pictured) were the choice for Barbara's wardrobe, personalized with bolder accessories, more adventurous colors. Combined with her softer makeup and smart short haircut, the result is glowing good looks.





We chose this story about a young married couple from over five thousand entries to the Dream Writer Contest. We know you'll think it's very special, too!

By Marylane J. Hefferman

SPRUNG TRAPS

Neil said, as he cut the salami cheese into triangles, that he never believed a mouse could be so smart. But, he assured me, tonight was the night. He'd finally found the perfect bait.

I sat at the kitchen table and watched him while I waited for my milk to warm. He bent intently over the two snap traps, arranging his triangles just so. His digital watch blinked from 11:14 to 11:15. The baby inside me shifted and settled. I must have sighed because Neil reached over and patted my knee, leaving a crumb of salami cheese on my robe.

"What if it doesn't work tonight?" I stood up slowly, holding onto the edge of the table.

"Oh, this will work, sweetie, no doubt about it. That little bugger's as good as gone."

"You said that last night."

He held the two traps away from him, one in each hand, as if they might bite him. Very gingerly he lowered them to the floor, one under the stove, and the other next to the wall. "There. Now wait and see."

Lately, we seem to disagree a lot. Neil doesn't give in easily, and I have learned to be stubborn, too. We even disagree on when we fell in love. I said it was soon after we met, while studying together for the Abnormal Psych midterm. He insists it was a whole two years later at a Boston Pops concert. I remember the concert well. It was exactly three months before we got married.

Neil is an only child. He was raised in one of those square houses fifteen minutes off the exit ramp in New Jersey. The walls of his parents' hallways hold a hundred little Neil faces in plastic frames. No one else, just him.

His parents didn't seem thrilled to meet me. The first time he drove me to meet them they talked only to Neil, as if I were just a smiling cardboard cutout.

"Mom, Dad . . . this is Callie."

"You're looking great, son," his dad said, slapping Neil's arm.

"It's been too long, dear. We've been so worried. Why haven't you been home?" His mother frowned at me so quickly that I wasn't sure I had seen it correctly.

"What do you think, Callie?" Neil whispered later as we stood in the upstairs hall looking at the age-two-months-to-two-years series of photographs.

"Mmm . . . good shots," I mumbled, wondering why I felt like I was suffocating.

"No, my folks. Do you like them?"

I glanced up at him and was stunned at the look on his face. I could see he wanted me to rave, to praise the two grownup Instamatic freaks. *(continued on page 143)*

Super spa special

There's a new feeling about spas today . . . an attitude that goes beyond pampering to emphasize the necessity of establishing lifelong health and beauty regimens. We sent Beauty Spa Dream Week Contest winner Mary Ellen Gelbuda for a stay at the Bonaventure Hotel and Spa in Florida. What she learned, you can, too.



Written by Wendy Korn
Produced by Mary Clarke

Dear Diary:

I'm the mother of five children—and you can be sure I've often dreamed of getting away from it all. Well, miracles do happen.

SUNDAY: Freedom! I was chauffeured from airport to spa in a limousine! My room is a gorgeous suite, all for me. Even unpacking is a pleasure—no diapers, no toys, no baby food.

MONDAY: Photo session. Felt like a celebrity. Great news: I'm within five pounds of my ideal weight.

TUESDAY: The hair and makeup artist evened out layers with a blunt cut to take advantage of my natural waves. Took an exercise techniques class. Found out I don't breathe correctly. Must learn to exhale on the effort, inhale on relaxation.

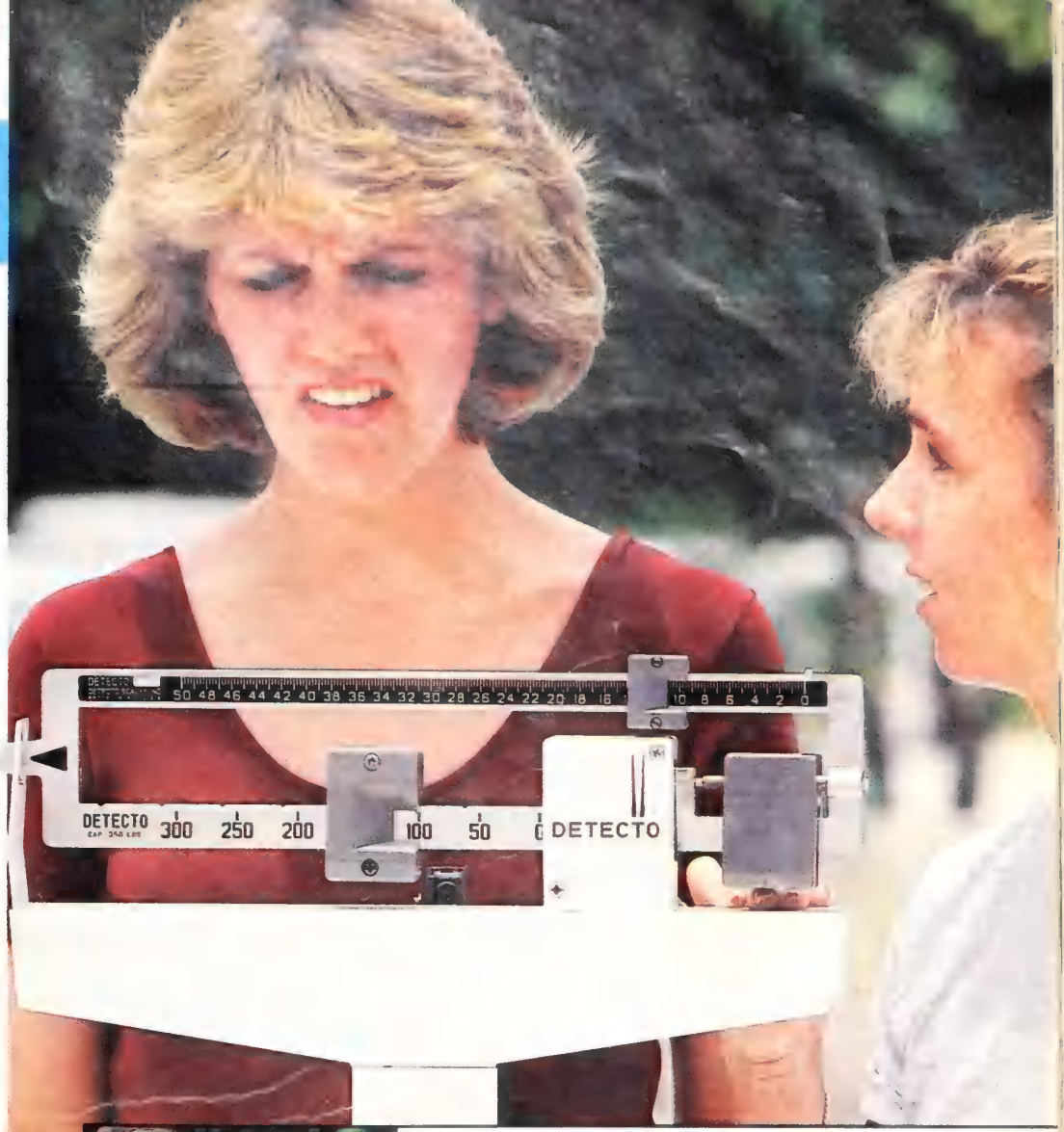
WEDNESDAY: *LHJ* staff left today. I'm on my own. The pampering is nonstop—but so are the workouts! And I confess: I craved something fattening, but the urge did pass.

THURSDAY: I feel thinner—and rested. The shocker: I'm starting to really miss Rich and the kids.

FRIDAY: My last full day. Had an all-morning exercise class, a skin-care treatment, a Turkish bath and my daily massage.

SATURDAY: Primping day. My limo arrived, and I said good-bye to Bonaventure. Rich did a double-take when he met me at the airport. We were like crazy kids in love.

BACK HOME: Instant Mommy, but I'm not complaining. I had the chance to get away—and seriously think about me. Promise: Never to forget to make time for myself.



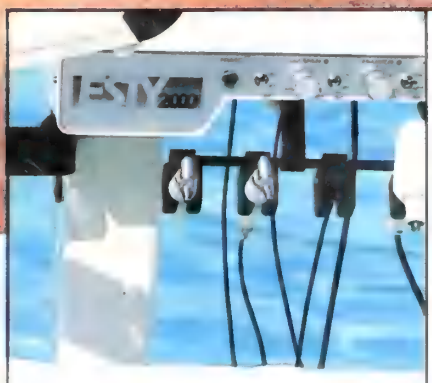


BEHIND THE SCENES AT A SPA

On arrival—fitness consultation. Your medical history is taken, current health goals assessed. Next, a general physical, conducted by a physician—a must before undertaking any new fitness regimen. . . . Then, skinfold caliper test to determine percentage of body fat (best: 19–25 percent) and ideal weight. The point: to develop a personal program of vigorous physical workouts alternating with relaxation/beauty breaks to keep you lean, fit, unstressed. A typical day: brisk morning walk (2.6 miles!) before breakfast. Then stretching, calisthenics, aerobics, toning exercises for a total body workout. Time out for a haircut, manicure and pedicure before aerobic exercise class and lunch. Afternoon: Squeeze in easy-does-it aerobics, a water exercise class, plus a Swiss shower/skin-care treatment, yoga and deep breathing techniques to unwind, de-tense. After dinner: self-help lecture, makeup demonstration and movies. Cost: about $1,848 a week per person!

Herbert Schulz







SPA SKIN SAVERS

Bonaventure Spa Beauty Service Director Roseanne LoChiatto recommends this basic three-step daily plan: Morning and evening, wash with mild cleanser to remove makeup and surface dirt. Pat on mild toning lotion to refresh skin, restore natural pH balance and temporarily close pores. Finish with moisturizer geared to your skin type. Once a month, give yourself this four-step treatment:

Cleansing/exfoliating to remove dead surface cells and oily buildup. Using circular motions, apply a small amount of a cleansing/exfoliating product that contains sloughing particles. Rinse face with lukewarm water. (Caution: You should skip this if you have sensitive or acne-prone skin.)

Steam massage to unclog pores. Fill a large bowl with boiling water. Drape a towel over your head and steam face for ten minutes. Pat dry.

Penetrating moisturization to rehydrate skin when it loses moisture due to overheated rooms, dry winter air, drinking too much alcohol, overcleansing. To counteract, apply a thick emollient designed for your skin type, let set ten minutes and wipe off any excess with a tissue.

Fifteen-minute mild clay mask to absorb excess oils, deep-clean. Smooth on thin layer, let set for about fifteen minutes. Rinse face thoroughly, smooth on moisturizer.





THE BASICS OF Beauty

● Slough your way to a beautiful body. The Bonaventure Spa's luxurious loofah scrub treatment (large photo) removes dead surface cells, makes skin look and feel smoother. At home in the shower: Wet skin, then step away from water. Lather with body shampoo or liquid soap. With a loofah mitt, gently scrub skin in circular motion. Rinse, pat dry, apply moisturizer.

● Indulge in a Swiss shower to help reduce tension, boost circulation. At the Spa, seventeen showerheads alternate hot and cold temperatures. At home, use a handheld showerhead on the fine needle or massage setting; adjust water to very warm with brisk force. Direct showerhead at body, moving slowly from neck down to toes, front and back. Repeat with cool water. Pat dry.

● Get out of your makeup rut! "The cosmetics you wear now may not always be flattering," points out Marge Cintron, makeup artist at the Spa salon, where experts design a color-application plan for each woman according to her age, skin color and lifestyle. As you age, skin becomes drier, so you'll need products with built-in moisturizers and a matte finish (any shine in makeup emphasizes wrinkles, fine lines). If *(continued on page 138)*

Herbert Schulz

Hair and makeup throughout, Colin Booker. Page 98: Hat and shirt courtesy of the Spa Boutique at Bonaventure Hotel and Spa. Tights, Carushka. Large photo above: Bag of Rags gauze scarf. This page, top right: Speedo goggles. Left: Ralph Lauren Home Collection robe and towel. The Unicorn & The Rainbow white cotton tank. Page 102: Exercise wear courtesy of the Spa Boutique. Dance France leotard. Stevi Brooks parachute pants. Bag of Rags scarf.

EXERCISE!

FULL BODY STRETCH (large photo). Stand tall. Lift torso up, away from hips, elongating spine. Stretch neck and shoulders upward. Lunge forward on right leg, clasping hands behind back, then lift arms up. Repeat, using left leg. Do 3 complete repetitions.

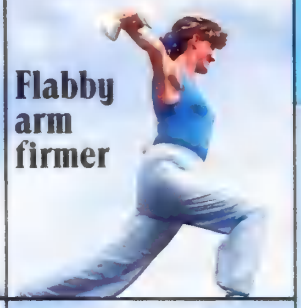
TUMMY FLATTENER (below). Lie on back, propped on elbows, with lower back flat on floor. Tilt pelvis forward. Raise legs to 45-degree angle. Pedal 50 times. *(continued on page 138)*

Tummy flattener





Lift and lunge



Flabby arm firmer



Waist and arm slimmer



Triceps extension

FACTS ON Fitness

"Take your fitness goals slowly and realistically," warns Janet Denyer, director of the Ladies' Spa. "Don't rush out and jog if you haven't exercised in years." How can you develop the best personal shape-up program? Set goals: A well-rounded program includes five to ten minutes of stretching exercises before and after aerobic activity to ensure flexibility and protect against injury; thirty *(continued on page 138)*



Full body stretch





NEW YEAR Diet

It's time to shed those excess pounds gained during holiday feasting . . . time to relearn good eating habits. To help, here's our New Year, New You Diet—a week-long, 900-calorie-a-day plan, specially designed for the *Journal* by the Bonaventure Spa's nutritionists and dieticians. (Always check with your physician before starting this or any diet.) Our seven-day plan starts on page 139. Here are some tips to help you get back to healthy eating.

- Break the sweet-tooth habit. Snack on fresh vegetables, fresh fruit, unbuttered popcorn, skim milk, says Andrew Adriance, R.D., Spa dietician. Reduce refined sugar intake gradually by cutting out one snack a day and using artificial sweetener. Instead of pastry, start your day with whole grain cereal and fresh fruit, or a small corn or bran muffin.
- Substitute fructose for refined sugar. A natural sugar, fructose (found in supermarkets or in health-food stores) is only twelve calories per teaspoon, and since it's sweeter than ordinary sugar, you use much less.
- Change your cooking style. Steam vegetables until just tender to seal in water-soluble vitamins. Saute by searing meats or stir-frying vegetables for two or three minutes in one teaspoon of

(continued on page 139)

Herbert Schulz

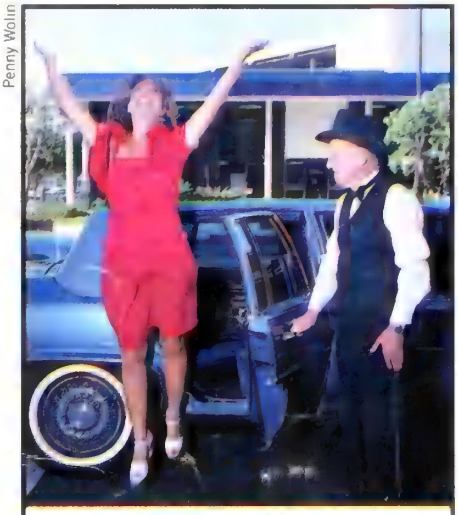
EAT RIGHT!

Spa meals don't have to be Spartan. Wake up to this Fast-Start Breakfast (inset photo, top left). Lunch on Utopia Salad. Dessert? Fruit Frappé (inset photo, top right).

A dream trip

What's a visit to the city of the stars like when you're the one to-cheek chat with gorgeous Erik Estrada were both part of

Penny Wolin



I can't believe it! My own chauffeur for a week.

The champagne cork popped and the iced bubbly splashed into the crystal glasses. As the palm trees swayed in the warm breeze, Nanci Mines and her sister-in-law, Vicki, grinned at each other and raised their glasses for a toast.

It was hard to believe that this day had finally arrived. Nanci thought back to three months ago, when the *Journal* called her. "Congratulations on winning the Dream-Come-True Trip to Hollywood Contest!" the editor said. Nanci, twenty-nine, a rancher's wife and kindergarten teacher from Wyoming, couldn't believe it then, and even now it didn't seem real. It was too bad that Nanci's husband, Rod, wasn't able to accompany her because of his farm chores, but Nanci was thrilled that her sister-in-law, Vicki Mines, could join her.

From the time the women arrived at the Los Angeles airport, they were treated like royalty. Nanci and Vicki stared at each other in disbelief as they spotted the sleek stretch limo awaiting them. "This is for us? You've got to be kidding," Nanci said in wonder.

The hotel was the next surprise. Nanci's deluxe three-bedroom suite at the Beverly Wilshire came complete with huge walk-in closets, a wet bar in the living room and six telephones.

After an elegant lunch Nanci headed off for her appointment with Jose Eber, Hollywood's hairstylist for the stars. Nanci was reluctant at first to have her waist-length hair cut, but Jose's fame helped persuade her. And when he held up her long locks and said, "Darling, all this has got to go," she was convinced.

By the time Jose had finished, the farm wife from Wyoming looked as sophisticated as the town she was about to tour. As she strolled down Rodeo Drive, Beverly Hills's most elegant shopping street, the bounce in Nanci's stride proclaimed that she *felt* different, too.

Nanci's first day ended with a whirlwind tour of one of America's favorite attractions—Disneyland. She and Vicki rode every ride they saw, visited the Haunted House and watched the fireworks. "I've got to come back here with my kids" [Jimmy, five, Connie, almost two, and a baby due in February], Nanci concluded enthusiastically.



I've changed my mind! Please don't cut my long hair.



Jose convinced me



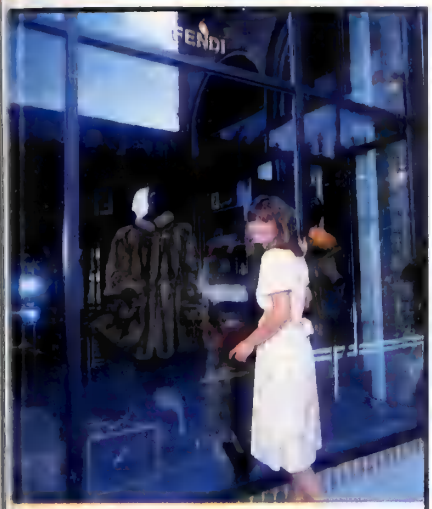
Rodeo Drive — I've never seen anything like this before

Nanci awoke the next morning at five-thirty, then realized she could allow herself the unheard-of treat of sleeping in. After a late breakfast, Nanci and Vicki headed off in their limousine for a few hours of shopping. Then they were whisked to Universal Studios for a special VIP tour that included an impromptu stop at a soundstage to watch the filming of a new ABC series.

That evening, Nanci and Vicki dined at the internationally renowned Harry's Bar. Then they hurried off to the hit musical *42nd Street*, sliding into their

to Hollywood

eing treated as a celebrity? A fabulous makeover and a cheek-going Hollywood" for LHJ's contest winner. By Linden Gross



What fabulous shops!

eats just seconds before the curtain ose. "I've never seen a show like this," lanci announced afterward in awe.

On the third day of her trip, Nanci pent a few morning hours luxuriously ounging at the Beverly Wilshire pool. hen, sporting a new tan, she headed o the studio of makeup artist Michael laron, author of *Michael Maron's In-tant Makeover Magic*. By the time lichael was through, Nanci looked eady to join Hollywood's beautiful peo-le. "I'm melting inside," she sighed as ne left. And, true to her new look, she headed for Ma Maison, hangout of the rich and famous, for lunch.

As she entered the celebrated restaurant, Nanci scanned the tables. Suddenly she paled. "*CHiPS*," she gasped.

It didn't take long for Vicki to figure out that Nanci had spotted gorgeous Erik Estrada, who starred in the television series *CHiPS*. When the maitre d' led the women upstairs to a table, Nanci tried to hide her disappointment. She didn't have to try for long. "Nanci, would you come with me?" asked Patrick Terrail, the owner of Ma Maison. Somewhat mystified, Nanci followed him downstairs. The look of uncertainty rapidly changed to one of disbelief as Patrick led her to a waiting



With Erik Estrada!!



And outrageous food, too!





On the set of "Hotel" James and Shari couldn't have been nicer.

Erik Estrada. "Nanci," said Erik, drawing her close and giving her a kiss. "It's a true pleasure."

When she returned to her table (several hugs later), she announced, "I can't eat. I'm too excited." But Nanci's appetite soon returned, and as an elegant plate of scallops was set before her, she sighed happily. "I'm used to being the one to cook and serve," she explained. "I have to fix three huge meals a day for my family and our ranch hands. And that's on top of teaching and helping out in the fields!"

All too soon, it was time for Nanci to pack for the flight home. But before leaving the city of the stars, there was still one event to come—visiting the set of ABC's *Hotel*. Nanci spent her last hours in Hollywood posing for pictures with James Brolin and chatting with Shari Belafonte-Harper.

Nanci was strangely subdued on the way to the airport. When she finally looked up, there were tears in her eyes. "This trip is going to last the rest of my life," she said softly.



Is this really me? I look so glamorous they won't recognize me at home!

Transportation provided courtesy of: Frontier Airlines, Frontier Commuter and The Beverly Hills Company

Fabulous food—Easier than you think!

By Sue B. Huffman, Food and Equipment Editor



English Muffins: homemade for a flavorful plus, perfect with preserves or our Creamed Smoked Turkey

Creamed Smoked Turkey: snow peas, water chestnuts, dried apricots and a touch of vermouth

Scottsbluff Eggs: baked soufflé-style with Cheddar and Monterey jack cheeses, green chilies, corn

Memorable menus really can be a snap, with a little expert help. And that's what we proved to Trish and Ken Green of Scottsbluff, Nebraska, winners of our dream food contest. Their prize was a special brunch and a deluxe dinner party prepared by *LHJ*'s food editor and her staff. Along with the two superb meals, Sue and company served up a big helping of entertaining expertise. Here, to make you a winner in your own kitchen, we share their tasteful tricks of the trade. Brunch and dinner party recipes, page 112.



J. Barry O'Rourke

Buffet brunch

Above: sparkling Mimosas and Danish Marys, Onion Marmalade and crisp Cumin Cheese Wafers

Sticky Bun Coffee Cake: light and tender yeast cake, rich with a brown sugar-walnut topping

Country Sausage and Winter Fruit: apples, pears and papaya with a splash of calvados for spirit

Ravioli how-tos

Handy hints for making our spinach ravioli—with the help of a pasta machine—so it turns out pasta-perfect every time.

Feeding ravioli dough into the machine works best with two—here, *LHJ*'s Diane Holtaway and Jan Hazard.



Cut two sheets of dough to same size. Spoon filling on top of one. Moisten spaces between so top sheet adheres.



Top with second sheet of dough. With fluted pastry wheel, separate into squares. Cover with a moist towel.



To do ahead, freeze in a single layer. Finishing touch (right): Serve with a creamy red pepper puree. Delicious!



Deluxe dinner

When the *LHJ* team, led by food editor Sue Huffman (inse pouring wine), got to Scottsbluff, they took over the Green kitchen. All Trish and Ken (opposite, left and center) had to c was greet their guests and collect the compliments. Our foo pros even found time to conduct mini cooking lessons on how handle a sophisticated menu. First rule: Do ahead as much a



ossible. For example, the tuna pâté, mussel oup, ravioli, and lace cookies (pictured here nd on the following pages) from the dinner enu were all made ahead and frozen. The ain-course chicken was filled and rolled the ay before and then sauteed just before dinner. nd the escarole was blanched earlier in the ay, sauteed at the last minute. Even the sim- e yet elegant dessert started with fruit sliced nead of time. No-fuss cooking at its finest!

Entertaining secrets

Helpful hints, from the *Journal*'s very own food experts, on how to create truly winning meals.

- When planning a menu, consider the color, texture and flavor. Too many cream-sauce dishes will make the meal uninteresting and bland.
- Add a continental touch to the meal by creating several courses. For example, we served the salad with a wedge of cheese after the entree. *(continued)*

J. Barry O'Rourke



na Pâté in Endive—food-
cessor fast and fabulous, easy,
, and tastes divine!



● Round up teenagers—yours, your neighbors', the sitter—fo serving detail. It adds a touch of class to have helpers, and the bonus of your not having to hop up and down with each course

● Salad savvy: Tossed greens are party pleasers. Splurge on some exotic varieties—a little bit of radicchio or arugula to vary the color and texture of good old romaine and Bibb lettuce. Plan on 1 to 1¼ cups of torn greens per person.

● Luxurious dishes can be of humble origins. Our dinner party tuna pâté is made of everyday have-around ingredients. And even the onion marmalade in our brunch menu is an eas "staple" to throw together for drop-in guests. Garlic and onio always come in handy, too. A clove of garlic in olive oil is an

Savory Mussel Soup: The creamy broth is laced with ouzo, spiced with fennel and thyme





Italian Salad with Gorgonzola Cheese for a sophisticated accent

ever-ready starter for homemade salad dressings.

● Think garnishes to add a colorful note—chopped fresh parsley or lemon peel or radishes. The beauty of these last-minute add-ons is that they can be kept on hand in the refrigerator.

● For an easy-serve brunch, two tables are twice as handy: one set up for entrees and side dishes, the other set up as a beverage center, as we did in our brunch. And serve one of your libations in a large pitcher or punch bowl (the way we did with our Danish Marys), so that you can mingle with your guests and enjoy the party instead of having to play bartender.

● Keep things easy on the chef. Look on your freezer as an entertainment center to be filled with do-ahead dishes. And if several courses are going to be culinary spectaculars, keep the dessert simple. Fresh fruit is a perfect ending, dressed up the way we did in our dinner menu, with a spirited zabaglione. Or try liqueur-laced whipped cream for a tasty touch.

● If you are going to go all-out on a dish, try double-batching it and freezing half for another party. We created our homemade ravioli with that convenience in mind. It freezes perfectly and tastes fabulous whether you serve it the day you make it or weeks later.

J. Barry O'Rourke



Chicken Breasts Mediterranean with prosciutto stuffing, Sauteed Escarole and Cherry Tomatoes



Tony's Zabaglione with Fruit served with Lace Cookies—extra easy . . . especially delightful

BRUNCH

continued from pages 106–107

SCOTTSBLUFF BRUNCH

pictured on pages 106–107

MENU

Serves 16

Danish Marys
Mimosas
Cumin Cheese Wafers
Onion Marmalade with Toast Points
Scottsbluff Eggs
Country Sausage and Winter Fruit
Creamed Smoked Turkey
English Muffins
Assorted Preserves Butter
Sticky Bun Coffee Cake
Coffee Tea

SHOPPING LIST

- 1 pound Monterey jack cheese
- 1 pound very sharp Cheddar cheese
- ½ pound sharp Cheddar cheese
- 2½ pounds smoked turkey
- 3 packages (16 oz. each) bulk sausage
- 6 red onions
- 6 shallots
- ½ pound fresh snow peas
- Bunch celery
- 4 large red apples
- 4 large pears
- 6 lemons
- 12 limes
- 2 large papayas
- 4 cans (17 oz. each) cream-style corn
- 4 cans (4 oz. each) chopped green chilies
- 1 can (8 oz.) water chestnuts
- Instant grits
- 1 package (6 oz.) dried apricots
- 1 pound walnuts, chopped
- 5 envelopes active dry yeast
- 1 small bottle balsamic vinegar
- 2 pints half and half cream
- 3 to 4 quarts orange juice
- 3 cans (46 oz. each) cocktail vegetable juice
- 1 bottle (red) Zinfandel wine
- 1 small bottle calvados (apple brandy)
- 1 small bottle dry vermouth
- 2 bottles aquavit
- 6 bottles (25 oz. each) champagne
- 1 loaf thinly sliced white bread
- Assorted preserves

STAPLES TO HAVE ON HAND

- 2½ pounds butter
- 5 pounds all-purpose flour
- Cornmeal
- 3 dozen eggs
- 2 quarts milk
- Sugar
- Tea
- Coffee
- Salt and pepper
- 1 bottle light corn syrup
- Worcestershire sauce
- Bottled red pepper sauce
- Ground cinnamon
- Ground cumin
- Ground red pepper
- Ground cardamom
- 2 pounds light brown sugar

SCHEDULE

Up to one month ahead:
1. Invite guests.
2. Buy nonperishable ingredients, champagne and liquor.

Up to two weeks ahead:
1. Buy ingredients for recipes below.
2. Bake two coffee cakes, cheese wafers and English muffins; freeze.
3. Make onion marmalade and freeze.

One day before:
1. Buy remaining ingredients.
2. Combine ingredients for two recipes of Scottsbluff eggs; cover and refrigerate.
3. Slice turkey, snow peas, water chestnuts and apricots for creamed turkey. Wrap separately and refrigerate.
4. Make Danish Marys; refrigerate.
5. Chill champagne.
6. Arrange buffet table and bar.

Two hours before guests arrive:
1. Thaw coffee cakes, cheese wafers, muffins and onion marmalade.
2. Remove Scottsbluff eggs from refrigerator.
3. Slice apples and pears; sprinkle with lemon juice, sugar, cinnamon and calvados.
4. Slice papaya.
5. Make sauce for creamed turkey.

One hour before:
1. Slice and saute sausage; keep warm.
2. Toast bread for toast points; keep warm.
3. Split and butter muffins.
4. Warm onion marmalade.
5. Bake eggs.

One-half hour before:
1. Make coffee.
2. Finish sausage and fruit; keep warm.
3. Warm coffee cakes in oven.
4. Cook creamed turkey without snow peas.

Just before serving:
1. Stir snow peas into creamed turkey; heat through, but don't boil.
2. Toast muffins.

RECIPES

DANISH MARYS

Although Bloody Marys are normally laced with vodka, we've gone the Scandinavian route here. Aquavit gives an unusual flavor to awaken jaded palates.

- 3 cans (46 oz. each) cocktail vegetable juice, chilled
- 4 cups aquavit
- ¾ cup fresh lime juice
- 4 to 6 tablespoons Worcestershire sauce
- ¼ to ½ teaspoon bottled red pepper sauce
- Celery sticks (optional)

In large punch bowl or pitcher combine all ingredients. Stir well. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Garnish with celery sticks if desired. Makes twenty-four 6-ounce servings, about 120 calories each.

MIMOSA

One of our favorite special-occasion libations—vary the proportions to taste.

- ¼ cup chilled orange juice
- ¼ cup chilled champagne

Pour orange juice into champagne glass. Add champagne. Makes 1 serving, about 70 calories each.

For a brunch for 16 people, buy 6 bottles (25 oz. each) champagne and 3 to 4 quarts orange juice. The extra champagne is needed for guests who will drink only champagne.

CUMIN CHEESE WAFERS

One of our favorite cocktail-hour munchies, these can be baked and frozen. Serve warm or at room temperature.

- ½ cup butter or margarine, softened
- ½ pound sharp Cheddar cheese, shredded
- 1 teaspoon cumin
- ⅛ teaspoon salt
- ⅛ teaspoon ground red pepper
- 1 cup all-purpose flour

In large mixer bowl cream butter or margarine. Add cheese and beat until very light. Beat in cumin, salt and red pepper. Blend in flour. On wax paper shape dough into a smooth 12-inch roll. Wrap and refrigerate at least 4 hours or up to 3 days.

Preheat oven to 375°F. Cut roll crosswise into ¼-inch slices. Bake on ungreased cookie sheet 10 to 15 minutes until edges are golden brown. Place on wire racks to cool. *(Can be made ahead. Cover and freeze up to 2 weeks.)* Makes about 4 dozen, about 50 calories each.

ONION MARMALADE

We know, onion marmalade sounds strange. Trust us—it's delicious. Serve as an appetizer with buttered toast points or as a relish with meats or poultry.

- ½ cup butter
- 6 medium red onions, sliced (about 2⅓ lbs.)
- 6 large shallots
- 3 tablespoons sugar
- 1 cup (red) Zinfandel wine
- ¼ cup balsamic or red wine vinegar

In medium skillet melt butter. Add onions and shallots; cook over medium high heat, stirring occasionally, 15 minutes or until tender. Add sugar and cook, stirring constantly, 1 minute. Add remaining ingredients and continue cooking, stirring occasionally, until liquid is absorbed, about 15 minutes. Serve with toast points. *(Can be made ahead. Cover and freeze up to 2 weeks.)* Makes 2½ cups, about 15 calories per tablespoon. *(continued on page 12*

A Sunny Place called Dole.

Presenting a tempting new rendition of a holiday tradition. This cool, creamy-smooth cran berry mousse has a natural sweetness that could only come from a sunny place called Dole.

ST. TROPEZ HOLIDAY

CRANBERRY MOUSSE

1 can (20 oz.) Dole Crushed Pineapple in Juice
1 pkg. (6 oz.) strawberry gelatin
1 cup water
1 can (1 lb.) whole berry cranberry sauce
3 Tbs. fresh lemon juice
1 tsp. fresh grated lemon peel
1/4 tsp. ground nutmeg
2 cups dairy sour cream
1/2 cup chopped pecans

DIRECTIONS

Drain pineapple well, reserving all juice. Add juice to gelatin in a 2-quart saucepan. Stir in water. Heat to boiling, stirring, to dissolve gelatin. Remove from heat. Blend in cranberry sauce. Add lemon juice, peel and nutmeg. Chill until mixture thickens slightly. Blend sour cream into gelatin mixture. Fold in pineapple and pecans. Pour into a 2-quart mold. Chill until firm. Unmold onto serving plate. Serves 8.

For additional exciting, easy-to-make recipes, send a stamped self-addressed envelope to: "QUICK TRICKS FROM DOLE," Dept. J85, P.O. Box 7758, San Francisco, CA 94120.







& Cooke, Inc.



How to have cheese that won't mash your potato.





Cheez Whiz. Real Cheese Made Easy.

Cheez Whiz pasteurized processed cheese spread is made for real cheese lovers. It's a blend of KRAFT Cheddar and Colby cheeses and other wholesome ingredients.

© 1985 Kraft, Inc.

THE GOOD HEALTH COOKBOOK

FOUR SEASONS OF NUTRITIOUS EATING



Get 1985 off to a fit-and-fine start with our good-tasting, good-for-you entrees, side dishes, soups and desserts that let you plan on a year of great eating. Turn the page for recipes. By Patricia Cobe.

Dress up and stay home for dinner. With Dinner Classics.®

All it takes to spend an elegant evening at home is Dinner Classics. A full line of superb dinners like Veal Parmigiana with spaghetti in garlic butter and crisp Italian vegetables in butter sauce. In all, 16 savory dinners to choose from.

So dress up and stay home with Dinner Classics. The dinners so good, they belong in the dining room.



So good, they belong in the dining room.

© 1984 Armour Food Company

THE GOOD HEALTH COOKBOOK

FOUR SEASONS OF NUTRITIOUS EATING

Who says a sensible diet has to be dull? Starting here, delicious ways to add protein, fiber, vitamins, minerals and calcium to meals while subtracting sodium, fat and calories. Our 36 super recipes will see you through a year of marvelous keep-you-in-great-shape menus.

WINTER

The absence of summer and fall's fresh produce doesn't mean that winter meals must suffer nutritionally. High-fiber dried beans and lentils, citrus fruits loaded with vitamin C and iron-rich dried fruits are in ample supply, along with other wholesome year-round staples.

Chick-pea dip

Try this creamy, low-fat dip with raw veggies to make an even more nutritious appetizer.

- ¼ cup sesame seed
- 1 tablespoon lemon juice
- 1 garlic clove, halved
- 1 can (10½ oz.) chick-peas (garbanzo beans), drained, or 1 cup cooked
- 3 tablespoons plain low-fat yogurt
- ½ teaspoon ground cumin
- ¼ cup chopped parsley
- ¼ cup sliced pitted ripe olives (optional)
- Whole wheat pita bread

In food processor or blender, combine sesame seed, lemon juice and garlic; process or blend until well mixed. Add chick-peas, yogurt and cumin; process until smooth. Stir in parsley. Pour dip into small bowl and garnish with sliced olives, if desired. Serve with pita bread cut into triangles. Makes 4 servings, about 165 calories each for dip.

High fiber, low fat

Black bean soup

Dried black beans are full of minerals and vitamins, low in fat.

- 1 package (16 oz.) dried black beans
- 8 cups water
- 1 tablespoon salad oil
- 1 medium onion, diced
- 2 carrots, diced
- 1 teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoons lemon juice
- ½ cup plain low-fat yogurt or sour cream (optional)
- 2 green onions

Rinse beans and place with water in Dutch oven or large saucepot. Cover and let stand overnight. (Or heat to boiling and boil 2 minutes; cover and let stand 1 hour.)

In small skillet heat oil. Add onion and carrots; saute until tender-crisp. Stir into beans with salt and nutmeg. Heat to boiling; reduce heat to low and simmer covered 1½ to 2 hours or until beans are very tender, stirring occasionally.

Spoon 2 cups bean mixture into food processor or blender. Process or blend until finely chopped and almost smooth. Pour into large bowl and repeat with remaining beans. Stir in lemon juice. Spoon into soup bowls and top each serving with 1 tablespoon yogurt and some sliced green onions. Makes 8 servings, 240 calories each with yogurt, 260 calories each with sour cream.

High fiber, high mineral, low fat

Apple spinach salad

Iron-rich spinach and high-fiber apples combine to make this salad a nutritious winner.

- 4 cups spinach leaves
- 2 tablespoons salad oil
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- Pinch sugar
- 1 medium tart apple, diced
- ¼ cup chopped red onion
- ¼ cup dried currants or chopped raisins

Tear spinach into bite-size pieces; set aside in salad bowl. In small bowl mix oil, vinegar, salt and sugar. Add apple, onion and currants; toss to coat with dressing. Cover and let stand at least 10 minutes. Stir apple

Chris Spollen

mixture into salad bowl and toss with spinach until well coated. Makes 4 servings, about 130 calories each.

Low calorie, high fiber, high vitamin, reduced sodium

Gingered lentils

Serve this hot or at room temperature. Lentils should be distinct—not mushy and overcooked.

- 3 cups water
- 1 cup lentils
- ½ teaspoon salt
- 3 tablespoons salad oil
- 1 teaspoon grated fresh ginger
- ⅓ cup chopped green onions
- ⅓ cup chopped green pepper
- 2 tablespoons white wine vinegar

In medium saucepan heat water, lentils and salt to boiling. Reduce heat to medium-low; cover and simmer 20 to 25 minutes, until lentils are tender but not mushy; drain lentils and set aside. In medium skillet heat oil and ginger for 1 minute, stirring often. Add green onions and pepper; stir-fry for 2 minutes. Stir in lentils and vinegar and cook until lentils are heated through. Makes 4 servings, about 250 calories each.

High fiber, high mineral, reduced sodium, low fat

Hot-and-sour bok choy

Without tofu, this main dish becomes a side dish. Bok choy is one of the anti-cancer vegetables.

- ⅔ cup uncooked brown rice
- ¼ pound low-fat, low-salt ham slices, cut into ½-inch pieces
- 2 tablespoons salad oil
- 1 garlic clove, minced
- 1 pound bok choy, cut into ½-inch pieces
- 1 cup sliced fresh mushrooms
- ½ cup sliced canned bamboo shoots
- ½ pound firm tofu (bean curd)
- ⅓ cup chicken broth
- 1½ tablespoons cider vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- ¼ to ½ teaspoon crushed red pepper
- 1 tablespoon cornstarch

Prepare rice according to package directions. In wok or large skillet stir-fry ham 2 minutes over medium heat. Remove from pan; set aside. In same wok or skillet heat oil. Add garlic and bok choy; stir-fry 1 minute. Add mushrooms and bamboo shoots; stir-fry 1 minute. Stir in ham, tofu and chicken broth; heat to boiling. Reduce heat to medium; cover and cook 4 minutes.

Meanwhile, in small bowl combine vinegar, soy sauce, sugar, red pepper and cornstarch. Stir into bok choy mixture and cook, stirring, until mixture boils and thickens. Serve over rice. Makes 4 servings, about 355 calories each with rice.

High fiber, low fat, low calorie

Three-cheese pizza

A whole wheat crust makes this delicious vegetable-cheese pizza even more nutritious.

Dough

- ⅔ cup warm water (110°F.–115°F.)
- 1 envelope active dry yeast
- ¾ cup all-purpose flour
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 egg
- 1 tablespoon salad oil
- 1 cup whole wheat flour
- 1 container (15 oz.) skim-milk ricotta cheese
- 1 egg, beaten
- ½ teaspoon salt
- 1 small zucchini, sliced
- 1 small red or green pepper, sliced
- 4 mushrooms, sliced
- ½ teaspoon oregano
- 1 package (8 oz.) mozzarella cheese, shredded
- ¼ cup grated Parmesan cheese

Dough: In mixer bowl stir warm water and yeast until yeast dissolves. Add all-purpose flour, sugar and salt. Beat at high speed 3 minutes. Add egg and oil and beat until blended. Stir in whole wheat flour until a soft dough forms. Turn dough onto well-floured surface and knead 5 minutes or until dough is soft and smooth. Place dough in greased bowl, turning to grease top of dough. Cover and let rise in warm, draft-free place until doubled in bulk, about 30 minutes.

Preheat oven to 400°F. Lightly grease a 14-inch pizza pan. Pat pizza dough onto bottom and sides of pizza pan. Bake 10 minutes; remove from oven. In small bowl combine ricotta, egg and salt. Spoon onto pizza crust. Arrange zucchini, pepper and mushroom slices over ricotta. Sprinkle with oregano. Bake 20 minutes. Sprinkle pizza with mozzarella and Parmesan cheeses. Bake 15 minutes more or until crust is lightly browned. Makes 4 servings, about 650 calories each.

High calcium, high vitamin

Rutabaga beef stew

Rutabaga is another anti-cancer vegetable of the cruciferous family. It's often called a yellow turnip.

- ¼ cup all-purpose flour
- ¾ teaspoon rosemary, crushed
- ¼ teaspoon pepper
- 1½ pounds lean boneless beef chuck, cut into 1½-inch pieces
- 2 tablespoons salad oil, divided
- 1 medium onion, chopped
- 1 cup orange juice
- ½ cup water
- 1½ pounds rutabaga
- 3 medium potatoes

On wax paper combine flour, rosemary and pepper. Coat beef pieces in flour mixture.

In Dutch oven heat 1 tablespoon oil. Add beef and onion and cook until lightly browned on all sides. Remove pieces as they brown, adding more oil if necessary. Add orange juice and water; stir to loosen browned bits. Return beef to pot and heat to boiling. Reduce heat to low; cover and simmer 1 hour.

Meanwhile, peel rutabaga and potatoes. Cut vegetables into 1-inch pieces. Add to beef, stirring gently

to coat with cooking liquid. Cover and simmer 45 minutes more or until meat and vegetables are tender. (Add a little more water if stew becomes too dry.) Makes 6 servings, about 475 calories each.

High mineral, high vitamin, high fiber, low sodium, high protein

Winter fruit salad

Can be a dessert or nice addition to a brunch menu.

- **1 large orange, sectioned**
- **1 medium pear, cut into chunks**
- **2 bananas, sliced**
- **1 cup red or purple grapes**
- **½ cup diced prunes**
- **½ cup walnuts, toasted**
- **1 container (8 oz.) vanilla yogurt**
- **¼ teaspoon ground cinnamon**
- **⅛ teaspoon ground cardamom or nutmeg**

In medium bowl combine orange, pear, bananas, grapes, prunes and walnuts; toss well. In small bowl combine yogurt, cinnamon and cardamom or nutmeg until well blended. Add to fruit and toss to coat well. Serve at once. Makes 4 servings, about 285 calories each.

High calcium, high fiber, high vitamin

Chicken couscous

This recipe uses easier-to-find bulgur instead of the grain known as couscous, but the taste is authentic. The apricots and raisins add a good amount of iron.

- **¼ cup salad oil**
- **3 medium onions, peeled and sliced (about 2 cups)**
- **2 garlic cloves, minced**
- **2 teaspoons turmeric**
- **½ teaspoon allspice**
- **½ teaspoon salt**
- **⅛ to ¼ teaspoon ground red pepper**
- **2½- to 3-pound broiler-fryer chicken, cut up**
- **3 cups chicken broth**
- **1 cup bulgur (cracked wheat)**
- **½ cup dried apricot halves**
- **1 cup dark seedless raisins**
- **3 small zucchini, sliced (about 3 cups)**
- **½ cup slivered almonds, toasted**

In Dutch oven or large, deep skillet, heat oil. Add onions and garlic; saute. Reduce heat. Add turmeric, allspice, salt and red pepper; cook, stirring constantly, 5 minutes. Add chicken and cook 5 minutes on each side. Add chicken broth and heat to boiling. Reduce heat to low; cover and cook 10 minutes. Stir in bulgur; cover and cook 10 minutes. Add apricots, raisins and zucchini; cover and cook 10 minutes more or until chicken and bulgur are tender and liquid is absorbed. (If some liquid remains, cook uncovered until evaporated but not dry.) Stir in almonds until heated through. Makes 6 servings, about 525 calories each.

High protein, high fiber, high mineral

SPRING

Celebrate the arrival of spring with food that fits the season. The first asparagus, tart, vitamin-rich rhubarb and sweet fresh peas are just a few of the nutritious delights available to welcome balmier days. Spring cooking and eating are also lower in fat and calories—to get you in shape for bathing suits!

Chilled pea soup

If you can, use fiber-rich fresh green peas for this soup—they're in season in late spring.

- **2 tablespoons chopped onion**
- **½ cup shredded Boston lettuce**
- **1 package (10 oz.) frozen tiny baby peas**
- **1 sprig fresh mint (18 leaves)**
- **Dash nutmeg**
- **1 can (13¾ or 14½ oz.) chicken broth**
- **½ cup low-fat buttermilk**

In medium saucepan combine onion, lettuce, peas, mint, nutmeg and chicken broth; heat to boiling. Reduce heat to low; cover and simmer 15 minutes or until vegetables are very tender. Place soup in food processor or blender; process or blend until pureed and smooth. Strain, pressing out all liquid. Discard fiber. Stir in buttermilk and refrigerate several hours or overnight. Makes 4 servings, about 55 calories each.

Low calorie, low fat

Cauliflower-potato soup

This creamy soup tastes a lot like the more fattening classic, vichyssoise.

- **1 can (13¾ or 14½ oz.) chicken broth**
- **1 pound potatoes, peeled and diced**
- **½ medium cauliflower (2 cups florets)**
- **1 medium carrot, diced**
- **1½ cups milk**
- **2 tablespoons chopped fresh chives (optional)**

In large saucepan combine chicken broth, potatoes, florets and carrot; heat to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes, until vegetables are tender.

Ladle about 1 cup of vegetable mixture into food processor or blender. Process or blend until smooth and creamy. Pour mixture into medium bowl. Repeat with remaining vegetables. Return pureed mixture to saucepan; stir in milk and cook until heated through. Garnish with chives, if desired. Makes 4 servings, about 165 calories each.

High vitamin, high fiber, low calorie

Oriental asparagus

Sesame oil and soy sauce give this recipe its Oriental flavor—asparagus is a sure sign of spring.

- **1 pound fresh asparagus, trimmed**
- **1 tablespoon salad oil**
- **1½ teaspoons soy sauce**
- **1 teaspoon sesame oil**
- **1 teaspoon water**
- **1 small garlic clove, pressed**
- **¼ teaspoon ground ginger**
- **1 tablespoon toasted sesame seed**

In large skillet or saucepan heat 1 inch water to boiling. Arrange as-

paragus in steamer basket and place over boiling water. Cover and steam 5 to 10 minutes or until tender-crisp. Remove from heat and cool. In small jar with tight-fitting lid combine salad oil, soy sauce, sesame oil, water, garlic and ginger; cover and shake. Pour over asparagus and turn to coat each spear. Marinate at room temperature or in refrigerator for at least 1 hour. Sprinkle sesame seed on top. Makes 4 servings, about 60 calories each.

High fiber, low calorie

Spinach linguine with spring sauce

Crisp vegetables add a contrast in texture and color; the cheese contributes calcium.

- 3 tablespoons olive oil
- 1½ cups diced zucchini
- 1 cup chopped onion
- 1 cup diced carrots
- 1 garlic clove, minced
- 1 can (16 oz.) tomatoes
- ½ teaspoon basil
- ½ teaspoon salt
- ½ teaspoon sugar
- 1 package (8 oz.) linguine or spinach linguine
- ¾ cup grated Parmesan cheese

In large, deep skillet heat oil. Add zucchini, onion, carrots and garlic; cook, stirring occasionally, until vegetables are tender-crisp. Stir in tomatoes and their liquid, basil, salt and sugar. Cover and simmer over low heat 10 to 15 minutes, stirring to break up tomatoes. Meanwhile, cook linguine in boiling, salted water until al dente, about 8 to 10 minutes; drain. Add to tomato mixture, along with Parmesan cheese. Toss until well coated. Makes 4 servings, about 340 calories each.

High vitamin, high fiber

Sardine salad niçoise

Sardines are an excellent source of calcium, phosphorus and several trace minerals.

- ½ pound green beans, trimmed
- 4 small red (new) potatoes
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 garlic clove, pressed
- ¼ cup salad oil
- 4 cups torn romaine lettuce
- 2 cans (3 oz. each) sardines, drained
- 2 tomatoes, quartered
- 1 small red onion, sliced
- ½ green pepper, cut into strips
- ½ cup pitted ripe olives, sliced

In medium saucepan heat 1 inch water to boiling. Place green beans in steamer basket over boiling water; steam 5 minutes until tender-crisp. Remove from heat and chill. In another medium saucepan heat potatoes and enough water to cover; bring to a boil. Reduce heat to medium; cover and cook 15 minutes until tender. Drain and cool. Slice potatoes ¼ inch thick and refrigerate.

In jar with tight-fitting lid combine lemon juice, mustard, salt, pepper and garlic; shake well. Add oil; shake until blended. In large salad bowl toss together lettuce, sardines, tomatoes, onion, green pepper, potatoes and green beans with dressing. Arrange olives on top. Makes 4 servings, about 375 calories each.

High calcium, high mineral

Crunchy oven-fried chicken

Chopped pecans add nutrition (minerals and B vitamins) and crunch to this chicken—it's "fried" in the oven instead of in deep fat.

- ⅔ cup pecan halves, finely chopped
- ⅓ cup crushed whole wheat crackers
- 1 egg
- 2 tablespoons Dijon mustard
- 4 chicken legs and thighs (about 2 lbs.)
- Salt and pepper

Preheat oven to 400°F. Lightly grease a 13x9-inch baking pan. On wax paper combine chopped pecans and cracker crumbs. In pie plate beat egg and mustard. Pull skin from chicken and remove excess fat. Season with salt and pepper. Dip chicken in egg mixture, then coat with pecan mixture. Place in pan and bake 35 minutes or until coating is lightly browned. Makes 4 servings, about 475 calories each.

High protein

Steamed halibut steaks

A delicious low-calorie and low-fat way to cook fish.

- 1 leek, thinly sliced
- 1 tablespoon grated fresh ginger
- 1 teaspoon tarragon
- 4 halibut steaks, cut about ½ inch thick (1½ pounds)
- 1 lemon, quartered

In small bowl combine leek, ginger and tarragon. Grease a large heatproof plate; scatter on half the leeks. Lay halibut steaks on top. Sprinkle remaining leek mixture over halibut.

Fill large saucepot or Dutch oven with 1 inch water; place round steamer rack in water. Place plate with halibut on top of rack; cover pan tightly. Steam over medium-high heat 7 to 10 minutes, until fish turns opaque. (Water should boil gently during steaming.) Serve halibut with lemon wedges. Makes 4 servings, about 175 calories each.

Low fat, low calorie, low sodium

Strawberry-rhubarb fool

Springtime rhubarb is loaded with fiber but low in calories.

- ½ package (20 oz.) frozen cut rhubarb or 2½ cups fresh rhubarb
- 1 cup sliced strawberries
- ½ cup orange juice
- 1½ tablespoons quick-cooking tapioca
- ¼ cup sugar, divided
- 1 egg white

In large saucepan combine rhubarb, strawberries, orange juice, tapioca and 3 tablespoons sugar; heat to boiling over high heat, stirring frequently. Reduce heat to low; cover and simmer 10 minutes or until mixture is very smooth, stirring occasionally. Remove from heat. Refrigerate. In small mixer bowl beat egg white at high speed until soft peaks form. Gradually beat in remaining 1 tablespoon sugar; beat until stiff peaks form. Fold beaten white into rhubarb mixture. Spoon

into dessert dishes or stemmed wine glasses. Makes 4 servings, about 175 calories each.

Low sodium, high fiber, low fat

Banana sorbet

A rich-tasting dessert that's low in fat. Bananas are particularly high in the mineral potassium.

- 3 medium, very ripe bananas
- ¼ cup light corn syrup
- ¼ cup hot water
- 1 egg white
- 3 tablespoons lime juice

In food processor or blender, puree bananas. Add corn syrup, water, egg white and lime juice; process or blend until well mixed. Pour mixture into container of an electric ice cream maker and freeze according to manufacturer's directions. Or pour into metal loaf pan and freeze until hard. Remove pan from freezer and scoop mixture into food processor or medium bowl. Process or beat with an electric mixer until smooth and fluffy. Refreeze until ready to serve. To serve, soften sorbet slightly in refrigerator before scooping into dessert dishes. Makes 4 servings, about 145 calories each.

Low fat, high mineral, low sodium

SUMMER

Steamy summer days call for lighter menus and simpler cooking techniques. Foods grilled outdoors, cool salads and fruit-based desserts are naturally low in fat and calories and high in vitamins and other nutrients. And the abundance of garden-fresh seasonal produce makes it easy to eat healthy all summer long.

Peachy cantaloupe soup

A cooling, vitamin-rich first course for a hot summer day. The buttermilk adds tang and calcium.

- 1 medium ripe cantaloupe, peeled, seeded and cut into chunks
- 1 medium ripe peach, cut into chunks
- ½ cup dry white wine
- ¼ cup orange juice
- 1 tablespoon sugar
- 1½ cups buttermilk
- Sliced fresh peaches

In food processor or blender, place cantaloupe, peach, wine, orange juice and sugar; process or blend until almost smooth. Add buttermilk; process until well blended. Refrigerate several hours or overnight to blend flavors. To serve, pour into chilled bowls and garnish with sliced peaches, if desired. Makes 6 servings, about 90 calories each.

High vitamin, high calcium, low fat, low calorie

Summer squash muffins

Shredded zucchini and shredded yellow summer squash combine to make these muffins high in fiber, vitamins and moistness.

- 1¾ cups all-purpose flour
- ½ cup unprocessed bran
- 3 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 2 eggs
- ¾ cup milk
- ⅓ cup salad oil
- ½ cup shredded zucchini
- ½ cup shredded yellow summer squash

Preheat oven to 375°F. Grease a 12-cup muffin pan; set aside. In large bowl combine flour, bran, sugar, baking powder, cinnamon and salt. In small bowl combine eggs, milk and salad oil. Add liquid ingredients all at once to flour mixture; stir just until moistened. Stir in squash. Spoon batter into muffin-pan cups. Bake 20 to 25 minutes until golden. Remove from pan; cool on wire rack. Makes 12 muffins, about 150 calories each.

High fiber, high vitamin

Spaghetti squash saute

A quick-to-prepare accompaniment for roasted meats or chicken.

- 1 spaghetti squash (about 2 lbs.)
- 2 tablespoons salad oil
- ½ cup chopped green onions
- 2 garlic cloves, minced
- ½ cup chopped parsley
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup grated Parmesan cheese

Preheat oven to 350°F. Place whole spaghetti squash in baking dish; prick all over with fork. Bake squash 45 to 60 minutes until tender; cool. Cut squash in half lengthwise; remove seeds. With fork, scoop out flesh into medium bowl, separating into spaghetti-like strands.

In large skillet heat oil over medium-high heat. Cook green onions and garlic in oil about 3 minutes, stirring constantly. Add squash and stir-fry 3 to 5 minutes more until heated through. Stir in parsley, lemon juice and salt; mix well. Add cheese and toss well. Makes 6 servings, about 115 calories each.

High fiber, high vitamin, low calorie

Broccoli-corn salad

Broccoli is one of the cruciferous vegetables that is high in vitamins A and C. Corn gives this Mexican-style salad a good dose of fiber.

- 1 bunch (about 1½ lbs.) broccoli
- 2 ears corn
- ½ cup chopped red onion
- ⅓ cup salad oil
- 3 tablespoons cider vinegar
- 1¼ teaspoons oregano
- 1 teaspoon ground cumin
- ½ teaspoon salt

Discard broccoli leaves. If stalks are thick, peel off tough outer skin and cut off ends. Remove broccoli florets and reserve. Cut stalks into ¼-inch-thick slices. In large saucepan or skillet bring 1 inch water to a boil. Place broccoli florets and slices in steamer basket and set in boiling water. Cover and steam about 5 minutes, until tender-crisp but still bright green. Remove broccoli and set aside to cool.

Husk corn and place in saucepan with enough water to cover. Heat to boiling; cover and cook over me-

dium-high heat until tender, about 5 minutes. Remove corn and cool. Scrape off corn kernels into large bowl; add broccoli and onion.

In jar with tight-fitting lid combine remaining ingredients. Cover and shake well. Pour dressing over vegetables in bowl and toss well. Marinate at room temperature about 1 hour, or refrigerate several hours or overnight. Makes 6 servings, about 155 calories each.

High fiber, high vitamin

Dilled bean salad

Loaded with fiber and important nutrients, this salad makes a delightfully refreshing addition to any summer menu.

- 1 can (16 oz.) small white beans, drained
- 1 large carrot, shredded (about ½ cup)
- 1 green onion, thinly sliced
- 2 tablespoons lime juice
- 1 tablespoon salad oil
- 2 teaspoons chopped fresh dill
- ½ teaspoon sugar
- Dash freshly ground pepper
- Red-tipped lettuce leaves

In medium bowl combine beans, carrot, green onion, lime juice, oil, dill, sugar and pepper. Cover and refrigerate until well chilled. Line 4 salad plates with lettuce leaves; spoon bean salad on top. Makes 4 servings, about 135 calories each.

High fiber, high mineral, low fat

Crunchy tuna salad

Bulgur (cracked wheat) and crisp zucchini add crunch to this salad.

- ¼ cup bulgur (cracked wheat)
- ½ cup hot water
- ½ cup plain low-fat yogurt
- 2 tablespoons chopped mint
- 1 tablespoon Dijon mustard
- 2 tablespoons green onion, thinly sliced
- 1 can (6½ or 7 oz.) water-packed tuna, drained
- 1 medium tomato, cut into cubes
- 1 cup diced zucchini
- Lettuce leaves

In medium bowl combine bulgur and water. Let stand 30 minutes. Drain off and discard excess water. Stir yogurt, mint, mustard and green onion into bulgur. Add tuna, tomato and zucchini, stirring gently to break up tuna and coat with yogurt mixture. To serve, line small plates with lettuce leaves and top with tuna mixture. Makes 4 servings, about 120 calories each.

Low caloric, high fiber, low fat

Fish salad verde

Sole, snapper, halibut or salmon can also be poached, instead of the flounder used in this recipe.

- 1 pound fresh spinach, torn into bite-size pieces
- 1½ pounds flounder fillets
- 1 tablespoon Dijon mustard
- ¼ cup salad oil
- 1 lime, grated and juiced
- ½ teaspoon tarragon
- ½ teaspoon sugar
- Dash salt
- Dash pepper
- ¼ cup plain low-fat yogurt
- 2 medium tomatoes, cut into wedges

Wash spinach thoroughly and pat dry. Finely chop enough spinach to measure ¼ cup; set aside. Refrigerate remaining spinach leaves to use later.

In large, deep skillet bring 1 inch water to boiling. Place flounder fillets in water; cover and reduce heat to medium. Poach fish 5 to 10 minutes or until it flakes easily when tested with a fork. Remove from poaching liquid and cool.

In medium bowl place mustard; gradually beat in oil with wire whisk until blended. Add lime juice and peel, chopped spinach, tarragon, sugar, salt and pepper; beat well. Stir in yogurt; set dressing aside. To serve, arrange reserved spinach leaves on large platter. Break up fish into pieces and place on top of spinach; surround with tomato wedges. Spoon dressing over fish and vegetables. Makes 6 servings, about 200 calories each.

Low sodium, low fat, high vitamin

Middle Eastern turkeyburgers

Ground turkey is lower in fat than ground beef and makes a refreshing change from traditional grilled burgers.

- 1 pound raw ground turkey
- ½ cup chopped green onions, divided
- 1 garlic clove
- ½ teaspoon grated lemon peel
- ½ teaspoon curry powder or ¼ teaspoon cumin
- ¼ teaspoon pepper
- ½ cup plain low-fat yogurt
- 4 pita or pocket breads, warmed

Prepare charcoal grill or preheat broiler as manufacturer directs. In medium bowl combine turkey, ¼ cup green onions, garlic, lemon peel, curry or cumin and pepper; blend well. Shape turkey mixture into 4 round patties. Grill or broil to desired doneness, about 5 minutes per side for medium.

Meanwhile, in small bowl combine yogurt with remaining green onions.Serve burgers in pita breads topped with yogurt. Makes 4 servings, about 310 calories each.

Low fat, low sodium, high protein

Berries 'n' cannoli cream

This rich-tasting dessert is surprisingly low in fat and calories. If you wish, you may try using sliced peaches, plums or a combination of seasonal fruits instead of all berries.

- 1 pint sliced fresh strawberries or blueberries
- 2 teaspoons sugar
- 1 container (15 oz.) skim-milk ricotta cheese
- ½ cup confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 1½ tablespoons grated orange peel
- 1 square (1 oz.) semisweet chocolate, grated

In small bowl toss berries with sugar; set aside. In medium bowl with mixer at high speed, whip ricot-

ta cheese until fluffy. Beat in confectioners' sugar and vanilla; whip about 2 minutes more until smooth and light. Stir in orange peel. Divide berries among 6 dessert dishes. Top each serving with cheese mixture and garnish with grated chocolate. Makes 6 servings, about 180 calories each.

High calcium, low calorie, low fat

AUTUMN

The first crisp days of autumn bring a yearning for heartier fare. The recipes here capture the robust flavor of fall by taking advantage of the season's fresh bounty. Harvest fruits and vegetables, whole grains and lean meats and fish add up to nutritious, filling meals.

Curried squash-apple bisque

Pureed squash thickens this soup without adding calories. Leave skin on apples for extra fiber.

- **1 medium acorn squash**
- **2 tablespoons butter or margarine**
- **¾ cup chopped onion**
- **1 large apple, diced**
- **2 teaspoons curry powder**
- **½ cup apple cider**
- **1 can (13¾ or 14½ oz.) chicken broth**
- **1½ cups milk**
- **Fresh apple slices, for garnish (optional)**

Preheat oven to 375°F. Place squash in baking pan and prick all over with fork. Bake 1 hour or until tender; cool. Cut in half and remove seeds. Scoop out flesh and set aside.

In medium saucepan melt butter or margarine. Stir in onion, apple and curry powder; cook 5 minutes, stirring frequently. Add squash, cider and chicken broth; heat to boiling. Reduce heat to low; cover and simmer 30 minutes until vegetables and apples are tender. Place mixture in food processor or blender; process or blend until smooth. Return to saucepan and stir in milk; cook over low heat until heated through. Serve in bowls; garnish with apple slices, if desired. Makes 4 servings, about 195 calories each.

High calcium, low calorie, high vitamin

Citrus beet salad

Toss just before serving so beets don't discolor other ingredients.

- **4 medium beets**
- **1 small head escarole, torn into pieces**
- **1 large grapefruit, peeled and sectioned**
- **2 green onions, chopped**
- **¼ cup olive or salad oil**
- **3 tablespoons red wine vinegar**
- **¾ teaspoon salt**
- **½ teaspoon basil**
- **¼ teaspoon pepper**

Cut off and discard beet tops. In medium saucepan heat 1 inch water to boiling. Add beets and cook, covered, until tender, about 40 minutes. Drain and cool; remove skins.

Cut beets into julienne strips. To serve, place escarole in a medium bowl; arrange beets, grapefruit and green onions on top. In jar with tight-fitting lid combine oil, vinegar, salt, basil and pepper for dressing. Cover and shake well. Drizzle on dressing and toss. Makes 4 servings, about 175 calories each.

High fiber, high vitamin

Barley pilaf

Barley is a grain that's high in fiber and B vitamins. Kale, one of the cruciferous vegetables, adds even more fiber and vitamins.

- **2 tablespoons salad oil**
- **½ cup chopped onion**
- **2 ribs celery, sliced**
- **1 cup sliced mushrooms**
- **1 cup pearl barley**
- **1 can (10½ oz.) condensed chicken broth**
- **2¼ cups water**
- **Salt to taste**
- **¼ teaspoon pepper**
- **½ pound fresh kale**

In large saucepan heat oil. Stir in onion, celery and mushrooms; saute until tender, about 5 minutes. Stir in barley and cook, stirring constantly, until lightly browned. Add broth, water, salt and pepper; heat to boiling. Reduce heat to medium-low; cover and simmer about 45 to 55 minutes, until liquid is absorbed and barley is tender.

Meanwhile, cut off and discard stems from kale. Cut leaves into ½-inch pieces. In large saucepan heat 1 inch water to boiling. Place kale in steamer basket over boiling water; steam 3 to 5 minutes until tender. Remove from heat and stir into cooked barley mixture; cook until heated through. Makes 4 servings, about 300 calories each.

High fiber, high vitamin, low fat

Eggplant casserole

Tofu stretches the ground beef called for in this recipe.

- **1 eggplant (about ¾ lb.)**
- **1 teaspoon salt**
- **½ pound lean ground beef**
- **½ cup chopped onion**
- **½ pound firm tofu (bean curd), cubed**
- **1 large tomato, diced**
- **½ pound shredded Cheddar cheese, divided**
- **½ cup tomato sauce**
- **½ teaspoon oregano**

Preheat oven to 375°F. Peel eggplant and cut into ½-inch cubes. Salt and place in strainer to drain for 30 minutes. In medium skillet over medium-high heat, saute ground beef, eggplant and onion 5 minutes. Remove from heat and stir in tofu, tomato, 1 cup cheese, tomato sauce and oregano. Spoon into 8-inch square baking dish. Sprinkle remaining cheese on top. Bake 25 to 30 minutes. Makes 6 servings, about 335 calories each.

High protein, high calcium, high fiber

Autumn vegetable stew

A hearty combo that tastes as if it were made with meat.

- **3 tablespoons salad oil**
- **1 large onion, sliced**
- **2 carrots or parsnips, peeled and sliced**
- **½ pound green beans, trimmed and cut in half**
- **1 medium sweet potato, peeled and cubed**

- 2 cups shredded green cabbage
- 2 cups tomato juice
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 1 teaspoon turmeric
- 4 hard-cooked eggs, coarsely chopped

In large skillet or Dutch oven heat oil. Add onion and saute for 3 minutes, stirring frequently. Stir in carrots or parsnips, green beans, sweet potato, cabbage, tomato juice, coriander, chili powder and turmeric; heat to boiling. Reduce heat to medium; cover and simmer 20 to 30 minutes until vegetables are tender. Add eggs and cook until heated through. Makes 4 servings, about 285 calories each.

Low caloric, high fiber, low sodium

Chicken and vegetables

Sliced carrots and turnips add color, flavor and vitamins to this complete, one-pot meal.

- ¾ pound carrots, peeled and sliced ¼ inch thick
- ½ pound turnips, peeled, halved and sliced ¼ inch thick
- 2 tablespoons unsalted butter or margarine
- 2 whole chicken breasts, halved
- 2 tablespoons all-purpose flour
- 1½ cups milk
- 3 tablespoons Dijon mustard
- 1 envelope low-sodium chicken-flavor bouillon
- Freshly ground pepper to taste
- 2 cups hot cooked rice

Preheat oven to 400°F. In 13x9-inch baking dish combine carrots and turnips. In large skillet melt butter or margarine. Add chicken breasts skin side down and brown well. Arrange chicken skin side up on turnips and carrots. Stir flour into drippings in skillet. Stir in milk, mustard and chicken bouillon. Cook, stirring constantly, over medium heat, until sauce thickens. Spoon sauce over chicken and vegetables. Add pepper to taste. Cover with foil and bake 25 minutes until vegetables are tender and chicken is done. Serve chicken, vegetables and sauce over rice, if desired. Makes 4 servings, about 600 calories each with rice, 510 calories each without rice.

High fiber, high vitamin, reduced sodium

Quick oyster stew

Oysters, which are abundant in the fall months, are high in calcium and other minerals.

- 1 cup half and half cream
- 1 cup milk
- 1 can (8½ oz.) low-sodium cream-style corn
- ¼ teaspoon thyme
- Dash sage
- Dash pepper
- 12 ounces fresh oysters
- Bottled red pepper sauce

In medium saucepan combine cream, milk, corn and seasonings. Heat to boiling; reduce heat to medium-low. Add oysters; simmer 3 to 4 minutes until edges curl. Add pepper sauce to taste. Makes 4 servings, 240 calories each.

High calcium, reduced sodium

Sunny flank steak

This cut of beef is leaner and lower in fat than most beef cuts but still has the same high-quality protein.

- ¼ cup orange juice
- 1 teaspoon grated orange peel
- ¼ cup salad oil
- 2 tablespoons soy sauce
- 2 garlic cloves, minced
- 2 tablespoons ketchup
- ⅛ teaspoon bottled red pepper sauce
- 1½ pounds beef flank steak
- 1 medium orange, sliced

In shallow baking dish combine orange juice, peel, oil, soy sauce, garlic, ketchup and red pepper sauce; mix well. Add flank steak; arrange orange slices on top. Marinate several hours or overnight in refrigerator.

Prepare charcoal grill or preheat broiler as manufacturer directs. Remove steak from marinade and set orange slices aside. Grill or broil steak 5 to 7 minutes per side until desired doneness. During last 2 minutes of cooking, grill or broil orange slices until heated through. To serve, slice steak thinly against the grain. Serve with orange slices. Makes 4 servings, about 400 calories each.

High protein, high mineral, low fat

Pear-Cheddar tart

This recipe proves desserts can be nutritious and delicious. The cheese adds calcium and protein; the unpeeled pears are high in fiber.

- 1⅓ cups all-purpose flour
- ¼ cup chopped toasted almonds
- 6 tablespoons sugar, divided
- ¼ teaspoon allspice
- ½ cup butter or margarine
- 1 egg yolk
- 1 tablespoon cold water
- 1 cup shredded Cheddar cheese
- 3 medium pears, thinly sliced
- ¼ cup water
- ½ teaspoon grated lemon peel

In medium bowl combine flour, almonds, 3 tablespoons sugar and allspice. With pastry blender or 2 knives, cut in butter or margarine until mixture resembles coarse crumbs. Add egg yolk and stir until dough forms a ball; add water if necessary. Press dough into bottom and up sides of 10-inch tart pan. Refrigerate 30 minutes.

Preheat oven to 400°F. Prick pastry with fork. Line pan with foil and fill with dry beans. Bake tart 20 minutes. Remove from oven; remove foil and beans. Reduce temperature to 350°F. Sprinkle cheese on bottom of tart. Arrange pears on top, overlapping slices in a circular pattern.

In small saucepan combine remaining 3 tablespoons sugar, ¼ cup water and lemon peel. Bring to a boil over medium heat. Boil 2 minutes. Brush half the mixture over pears. Return tart to oven; bake 20 minutes. Brush remaining sugar mixture over pears and bake 10 minutes more. Makes 6 to 8 servings, about 435 calories per 6, 330 calories per 8.

High calcium, high fiber



SPICE ISLANDS BASIL



A LEADING BRAND

Spice Islands.
The difference you see is the difference you taste.

Come to Spice Islands and see how fresh and luscious herbs can be. Take our asil. The leaves are greener, full and uniform—not brown and dried out.

And Spice Islands Basil has more volatile oil, making it more aromatic and avorful.

The difference is so big you can taste it. Spice Islands Basil makes even veryday dishes taste special.

It tastes this way for one simple reason. We grow it ourselves on our own herb rm. And we coddle it, from seedling to harvest.

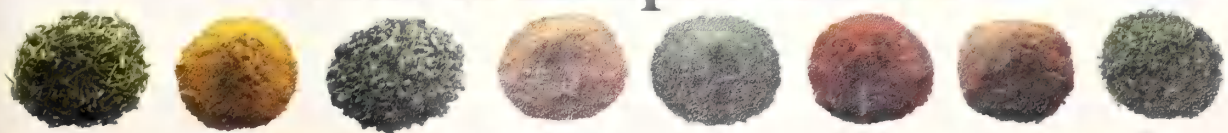
Then we package it, like all our herbs and spices, in glass jars with tight-fitting etal caps. Not in boxes, tin cans or plastic jars. So they come to you—and they ay—as fresh and as aromatic as herbs and spices should be.

If you want to give your food this special taste, bring it to the Spice Islands.

For a free Spice Islands Spice Chart and interesting recipes, write: pecialty Brands Inc., Dept. LH, PO Box 7004, San Francisco, CA 94120.



Come to the Spice Islands®



Rosemary Curry Basil Nutmeg Dill Paprika Cinnamon Thyme

SNAZZY SWEATSHIRTS



Fabulous fashion find: A pair of pretty pullovers just right all year round. . . at special prices if you act now!

Our super, soft shirts are sporty yet sleek. Stylish detailing—pouch pockets, contrasting white collars make them perfect for work or play. The cotton acrylic blend sweatshirts are machine-washable and fleeced on the inside for cuddle in comfort. Available in the choice of colors shown (purple and red), as well as pink and black. And, they're attractively priced just $15.95 for one $29.95 for two.

RMS SALES, INC *DEPT. J-012* **BOX 506 CHAPPAQUA, NY 10514** ***Fully Refundable if not Satisfied***

Total Sweatshirts ordered _____
Any 1 for $15.95 plus $2.50 postage & handling
Any 2 for $29.95 plus $3.00 postage & handling

☐ Enclosed is my check/money order payable to ***RMS SALES, INC.***

Please charge my ☐ MasterCard ☐ VISA

Quantity	*Purple # 221*	*Red # 220*	*Pink # 219*	*Black # 218*
Small				
Medium				
Large				

Signature _____ ***Card No.*** _____ ***Exp. Date*** _____

Print Name _____

Address _____

City _____ ***State*** _____ ***Zip*** _____

Canadian orders in US funds or equivalent plus $3.00



On behalf of a cash starved gold chain importer, Poole's Jewelry Liquidators has been authorized to dispose of their entire inventory of heavy Florentine Rope Chains layered in genuine 14-karat gold. That's why we are offering them to the public on a first-come, first-served basis at just $5 for a complete matching set of three! You get a 24" heavy rope necklace, a 16" heavy rope necklace, and a 7" heavy rope bracelet all for the one low $5 price! Each is miraculously guaranteed never to tarnish. You've probably seen look-alikes selling for $2,000.00 and more...identical chains are advertised by others on TV for much, much more. ORDER ALL THREE CHAINS NOW WHILE SUPPLIES LAST FOR JUST $5 PER SET. Guaranteed to look as good 10 years from now as the day you first put them on. This offer may never be repeated — to avoid disappointment, order today!

Poole's Jewelry Liquidators
[redacted] **Fifth Ave., Dept.** TC-205
New York, New York 10003

Please RUSH me _____ set(s) of Heavy Florentine Rope Chains layered in 14-KARAT GOLD, at just $5 plus $1.25 postage and handling per set. I must be delighted, or I may return the chains within 90 days for prompt refund (except postage and handling, of course).

☐ **SAVE!** Order THREE or more sets at just $5 each and we pay all postage and handling charges!

☐ Amount enclosed $_____
(NY res. add sales tax)

☐ CHARGE IT: ☐ Visa ☐ MasterCard Expires ____/____

Card # _____

Signature _____

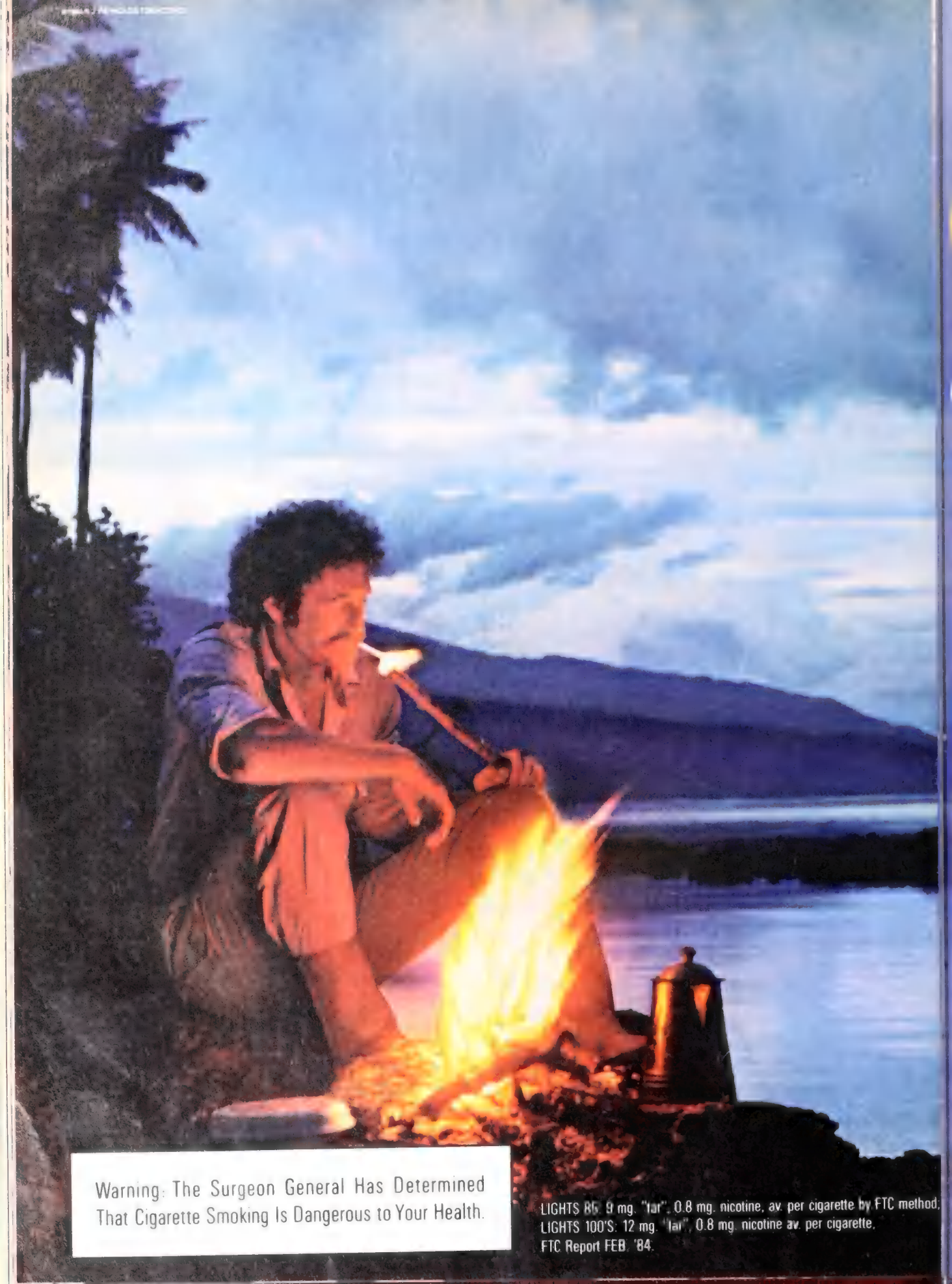
Print Name _____

Address _____

City _____

State _____ Zip _____

©1983 Poole's



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHTS 85: 9 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method;
LIGHTS 100'S: 12 mg. "tar", 0.8 mg. nicotine av. per cigarette,
FTC Report FEB. '84.

FREE CAMEL LIGHTS

The offer that will change your mind about Camel.

If you thought that Camel has never made a light smoke, here's unexpected news: Camel Lights gives you a light, mild smoke... and something more. Because it's a Camel, you can expect great flavor, too. Different kind of Light, different kind of Camel.

Mail the reply card and enjoy Today's Camel Lights. It's a whole new world.



Today's Camel Lights, unexpectedly mild.

thrive! for life!

brand CAT FOOD

Thrive gives your cat all the energy and nutrition he needs to play his best.



Purina

Helping pets live longer, healthier lives™

©Ralston Purina Company 1984

MANUFACTURER'S COUPON | EXPIRATION DATE: NONE

50¢

SAVE 50¢

on any bag or two boxes thrive! brand CAT FOOD

TH 247

5 17800 00050 00

©R.P.Co. 1984

50¢

CONSUMER: Coupon must be accompanied by the required purchase. It may not be copied or transferred. No other coupon may be used with this coupon to purchase the same package(s).

RETAILER: To obtain face value + 8¢, send to: Ralston Purina Company (RPCo.) P.O. Box 1001, Mascoutah, IL 62224. Coupon must be redeemed in accordance with RPCo.'s coupon redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPCo., P.O. Box 1000, Mascoutah, IL 62224. The consumer must pay sales tax. Good only in USA, APO's, FPO's. Void where prohibited/taxed/restricted. Cash Value: 1/20¢

GENTLE GRACE AND CHARM IN A
UNIQUE MUSICAL DOLL

EXCLUSIVELY FROM THE UNITED STATES GALLERY OF ART

Mary Anne

This genuine porcelain doll has a built-in musical movement. As it plays, the figure slowly *rotates*.

Surprise! Mary Anne and her child are replaced by a Little Girl and Doll, snuggled against the back of Mary Anne's gown.

As the figures turn, the soft musical chimes play the well-known song, "Turn Around"—a perfect match.

Hand Painted Porcelain

Each musical doll is individually hand painted. The porcelain itself is first quality, snowy white under the delicate painting. The rotating musical movement is designed to last for years. No batteries needed.

The FIRST Limited Edition Musical Doll

"Mary Anne" combines *for the first time* two of the most-wanted collector's treasures—a porcelain *limited edition* doll and a *limited edition* music box.

Dolls have been in the forefront of collecting news since a bisque-headed doll sold at a sedate Christie's auction a few months ago for $7,700 and another at Theriault's for $8,250.

While far from record prices (dolls have brought in excess of $38,000), these episodes point up the sky-rocketing interest in dolls.

The Aristocrats of Dolls and Music

Of all dolls, porcelain dolls are the aristocracy. They have the greatest detail. They last the longest. Ultimately, they have the most value.

Music boxes, similarly, have soared not only in value but in popular demand. Music box makers have trouble meeting the quotas they allocate to eager buyers. When an old music box comes up at auction, it brings a fabulous price. A simple old Polyphone box, which sold for "novelty" prices a few years ago, now lists for more than $3,200.

the Mary Anne figure rotates, a little girl and her doll are revealed. The doll is two-sided. No batteries or keys—turn the inner base to wind "Mary Anne," then watch her graceful turning as the music plays.

Combining a limited edition doll with a music box is a collector's *first*.

Adding to the uniqueness of "Mary Anne" is the music itself. The melody never has been heard in a musical movement; the gentle notes of the beautiful song are *only* in this one limited edition musical Doll.

Mary Anne's Melody

Harry Belafonte's famous recording of "Turn Around," set in time, has made it familiar to all:

Where are you going? My little one, Little one,
Where are you going? My baby, My own . . .
TURN AROUND, and you're tiny, TURN AROUND,
and you're grown. TURN AROUND, and you're
a young wife, with babes of your own.

"Turn Around" has been played with one finger on the piano; has been played by symphony orchestras. The clear notes of its beautiful waltz, from the built-in movement of this porcelain treasure, will have you humming and dancing in time to the music.

Incredible Bargain!
Regular price in retail stores is $39.50.

Limited time only: $19.50 (+ $2.35 shipping)

Available at this special price only from The United States Gallery of Art





Individually Boxed—a Perfect Gift • Actual Size 7½" Tall.

Send me _____ (limit 3) "Mary Anne" musical dolls, at the special direct price of $19.50 each, Plus $2.35 shipping per total order (SAVE ON SHIPPING! two dolls: $39.00 + $2.35 = $41.35; three dolls: $58.50 + $2.35 = $60.85).

Name _____

Address _____

City _____ State _____ Zip _____

Please indicate payment method.

☐ Check or money order enclosed for $ _____

☐ Bill to _____ VISA _____ MasterCard _____ American Express

Card No. _____ Exp. _____

Va. residents add 4% sales tax

United States Gallery of Art

Dept. L1 ▪ 25 E. Main Street • Richmond, VA 23219 ▪ **804-649-2654**

Here's How to Stop Foot Pain *INSTANTLY!*

THERE'S REALLY NO MYSTERY ABOUT WHAT CAUSES FOOT PAIN

Very simply stated, when you're born, each of your feet has 26 different bones held in balance and position by tendons, muscles and ligaments.

Once something happens to destroy this balance (no matter what your age) it's irreversible unless you do something about it.

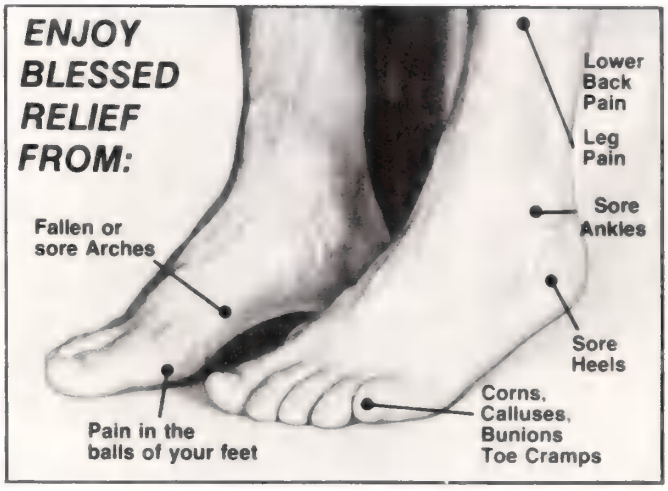
THERE'S REALLY NO MYSTERY ABOUT FINDING RELIEF

Since 1948, over 3,000,000 people are enjoying blessed relief they never thought possible . . . thanks to Flexible Featherspring® Foot Supports which are made in West Germany.

How do Feathersprings bring relief? Well, unlike costly special shoes, mass-produced arch preserves, or ready-made, drug store remedies, custom-formed Flexible Feathersprings actually restore and maintain the elastic support your feet had when you were a youth.

No matter how long you've had foot problems—be it 3 months or 30 years—the instant you slip a pair of Featherstrings in your shoes (one pair is all you'll ever need)—you'll be able to stand all day, walk, dance, even jog or run in total comfort.

Featherstrings act as a shock-absorbing, pain-easing system which structurally realigns your feet. Not only do they restore the natural balance of your feet, they allow your feet to flex normally in all types of shoes. Thanks to Featherstrings, your aching feet get continuous, moving support which brings that relief.





THERE'S REALLY NO RISK INVOLVED IN FINDING OUT WHETHER FEATHERSPRINGS CAN RELIEVE YOUR FOOT PAIN

We're so certain that Featherspring Foot Supports will end your foot problems that if you're not completely satisfied . . . we'll refund your money in full . . . with no questions asked.

Write us for full information, there's no obligation and no salesman will call. Just fill out and mail the coupon below.

What people say in unsolicited testimonials, about Featherstrings:



"Retiring as a golf professional was my own decision. Being forced to stop playing altogether was something my sore aching feet forced me to do. It got to the point where I would play a few holes and have to quit . . . because of my feet I just couldn't go on! I had tried everything and nothing seemed to work. Now, thanks to Featherstrings my feet are absolutely pain free and I finally got a spring in my step again."

Jock Hutchison Jr.
Northfield, Illinois

"I have thoroughly enjoyed the comfort Featherstrings have provided me. You would not believe the difference they have made my feet feel - before I had such pain when walking because I have severe callus' on both of my feet."

M.W.R./Richmond, VA



"Received my wife's Featherstrings two days ago. They are super—neither of us can believe the results. She has had terrible feet for years, already no pain. Incidentally, her sore knee is much better. As a retired physician, this result is amazing."

Dr. C.O.C./Tucson, Arizona

"I want to thank you for refunding to me the full amount of what I ordered. I admire your company for this with no strings or red tape."

G.K.M./Warwick, Rhode Island

"At the present time I still wear the Featherstrings and indeed they perform well after seven years of use."

G.M.G., Dallas, Texas

* Actual photos of customers who sent us these letters

© 1985 Featherspring International Corp.
712 N. 34th Street, Seattle, Washington 98103

SEND NO MONEY!

FEATHERSPRING INTERNATIONAL CORPORATION
712 N. 34th Street, Dept. LHJ015
Seattle, Washington 98103

YES! I want to learn more about Flexible Featherspring Foot Supports. Please send me your free brochure. I will watch for the LARGE PINK ENVELOPE. I understand that there is no obligation and that no salesman will call.

Print Name

Address

City State Zip

When in Seattle visit the Featherspring building.

ENGLISH MUFFINS

Homemade English muffins are fabulous, and not at all difficult. No need to even turn on the oven—they bake right on the griddle.

- 1 package active dry yeast
- ¼ cup warm water (105°F.–115°F.)
- 1 cup milk
- 1 tablespoon sugar
- ¾ teaspoon salt
- 3 tablespoons butter or margarine
- 3¾ to 4 cups all-purpose flour, divided
- 1 egg, slightly beaten
- Cornmeal (about 2 tablespoons)

In large bowl dissolve yeast in warm water. In saucepan heat milk, sugar, salt and butter or margarine just until warm. Butter does not need to melt. Cool to lukewarm. Add 2 cups flour, egg and milk to yeast; stir with wooden spoon until well mixed. Stir in 1¾ cups flour. On lightly floured surface, knead dough 10 minutes, adding more flour if needed to make a smooth dough. Place in lightly greased bowl; cover and let rise in warm, draft-free place until doubled in bulk, about 1 hour.

Punch down dough and let rest 10 minutes. Divide dough into quarters. Sprinkle surface with cornmeal. Roll one quarter at a time to about ½ inch thick. Cut into 3-inch rounds. Place on cookie sheets; let rise 45 minutes. Bake on lightly greased heavy griddle or skillet over low to medium heat, about 7 to 8 minutes on each side. *(Can be made ahead. Wrap and freeze up to 2 weeks. Thaw, wrapped, at room temperature up to 2 hours.)* When ready to serve, split muffins with fork. Butter. Toast under broiler until lightly browned. Makes about 16, about 220 calories each.

STICKY BUN COFFEE CAKE

Definitely not for the dieter, but worth the splurge. Make two so you'll have enough for seconds.

Dough

- 3½ to 4 cups all-purpose flour, divided
- ½ cup sugar
- 2 packages active dry yeast
- 1½ teaspoons cardamom *(continued)*

Journal Shopping Center

STEFANIE POWERS

Cover and page ■ Hair, Sophie Graham. Makeup, Clayton Howard Styling, Nicola Oliver. **Cover**—white cashmere sweater from N Peal, Burlington Arcade, London, W.1. **Page 30**—white linen safari suit, beige linen men's shirt and ghurka shoes all from Ralph Lauren, 143 New Bond Street, London, W.1.

A DREAM KITCHEN FULL OF IDEAS

Pages 90–91: Kitchen designed by David Linzer ISID, Lingold Design and Construction. For information on kitchen design, contact Lingold Design and Construction, 63-76 Woodhaven Blvd., Rego Park, NY 11374 (718-894-2508) or Roseline Design Center, 422 Northern Blvd., Great Neck, NY 11021 (516-829-4411).

Custom cabinets by Roseline Products, Inc., 120 Schmitt Blvd., Farmingdale, NY 11735. White #949C countertops and China Blue #884 pinstripe and backsplash accent of Colorcore® surfacing material. Moonstone #872 cabinets of Formica® brand laminate. Harland Court (in Snow White) vinyl flooring from Designer Solarian II Collection, with Mirabond No-Wax surface, by Armstrong World Industries, Inc. Ceiling four-foot oak planks (#50) by Armstrong World Industries, Inc. Refrigerator (FPE-26VWM), trash compactor (TCU-3H), food waste disposer (FD-3J), cooktop (RBQ-139J) and steak grille (KASG), dual wall oven (REG-77HB) and microwave oven (MC-1100M) all by Frigidaire Company. Stainless steel Lustertone (LR-2522) single compartment sink, faucet, liquid soap dispenser and vegetable basket by Elkay Manufacturing Co. Hot water dispenser (H-330) by In-Sink-Erator. Wooden knife block, blue pitcher, blue wire egg basket, red and white polka dot napkin (under muffins) and sugar canister from Manhattan Ad Hoc Housewares, 842 Lexington Avenue, NYC 10021. Red ceramic plates with muffins and fruit, red pepper grinder from Henri Bendel, 10 W. 57th Street, NYC 10019.

Pages 92–93: **1.** Teapot by Chantal. Crock and cooking utensils from Manhattan Ad Hoc Housewares, 842 Lexington Avenue, NYC 10021. **2.** "Regency Design 25" and "Shells" glasses, "Moments" wine and water goblets, and assorted "Fountainware" all by Anchor Hocking. Wine from Quality House Liquors, 2 Park Avenue, NYC 10016. **3.** Wooden bowl from Henri Bendel, 10 West 57th Street, NYC 10019. **4.** Pink and white hand-painted plate from Henri Bendel, 10 West 57th Street, NYC 10019. Cast iron and enamel cookware set in Sunburst Yellow by Le Creuset. Pepper mills, red and white dish towel from Manhattan Ad Hoc Housewares, 842 Lexington Avenue, NYC 10021. ■ Yellow and green hand-painted plate, pink and natural basket from Henri Bendel, 10 West 57th Street, NYC 10019. Blue wire basket, note pad from Manhattan Ad Hoc Housewares, 842 Lexington Avenue, NYC 10021. "Scrub Brusher" and "Dustbuster" by Black ■ Decker. **7.** Food processor (FP1) and Continuous Cleaning "Toast-R-Oven Broiler" (T131B) by General Electric. **8.** Black and white portable television/radio (BD3911) by Magnavox. Vegetable brush from Manhattan Ad Hoc Housewares, 842 Lexington Avenue, NYC 10021. **9.** Italian, hand-painted, ovenproof ceramic plates, mugs, bean pot, pitcher and casserole, Pattern #136, Palm, by Caleca USA Corp. Stainless steel flatware, American Colonial, by Oneida, Ltd. Red and blue napkins from Henri Bendel, 10 W. 57th Street, NYC 10019.

NEW LOOK NEW OUTLOOK

Page 94: Earrings and faux pearls, Marvella. Gold-toned chain, Monet. Makeup by Maybelline. Moisture Whip Liquid Makeup in Ivory; Moisture Whip Creme Concealer in Light at inner eye, around nose to even out dark shadows; Moisture Whip Natural Blush in Delicate Taupe used as contour along and a little above and below jawline, earlobe to chin and as blusher stroked onto cheeks in ■ wedge from ear to cheekbone; Moisture Whip Pressed Powder in Ivory; Blooming Colors Extra Frost Eye Shadow in French Taupe; Eye Color Styler-Pencil in Nutmeg and Smokey Grey; Ultra-Big Ultra-Lash Mascara in Sable Brown. Moisture Whip Lipstick in Wine & Roses.

Page 95: Makeup by Maybelline. Moisture Whip Protective Facial Moisturizer mixed with ■ few drops of Moisture Whip Liquid Makeup in Toasted Beige; Expert Eyes Trio Eye Shadow Kit in The Divine Browns; Eye Color Styler-Pencil in ■ Nutmeg; Rich 'n Gentle Mascara in Brown; Moisture Whip Lipstick in Sugar Plum Ice.



Nestlé® Oatmeal Scotchies.™

A better oatmeal cookie... because you bake them fresh with the rich butterscotch taste of Nestlé® Butterscotch Morsels.

Chewy oatmeal *and* creamy butterscotch.

Nestlé® Oatmeal Scotchies.™

No other oatmeal cookie can compare.

Fresh and warm.
And only from your oven.



Look for the recipe on every bag.

BRUNCH
continued

½ cup water
⅓ cup milk
½ cup butter or margarine
2 eggs, at room temperature

Filling

2 tablespoons butter or margarine, melted
½ cup sugar
1 tablespoon plus 1 teaspoon cinnamon

Glaze

1 cup light brown sugar
½ cup butter or margarine
2 tablespoons light corn syrup

½ cup chopped walnuts or pecans

Dough: In large mixer bowl combine 1 cup flour, sugar, yeast and cardamom. In saucepan combine water, milk and butter or margarine. Heat over low heat until very warm (120°F.–130°F.); butter does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed, scraping bowl occasionally. Add eggs and 1 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour (about 1½ cups) to make a stiff batter. On lightly floured surface, knead 8 to 10 minutes to form a smooth dough. Place dough in greased bowl; cover and let rise in warm, draft-free place until doubled in bulk, at least 1 hour.

Filling: Meanwhile, in small bowl combine all ingredients; stir until smooth and well blended.

Glaze: In medium bowl cream sugar, butter or margarine and corn syrup.

Punch down dough. Divide in half. Roll one half to a 12x10-inch rectangle. Sprinkle on half the filling. Roll up from 12-inch side; pinch seam to seal. Cut crosswise into twelve 1-inch slices. Repeat with remaining dough and filling.

Generously butter an 11- to 12-cup ring mold. Sprinkle chopped nuts evenly in bottom of mold. Gently drop glaze by teaspoonfuls around bottom. Arrange slices with cut sides against sides of mold. Fill in spaces with remaining slices. Cover and let rise in warm, draft-free place until doubled in bulk, about 1½ hours.

Preheat oven to 350°F. Bake 45 minutes. If browning too quickly, cover with foil after 30 minutes. Let stand 5 minutes. Invert on wire rack. *(Can be made ahead. Cool; wrap and freeze up to 2 weeks.)* Makes 16 servings, about 390 calories each. Make 2 cakes for brunch. **End**

SCOTTSBLUFF DINNER
continued from pages 108–111

SCOTTSBLUFF DINNER PARTY

pictured on pages 108–111

MENU
Serves 8

Tuna Pâté in Endive
Olives
Savory Mussel Soup
Spinach Ravioli with
Red Pepper Puree
Chicken Breasts Mediterranean
Sauteed Escarole and Cherry Tomatoes
Pinot Grigio or Orvieto Classico Wine
Italian Salad with Gorgonzola Cheese
Italian Bread Butter
Tony's Zabaglione with Fruit
Lace Cookies
Coffee Tea

SHOPPING LIST

8 whole chicken breasts, split, skinned, boned and pounded
4 pounds fresh mussels (preferably cultivated)
2 ounces prosciutto ham
1 jar (4 oz.) prepared pesto
8 onions
1 pound carrots



1 bunch celery
4 pounds fresh spinach or 2 packages (10 oz. each) frozen
3 pints cherry tomatoes
4 large red peppers
3 small heads Belgian endive
2 large heads escarole
2 heads romaine lettuce
1 small head radicchio lettuce
1 head Boston lettuce
1 bunch arugula or watercress
3 garlic bulbs
Parsley
1 jar pimiento
1 pint strawberries
3 bananas
3 oranges
1 lemon
6 cans (13¾ oz. or 14½ oz. each) chicken broth
2 cans (6½ oz. each) tuna in olive oil
1 can (2 oz.) flat anchovies
1 jar olives
1 jar (3 oz.) pine nuts (pignoli)
8 ounces walnuts
3 half pints heavy or whipping cream
1 container (15 oz.) ricotta cheese
2 ounces sun-dried tomatoes
8 ounces Gorgonzola cheese
6 ounces Parmesan cheese
4 bottles (8 oz. each) clam juice
1 bottle sweet Marsala wine (2 cups)
1 bottle ouzo
1 bottle dry white wine (3 cups)
2 loaves Italian bread
Fennel seed
Wooden toothpicks

STAPLES TO HAVE ON HAND

5 pounds all-purpose flour
1½ pounds butter
1½ dozen eggs
Olive oil
Red wine vinegar
Oregano
Nutmeg
Thyme
Salt
Pepper
Vanilla extract
Sugar
1 pound brown sugar
Coffee
Tea
8 bread slices for crumbs
1 bottle light corn syrup

SCHEDULE

Up to one month ahead:
1. Invite guests.
2. Buy wine and liquor, nonperishable ingredients plus ingredients for ravioli and cookies.
3. Make ravioli and cookies; freeze.

Up to two weeks ahead:
1. Buy ingredients for chicken, tuna pâté, mussel soup and red pepper puree.
2. Prepare and freeze chicken filling, soup, pâté and pepper puree.

Two days before:
Buy remaining ingredients.

One day before:
1. Set the table.
2. Section oranges; refrigerate.
3. Thaw filling; stuff and roll chicken breasts; refrigerate.
4. Wash and dry escarole and salad greens. Refrigerate.
5. Chill wine.
6. Make vinaigrette; set aside at room temperature.

Morning of party:
1. Hull strawberries; rinse, drain and refrigerate.
2. Set up the bar.
3. Chop and blanch escarole; cover and refrigerate.
4. Wash cherry tomatoes.
5. Cut wedges of Gorgonzola. Wrap and refrigerate.
6. Thaw tune pâté.

2 hours before:
1. Cook chicken and make sauce. Set sauce aside at room temperature. Cover chicken and keep warm in 200°F. oven.
2. Separate endive leaves. Pipe or spoon in tuna pâté. Refrigerate. Put olives in dish.
3. Tear greens into salad bowl; refrigerate.
4. Separate egg yolks for zabaglione; cover with plastic wrap. Measure Marsala and sugar.

One-half hour before:
1. Assemble and finish mussel soup.
2. Heat and finish preparing red pepper puree.

(continued)

Only Genuine Idaho® potatoes have the taste that comes from the perfect combination of rich volcanic soil and ideal growing climate. So for the best tasting french fries, insist on fries made from the world's best potatoes. Genuine Idaho.

Look for the Grown in Idaho seal whenever you buy frozen or instant potatoes. It's your guarantee that you're not buying just any potatoes. You're buying the best ones.





¼ cup olive oil
2 tablespoons lemon juice
½ teaspoon red wine vinegar
2 or 3 heads Belgian endive
Pimiento, for garnish (optional)

Drain tuna, reserving 2 tablespoons oil for pâté. In foo processor combine tuna, tuna oil and remaining ingredien except endive and pimiento, until smooth. *(Can be mad ahead. Cover and freeze up to 2 weeks. Thaw in refrigerato*

Cut off root ends of endive. Separate into leaves. A range on serving tray. Spoon pâté into pastry bag fitte with plain tube. Pipe pâté onto root ends of leaves. Ga nish with pimiento if desired. (Or serve in crock or sma dish with assorted crackers.) Makes 2¼ cups, about 4 calories per tablespoon.

SAVORY MUSSEL SOUP

Since mussels aren't always available, steam and free them ahead. Broth can also be frozen—just combine ever thing at the last minute. (You can even freeze the shel separately for garnish.)

4 pounds fresh mussels
4 bottles (8 oz. each) clam juice
1 cup dry white wine
1 large bunch parsley, coarsely chopped
8 garlic cloves, pressed
½ cup butter or margarine
2 cups chopped onions
1½ cups chopped carrots
1 cup chopped celery
1½ teaspoons fennel seed
½ teaspoon thyme
1½ cups heavy or whipping cream
1 tablespoon ouzo or pernod

SCOTTSBLUFF DINNER
continued

3. Heat chicken and sauce.
4. Heat bread.

During cocktails:
Heat water to boiling for spinach ravioli.

After soup course:
Cook spinach ravioli.

After pasta course:
Cook escarole and cherry tomatoes.

After main course:
Toss salad with vinaigrette. Serve with cheese.

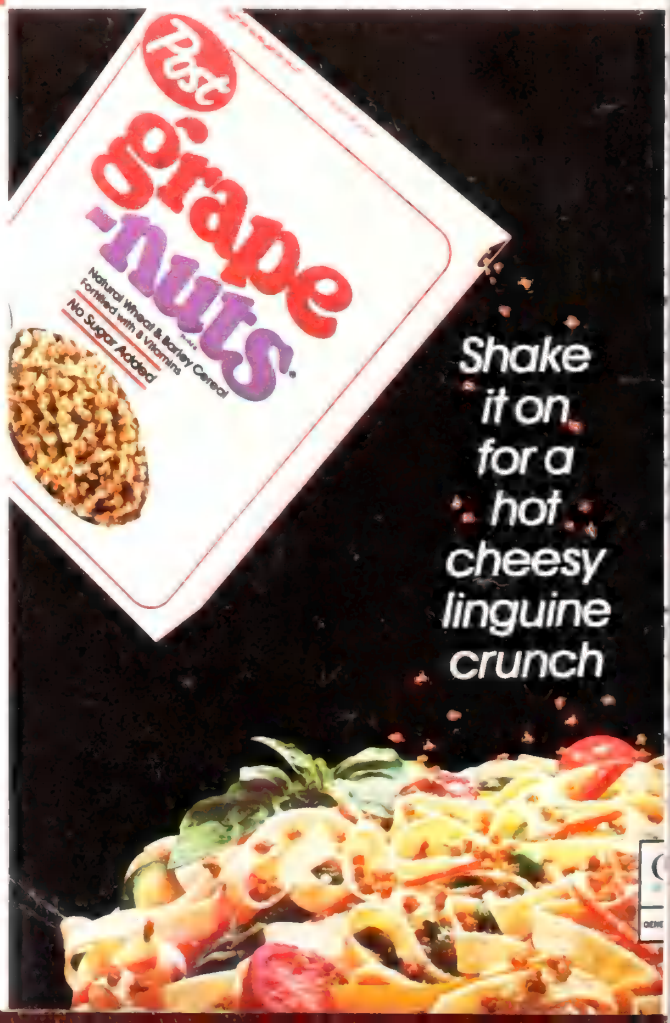
Just before serving dessert:
1. Slice bananas.
2. Combine fruits; divide among serving dishes.
3. Make zabaglione. Serve with lace cookies.

RECIPES

TUNA PÂTÉ IN ENDIVE

To be fancy, we piped this pâté into endive leaves, but you can also serve it in a crock as a spread with crackers.

2 cans (6½ oz. each) tuna in olive oil
1½ cups fresh bread crumbs
3 garlic cloves
2 flat anchovies
¾ teaspoon oregano
⅛ teaspoon pepper
½ cup dry white wine





2 egg yolks
¼ teaspoon nutmeg
¼ teaspoon salt
⅛ teaspoon freshly ground pepper

Pasta

4 to 4½ cups all-purpose flour (3 to 3½ cups if using frozen spinach)
½ teaspoon salt
4 eggs
Cornmeal

Red Pepper Puree (recipe follows)

In large saucepot cook spinach in boiling water until tender, about 2 minutes. Remove spinach, drain and squeeze dry, pressing with back of a spoon. In blender or food processor, puree spinach; drain again. Divide spinach in half.

Filling: In medium bowl combine half the spinach puree with cheeses, egg yolks and spices. Refrigerate until ready to use.

Pasta: In large bowl combine 4 cups flour (3 cups for frozen spinach), salt, eggs and remaining spinach with fork. Knead dough 8 to 10 minutes, or until smooth and elastic, adding more flour if necessary. Wrap in damp towel; refrigerate 30 minutes.

Set up pasta machine according to manufacturer's directions.* Divide dough in half, keeping one half covered with a towel. Roll dough through the plain rollers, starting at widest setting.

Flour dough and pass it between rollers, folding and flouring dough each time, until the next to last setting. Cut sheet of pasta dough in half. Lay sheet on floured towel and cover with damp towel until ready to use. Repeat with remaining dough.

Trim sheets to same size. On one sheet, *(continued)*

Scrub mussels with stiff brush under cold running water. With a small sharp knife, remove and discard "beards," the small black tufts attached to the shells. Refrigerate mussels.

In large saucepan bring 1 bottle clam juice, wine, parsley and garlic to a boil. Add mussels; cover and steam 5 minutes or until shells open. Remove mussels from shells and set aside; reserve broth.

In large saucepan melt butter or margarine; saute onions, carrots and celery until tender. Stir in remaining clam juice, fennel seed and thyme. Simmer 15 minutes. Add reserved broth. Puree and strain through fine wire mesh or cheesecloth. *(Can be made ahead. Cover and freeze mussels and broth separately up to 2 weeks. Scrub and freeze shells if desired. To heat broth, place frozen in heavy saucepan; cover and cook over very low heat, stirring occasionally, about 30 minutes.)* Stir in cream, ouzo and mussels; heat through. Garnish with shells if desired. Makes 8 cups, about 370 calories each.

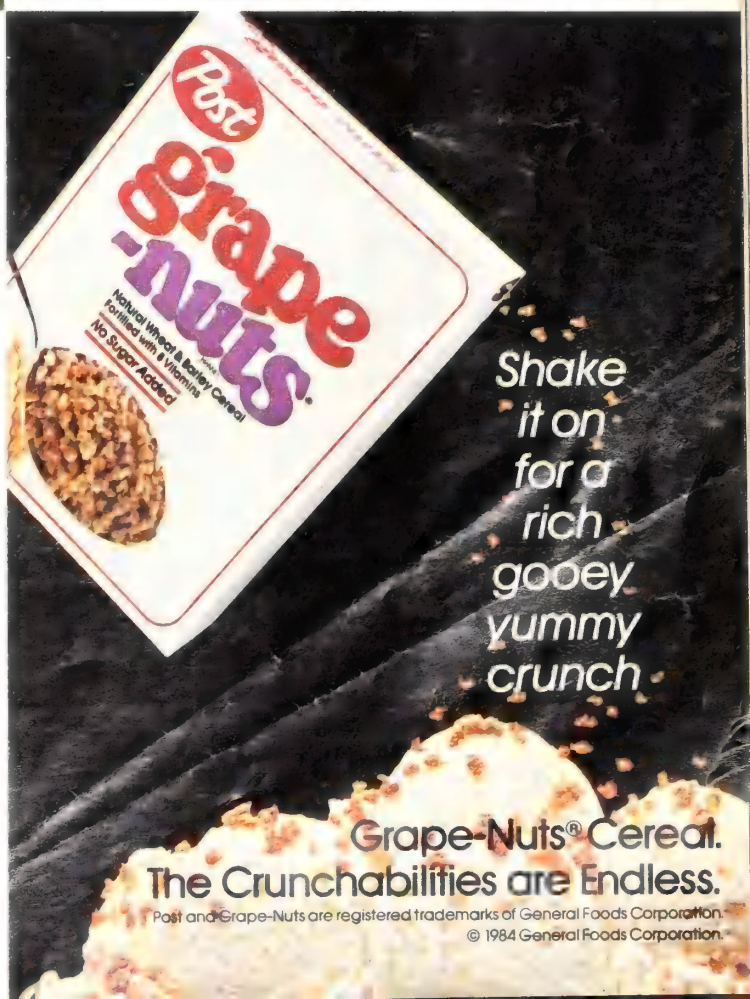
SPINACH RAVIOLI WITH RED PEPPER PUREE

This recipe from Florence's Annie Pinchiorri, who prepared a much more complicated version at a Ruffino luncheon in New York City, is a production. However, both the ravioli and the puree freeze very nicely. And you can also serve the puree over frozen ravioli from the supermarket or even over spinach fettuccine.

pounds fresh spinach or 2 packages (10 oz. each) frozen, thawed

lling

1 container (15 oz.) ricotta cheese
2 cups finely grated Parmesan cheese (about 6 oz.)



SCOTTSBLUFF DINNER
continued

drop filling by teaspoonfuls 1½ inches apart and 1 inch from edge, forming rows. Lightly brush dough with water between mounds. Cover with second sheet of pasta. With fluted pastry wheel, carefully cut into 1½-inch squares. Cover cut ravioli with damp towel. Repeat with remaining pasta and filling. *(Can be made ahead. Line jelly-roll pan with plastic wrap; sprinkle with cornmeal. Arrange ravioli in pan in a single layer. Freeze. Repeat with remaining ravioli. Then transfer to airtight container and return to freezer for up to 1 month.)*

Bring 5 quarts water to a boil. Cook ravioli 4 to 5 minutes; drain. Serve with Red Pepper Puree. Makes 150 ravioli with fresh spinach, 100 with frozen. Serve 4 ravioli with ¼ cup puree, about 270 calories per serving.

*If rolling dough by hand, roll to about 1/32 inch thick.

RED PEPPER PUREE

- ⅓ cup olive oil
- 4 medium onions, sliced
- 4 garlic cloves, pressed
- 2 cans (13¾ or 14½ oz. each) chicken broth
- 4 large sweet red peppers, cut into 1-inch pieces
- 6 tablespoons heavy or whipping cream
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

In medium saucepan heat oil. Add onions and garlic and saute until tender. Add chicken broth and red peppers. Simmer 30 minutes or until tender; drain off chicken broth. In blender puree pepper-onion mixture, then strain through a sieve to remove all skins. *(Can be made ahead. Cover and freeze up to 2 weeks. Place in heavy saucepan; cover and heat over very low heat, stirring occasionally, about 30 minutes.)* Return to saucepan; add cream, salt and pepper and heat through. Makes 2 cups, about 160 calories per ¼ cup.

CHICKEN BREASTS MEDITERRANEAN

Since some of the ingredients may take some tracking down, plan ahead. The result is worth the search.

Filling

- 1 cup fresh bread crumbs
- ⅓ cup chopped prosciutto ham (about 2 oz.)
- ¼ cup prepared pesto
- ¼ cup pine nuts (pignoli)
- 3 tablespoons finely chopped garlic
- 3 tablespoons chopped sun-dried tomatoes (1½ oz.)
- 10 cherry tomatoes, seeded and chopped
- ¼ cup chicken broth
- 2 egg yolks, slightly beaten
- 2 tablespoons heavy or whipping cream

- 8 whole chicken breasts, split, skinned, boned and pounded
- ½ cup butter, divided
- 1½ cups dry white wine
- 2 cups chicken broth
- 1½ cups heavy or whipping cream
- ¼ teaspoon freshly ground pepper

Filling: In medium bowl combine bread crumbs, prosciutto, pesto, pine nuts, garlic and tomatoes. Stir in chicken broth blended with egg yolks and cream; refrigerate before rolling. *(Can be made ahead. Cover and freeze up to 2 weeks. Thaw in refrigerator.)*

Spread 1 tablespoon filling down the center of each breast half; roll up and secure with wooden toothpick. *(Can be rolled ahead. Cover and refrigerate up to 24 hours.)*

Preheat oven to 200°F. In each of 2 large skillets melt 4 tablespoons butter. Place 8 chicken rolls in each skillet and saute until lightly browned, about 10 minutes. Transfer to serving platter; cover and keep warm in preheated



oven. *(Can be made ahead. Cover and keep warm up to 2 hours.)*

Add wine to hot skillet and boil about 4 minutes. Add broth; reduce liquid by half. Strain if desired. Return to skillet. Add cream and pepper. Simmer 10 minutes more. *(Can be prepared ahead. Cover and set aside at room temperature up to 2 hours. Reheat sauce over low heat.)* Serve sauce over chicken breasts. Makes 16 servings, about 325 calories each.

SAUTEED ESCAROLE AND CHERRY TOMATOES

A garlicky complement to the chicken breasts.

- Water
- 2 teaspoons salt, divided
- 2 large heads (about 2½ lbs.) escarole, shredded (about 18 cups)
- ½ cup olive oil
- 2 tablespoons minced garlic
- ½ teaspoon pepper
- 2 pints cherry tomatoes

In large saucepot bring water and 1 teaspoon salt to a boil. Add escarole and blanch 2 minutes; drain thoroughly. *(Can be made ahead. Cover and refrigerate.)* Meanwhile, in large skillet heat oil over medium heat. Add garlic, remaining salt and pepper. Saute just until garlic is golden. Add tomatoes and cook, stirring occasionally, about 5 minutes. Transfer tomatoes to serving dish. To same skillet add escarole and cook, stirring constantly, about 1 minute. Serve immediately. Makes 8 servings, about 170 calories each.

ITALIAN SALAD WITH GORGONZOLA CHEESE

A simple vinaigrette with the tangy addition of lemon juice, a wide array of greens and a hunk of Gorgonzola team up to make the perfect link between entree and dessert.

- 6 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 10 cups salad greens, washed and torn (romaine, Boston or bibb lettuce, arugula, watercress and radicchio)
- 8 ounces Gorgonzola cheese, at room temperature

In jar with tight-fitting lid combine oil, vinegar, lemon juice, salt and pepper; cover and shake. *(Can be made ahead. Store covered at room temperature up to 24 hours.)*

In salad bowl combine salad greens. *(Can be prepared ahead. Cover with plastic wrap and refrigerate up to 2 hours.)*

To serve, shake dressing again. Pour on salad and toss until all leaves are coated. Serve with small wedge of cheese. Makes 8 servings, about 210 calories each.

TONY'S ZABAGLIONE WITH FRUIT

From one of our favorite people—Vince Bommarito of St. Louis's much-acclaimed Tony's Restaurant.

- 2 pints strawberries, hulled
- 3 medium bananas
- 3 oranges, sectioned
- ¼ cup sugar
- 1 cup sweet Marsala wine
- ¼ teaspoon vanilla extract
- 6 egg yolks
- Dash salt

In medium bowl toss fruit. Spoon into individual dishes; set aside.

Sprinkle sugar into top of double boiler. Add wine and vanilla. *(Can be prepared ahead. Set aside at room temperature up to 2 hours.)* Cook over very hot, not boiling, water. Stir over medium heat until sugar is dissolved. Add egg yolks and salt. Stir constantly with a whisk until eggs and wine have tripled in volume. Immediately spoon over fruit. Makes about 8 servings, about 180 calories each. *(continued)*

Cool Whip® TOPPING adds pizzazz to Jell-O® BRAND Pudding.

Our fresh taste makes any dessert more exciting.

Pudding in a Cloud

1¾ cups thawed COOL WHIP® Whipped Topping
1 package (4-serving size) Jell-O® Chocolate Flavor Instant Pudding and Pie Filling
2 cups *cold* milk

Divide whipped topping among 6 dessert glasses. With the back of a spoon, make a depression in the center and spread topping up the sides of the glasses. Prepare pudding with milk as directed on package. Spoon into glasses. Chill. Garnish as desired. Makes 6 servings.

Chocolate Cookie Delight

4 chocolate sandwich cookies, coarsely crumbled
1 cup thawed Cool Whip® Whipped Topping
1 package (4-serving size) Jell-O® Chocolate Flavor Instant Pudding and Pie Filling
2 cups *cold* milk

Gently fold cookies into whipped topping. Prepare pudding with milk as directed on package. Pour half of pudding into dessert dishes. Top each with about 4 tablespoons of topping mixture. Spoon remaining pudding on top. Garnish as desired. Makes 6 servings.



SCOTTSBLUFF DINNER
continued

LACE COOKIES

Make these cookies and then freeze them —just whip out at the last minute.

- ¼ cup light corn syrup
- ¼ cup firmly packed brown sugar
- ¼ cup butter or margarine
- ½ cup all-purpose flour, sifted
- ½ cup finely chopped walnuts
- ½ teaspoon vanilla extract

Preheat oven to 325°F. Line 3 cookie sheets with heavy-duty foil. In small heavy saucepan combine syrup, sugar and butter or margarine. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat. Stir in flour and walnuts until well blended. Add vanilla and mix well. Drop by teaspoonfuls 3 inches apart on cookie sheets. Bake 10 to 15 minutes until golden brown. Cool thoroughly on cookie sheets, then peel off cookies. Store in airtight containers. *(Can be made ahead. Cover and freeze up to 1 month. Thaw at room temperature.)* Makes 3 dozen cookies, about 40 calories each. **End**

JANUARY RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.

APPETIZERS

Chick-Pea Dip p. 117
Cumin Cheese Wafers p. 112
Onion Marmalade with Toast Points p. 112
Spinach Ravioli with Red Pepper Puree p. 133
Tuna Pâté in Endive p. 132

BREADS

English Muffins p. 129
Sticky Bun Coffee Cake p. 129
Summer Squash Muffins p. 121

DESSERTS

Banana Sorbet p. 121
Berries 'n' Cannoli Cream p. 122
Chocolate Cookie Delight p. 135
Cranberry Mousse p. 113
Lace Cookies p. 136
Mexicali Pudding p. 44
Pear-Cheddar Tart p. 124
Pudding in a Cloud p. 135
Strawberry-Rhubarb Fool p. 120
Tony's Zabaglione with Fruit p. 135

ENTREES

Chicken and Vegetables p. 124
Chicken Breasts Mediterranean p. 134
Chicken Couscous p. 119
Country Sausage and Winter Fruit p. 128
Creamed Smoked Turkey p. 128
Crunchy Oven-Fried Chicken p. 120
Eggplant Casserole p. 123
Middle Eastern Turkeyburgers p. 122
Potato-Topped Meat Loaf p. 137
Scottsbluff Eggs p. 128
Spinach Linguine with Spring Sauce p. 120
Steamed Halibut Steaks p. 120
Sunny Flank Steak p. 124
Tamale Pie p. 44
Three-Cheese Pizza p. 118

MISCELLANEOUS

Danish Marys p. 112
Mimosa p. 112
New Peanut Butter Crispy Treats p. 9

SALADS

Apple Spinach Salad p. 117
Broccoli-Corn Salad p. 121
Citrus Beet Salad p. 123
Crunchy Tuna Salad p. 122
Dilled Bean Salad p. 122
Fish Salad Verde p. 122
Italian Salad with Gorgonzola Cheese p. 135
Sardine Salad Niçoise p. 120
Two-Bean Salad p. 44
Winter Fruit Salad p. 119

SIDE DISHES

Barley Pilaf p. 123
Gingered Lentils p. 118
Hot-and-Sour Bok Choy p. 118
Oriental Asparagus p. 119
Sauteed Escarole and Cherry Tomatoes p. 135
Spaghetti Squash Saute p. 121

SOUPS AND STEWS

Autumn Vegetable Stew p. 123
Black Bean Soup p. 117
Cauliflower-Potato Soup p. 119
Chilled Pea Soup p. 119
Curried Squash-Apple Bisque p. 123
Peachy Cantaloupe Soup p. 121
Quick Oyster Stew p. 124
Rutabaga Beef Stew p. 118
Savory Mussel Soup p. 132

SISSY SPACEK
continued from page 50

that we ended up marrying each other."

They very nearly didn't. They met on the set of *Badlands* in 1974. It was Sissy's first starring role, and Fisk—a thin, bearded giant of a man—was art director. "The location was a cottonwood grove beside a river, about five miles from the little town where the cast and crew stayed. One night after shooting, Jack asked if I'd like to go back to town by boat. Wonderful idea. But this incredible storm came up, and the boat sank, so we wound up walking the five miles in drenching rain, hiding in ditches any time we saw a car coming to search for us." That was the first date. "Every date afterward was equally disastrous," she says, grinning. "And fascinating." Later that year, deeply in love, they had blood tests but kept postponing marriage. "We were artists, and artists don't make commitments."

Then one noon in Los Angeles, munching on hot dogs from a street vendor, "We realized our blood test ran out that day and said, 'Oh, my God, if we don't get married today, we'll have to get another shot!'" They rushed to a justice of the peace, trailed by Jack's floppy-eared dog, Heidi. "My maid of honor was a Hungarian sheepdog," Sissy says. "And we set aside a thirty-dollar divorce fund in case it didn't work out."

The marriage has proved so solid that Sissy thinks only death could part them now. And soon, they may produce a sister or brother for Schuyler. "We probably will. We've got all the equipment now, like the crib, and you know I can't throw anything out." She confesses, however, that she and Jack sometimes argue. "Part of his charm is that he's so absurd. We'll get the house clean, and he'll get showered and put on fresh clothes—and then he'll go outside and climb on his tractor and plow! He comes back in the house completely muddy and covered with dust, which he'll track all over the place. It's ridiculous, but that's Jack. Find a genius, and you get a total eccentric. Occasionally," she says, grinning, "I want to pinch his little head off."

If the world is Jack Fisk's oyster, it is now Sissy Spacek's paradise. "My home is number one, my career definitely second," she declares. But she is always in demand as an actress, and earning a seven-figure salary for each film, she can afford to laugh—as her daughter does—at big money. "I always want to act, but money isn't what it's all about." Fulfillment is. "I'm more secure about my career than I used to be." In her early movies, such as *Prime Cut* ("I still wince at remembering that one!"), *Badlands* and *Carrie*, she went through what she calls her "white phase" as she tried to plumb the depths of her roles. "I'd wear white shirts and white painter's pants to make the Sissy part of me fade while I absorbed the character I was playing. When I played dear, sweet Loretta Lynn in *Coal Miner's Daughter* [the role for which she won an Oscar], I was so deep into her tha felt *I* was the real thing and *she* w the impostor," Sissy says, laughin "And I'd carry my character home wi me. Jack loved living with Loret Lynn. He thought I was hilarious!"

Now, Sissy says, "I trust my acti more. I don't bring home my charact Couldn't if I wanted to, because I'll a ways have Schuyler with me. Duri *The River*, I'd do a heavy emotion scene and then rush back to my dressi room to nurse her. It was exhausting, b I think Schuyler actually helped me more sensitive to the part."

Sissy has never thought of herself an actress-for-hire. "I'd never do an thing bird-brained just for money." keeping with that philosophy, her ne film will be *Marie: A True Story*, which she plays a divorced mother wh journeys through a maze of politic corruption in Tennessee, finally takin a stand against the government. "I important that movies make peop think," Sissy says. "Otherwise I rather stay right here at the ranch an rock on the front porch."

It is late afternoon, and thickenin clouds have swept in from the distan mountains. It is about to rain as Sis Spacek's little girl comes slammin through the back door and is swept u onto her mother's shoulder. "The mo incredible thing to me is seeing th world through a child's eyes," she say gently. "As I get older, what I want i life becomes clearer and clearer to m I want it *all*!" **En**

STRESS

continued from page 42

draining because they wind up giving support, not getting it. All you really need is a few people.

9. *If you know you're overreacting to a problem and you can't seem to help it, don't fight your emotions.* There are times when you give yourself good advice, but it's as if nobody were listening. Don't be tempted to slam the door on unpleasant feelings—that will only increase tension. Carrington suggests taking a few minutes to become aware of the physical sensations the emotion is producing. Don't focus on the problem itself at this point but rather on the physical sensations of anxiety or the heat of anger. Don't judge the emotion or wish it away—just let it be there.

10. *When grim determination isn't getting you anywhere, turn off the pressure.* The usual advice in such situations is: Try harder. That doesn't help if you're failing in the first place, because you're already tense from trying too hard. Carrington calls that kind of useless effort "overpush."

If you realize you've been pushing too hard, you can try to talk yourself out of it, but it's probably more effective to work on the tension directly. There are several simple mental techniques for doing just that, and Carrington describes one of them in her new book, *Releasing* (William Morrow and Co., Inc., 1984). She suggests that without letting go of your intention to do whatever it was you set out to do, you let go of wanting it so urgently. This release brings immediate relief.

To learn how to release at will, begin with a simple exercise: Squeeze something soft, such as a tissue, tightly in one hand. Then, as you think the words "Let go," open your fist and drop the tissue, paying attention to what that release of tension feels like. Next, practice linking the feeling to a mental formula. Choosing something unimportant, such as a picture that is hanging crookedly, ask yourself, "Could I let go of wanting to change that?" Then wait and see whether a release occurs. When it does, it's usually unmistakable—a sense of something within opening up. If it doesn't happen at first, there are ways of sneaking up on it. You can ask yourself, "Could I let go of wanting to change that for just two seconds?"

No one lives in a stress-free world. In fact, trying to bar all hassles from your life would be the biggest hassle of all. Yet it's important to learn to focus on micro-stress and experiment with different ways of handling it. And since such hassles are small potatoes, the experiments entail very few risks. The payoff? A calmer, healthier you. **End**

"Tonight, try one of my most exotic, exciting culinary creations. I call it meatloaf."



CHEF BYRON J. BARDY, C.M.C.
One of only fifteen Certified Master Chefs in the country. Creator of Heinz HomeStyle Gravies.

"Every once in a while, you'll find a unique recipe that turns ordinary ingredients into a truly special meal. That's how I feel about my Potato-Topped Meatloaf. With Heinz HomeStyle Gravy and mashed potatoes, meatloaf becomes an easy, inexpensive "Beef Wellington" your family will crave. Try it tonight."

POTATO-TOPPED MEAT LOAF

From a 12-oz. jar Heinz HomeStyle Brown Gravy, measure 1/4 cup; combine with 1 1/2 pounds ground beef, 1 cup soft bread crumbs, 1/4 cup chopped onion, 1 beaten egg, 1/2 teaspoon salt, dash pepper. Form into a loaf (8"x4"x1 1/2") in shallow baking pan. Bake at 350°F. 1 hour. Remove from oven and drain fat. Spread 2 1/2 cups hot mashed potatoes over meat loaf. Drizzle 1 tablespoon melted butter over potatoes; garnish with paprika. Bake 20 minutes longer. Let stand 5 minutes. Heat remaining gravy and serve with meat loaf. Makes 6 servings... or try recipe with Mushroom Gravy.

A WORD ABOUT HEINZ HOMESTYLE GRAVY.

"In making Heinz HomeStyle Gravy, we've paid close attention to detail. Our beef and beef juices are simmered just so long... seasoned just so... thickened just right. Stirred until ribbony smooth. No detail is overlooked. We've even stored this marvelous beef gravy in a glass jar instead of a can."

For other recipes send self-addressed, stamped envelope to:
HomeStyle Gravy
H.J. HEINZ COMPANY
P.O. Box 28, D-124
Pittsburgh, PA 15230



© 1984 H.J. HEINZ CO.



THE BASICS OF BEAUTY

continued from page 101

your hair is graying and you plan to leave it that way, then forsake frosted or muted shades of makeup for clear, rosy tones (burgundies, purples, lavenders, reds) so you don't look washed out. Keep an eye on fashion/beauty trends. No more overtweezed brows, frosted light-blue eyeshadow, thick bands of dark eyeliner. Instead, use a smudge of sheer shadow on lids, a film of color on lips, soft blush to highlight cheeks.

● Find the right foundation to enhance and even out your natural skin tone, not camouflage it. Best: lightweight coverage, already tinted for subtle color, which spreads smoothly, won't cake. Don't wear makeup when shopping for foundation. You want to try colors on your bare face.

● Don't neglect your hair. Perspiration, the sun and dry winter air can leave hair brittle and flyaway, so don't be tempted to wash your hair more than once a day. Use a mild shampoo; follow with creme rinse.

● Realize the value of a massage. Properly done, massage can ease tight, sore muscles and improve circulation as well as promote mental well-being. Improperly done, however, it can trigger muscle and joint problems, especially in sensitive back and neck areas. If you have any history of injury, check with your doctor to determine whether massage is recommended for you and if so, by whom. Best: physical therapists, licensed massage therapists.

Try this spa-inspired technique for a foot massage on your own: Soak feet in warm water for five minutes; dry. Grasp left foot with both hands, fingers under toes, thumbs resting at top of foot. Gently squeeze and knead foot with fingertips, working from under toes, along soles to heel. With fingers of right hand, rub in small circular motions from base of toes to heel. Repeat on right foot. Apply moisturizer.

EXERCISE!

continued from page 102

LIFT AND LUNGE Stand straight, grasping dumbbells, arms in front and slightly to side. Step forward on right leg, bending right knee and lowering left knee almost to floor while raising arms in front of you to shoulder level, palms down. Slowly lower arms to sides as you return to standing position. Hold back straight and maintain straight line from knee to heel during lunge. Start with 10 repetitions on each leg, working up to 50. (Dumbbells optional.)

FLABBY ARM FIRMER Stand straight, grasping dumbbells, arms in front slightly to sides, palms up, elbows slightly bent. Keeping elbows slightly bent, raise arms up and behind as far as comfortably possible while you tilt pelvis and lunge body forward onto right leg. Straighten to starting position as you bring arms back down in front of shoulders, keeping elbows stationary. Repeat 10 times, working up to 50. (Dumbbells optional.)

WAIST AND ARM SLIMMER Stand straight. Grasping dumbbells, raise arms to shoulder level, elbows bent, hands pointed upward, palms facing forward. Lift right knee as high as comfortably possible. Touch knee to left elbow; lower your leg. Touch left knee to right elbow. Alternate sides. Start with 16 repetitions, working up to 40. (Dumbbells optional.)

TRICEPS EXTENSION Grasping dumbbells, bend forward from hips, knees slightly bent, abdomen tight, arms behind you. Bend one elbow, bringing dumbbell to shoulder; extend arm back to beginning position. Repeat with other arm. Begin with 3 sets of 8, working up to 5 sets of 8.

FACTS ON FITNESS

continued from page 102

minutes of aerobic activity—such as aerobic dance, jogging swimming—four times per week; fifteen to twenty-five minutes of muscular strength and endurance activity (calisthenics or weight training) three times per week for better posture, strength, joint stability and figure definition.

● Give yourself a quick at-home fitness test. At the spa clients are tested and interviewed extensively about their fitness levels. While evaluation by an expert is certainly the best way to determine just what type and intensity of exercise is best for you, try the following: Pinch an inch. If you can, anywhere on your body, you need to firm up. Next, try walking two miles in thirty minutes. If you can, without feeling winded, you're in decent shape and should maintain your current level of fitness. Exhausted or unable to finish? Start a shape-up program, pronto!

● Begin with the simplest of all exercises—walking—but learn to do it right! Tanya Lee, Bonaventure Spa director, advises you to wear good quality jogging shoes. Walk heel to toe, toes and knees pointed straight ahead, arms relaxed close to your body, at a comfortable pace, for as long as you can. Gradually increase distance and pace until you can easily cover those two miles in thirty minutes. Only then should you consider a more strenuous activity that will keep your cardiovascular system working at peak capacity.

● Use weights to increase the intensity of your muscular or calisthenic workout. Hand-held or wrist weights strengthen upper body and arms; ankle-strapped weights work the thigh; and foot-strapped weights improve lower-leg as well as thigh muscles. Start with one-pound weights (buy them at any sporting-goods store) for ten minutes a day and gradually increase to three pounds, but only after you feel the lesser weight is not giving you enough resistance. Pain or stiffness? Go back to a regular workout.

● Protect your back. While exercising, tilt your pelvis forward and hold abdominal muscles tight. Always move smoothly, trying not to jerk your body suddenly or stretch and turn too quickly.

NEW YEAR DIET

continued from page 103

polyunsaturated oil per serving. Add fresh stock or wine to pan to finish cooking. Use nonstick cookware for sauteeing or braising foods.

- Give up excess salt. You get enough natural sodium from food and water to meet daily dietary needs. Too much leads to fluid retention and has been associated with hypertension. Sprinkle fish with lemon juice, white wine, parsley and dill before cooking; bake chicken with onion, garlic, lemon juice and parsley; cook rice with onion, lemon juice and lemon peel; season vegetables with lemon juice and assorted herbs.
- Cut out alcohol when you want to lose weight. Better choices: sparkling mineral water, iced herbal teas or iced decaffeinated coffee.
- Use portion control. Limit yourself to 2 to 4 ounces of meat per meal, 1 slice of bread, ½ to ¾ cup vegetables or sliced fruits, 1 to 2 tablespoons dressing or sauces.
- Drink six to eight glasses of water daily. Have one glass between meals and another just before meals to curb appetite further.
- Eat lots of complex carbohydrates — potatoes, whole grain cereals, rice, pasta, breads — so you feel full faster.

7-DAY MENU PLAN

DAY 1

Breakfast: ¾ cup fresh strawberries; ½ cup unsweetened whole grain cereal; ½ cup low-fat or skim milk

Lunch: Tuck into a 5-inch whole wheat pita bread pocket: 2 oz. turkey breast; ¼ cup assorted fresh vegetables; 2 tsp. low-cal imitation mayonnaise

Dinner: 5 oz. broiled white fish (haddock, grouper, sole); ½ baked potato with 2 Tb. low-fat cottage cheese and herbs; ½ cup steamed vegetables; ½ cup fresh fruit

DAY 2

Breakfast: The Fast-Start Breakfast (pictured on page 103): ½ cantaloupe with ½ cup low-fat cottage cheese; ½ kiwi fruit, sliced; 1 tsp. toasted wheat germ; 1 strawberry, sliced

Lunch: 4 oz. chicken breast, poached and chilled, on bed of greens; ½ cup pea pods, steamed and chilled; 2 Tb. hot sauce (mix 3 parts diet ketchup, 1 part horseradish); 1 unsalted flatbread cracker

Dinner: ½ sliced tomato on greens; 1 Tb. vinaigrette dressing; veal scaloppine; ½ cup steamed spinach with sprinkle of Parmesan cheese; ½ cup fresh pineapple

DAY 3

Breakfast: 4 oz. orange juice; ½ cup unsweetened whole grain cereal; ½ cup low-fat or skim milk

Lunch: Utopia Salad (pictured on page 103): 2 oz. turkey; 1 oz. Swiss Lorraine cheese; 1 cup salad greens with red pepper, cherry tomatoes, artichoke heart, carrot strips; 3 Tb. low-fat yogurt with garlic and herbs

Dinner: 1 cup low-sodium broth or consommé; 2 single-cut loin lamb chops, fat removed, grilled with herbs; ½ cup cooked brown rice; ½ cup julienned carrots and zucchini; ½ baked apple, baked with apple juice

DAY 4

Breakfast: ½ cup fresh pineapple; 2 slices thin whole grain toast; ⅓ cup low-fat cottage cheese

Lunch: Assorted greens with any mild vinegar; 2 oz. whole wheat pasta with julienned vegetables

Dinner: Spinach/alfalfa sprout/red onion salad; 2 Tb. vinaigrette dressing; ¼ broiled chicken; ½ cup steamed mixed vegetables; ¾ cup fresh strawberries

DAY 5

Breakfast: ½ grapefruit; 1 poached egg; ½ whole grain English muffin

Lunch: 3½ oz. water-packed white meat tuna salad with low-cal imitation mayonnaise, diced celery and red onion; 1 cup salad greens; 1 thin slice whole grain bread

Dinner: 1 cup tossed salad greens; 2 Tb. vinaigrette dressing; 4 oz. shrimp, steamed or broiled; 2 Tb. mustard sauce; 5 spears braised asparagus with mushrooms; ½ cup fresh seasonal fruit

DAY 6

Breakfast: The Fast-Start Breakfast (see Day 2)

Lunch: Tuck into a 5-inch whole wheat pita bread pocket: 3 oz. chicken breast, poached and chopped, with 1 tsp. onion, 2 tsps. low-cal imitation mayonnaise

Dinner: 1 cup low-sodium broth or consommé; spinach salad with vinaigrette dressing; ½ cup broccoli, steamed; 4½ oz. veal chop, grilled with herbs; unsweetened frozen fruit pop

DAY 7

Breakfast: 4 oz. fresh squeezed orange juice; 1 egg white omelet with cheddar cheese, mushrooms and herbs; 1 unsalted flatbread cracker

Lunch: Utopia Salad (see Day 3)

Dinner: ½ baked Idaho potato with 2 Tb. low-fat cottage cheese; ½ cup green beans, steamed; 5 oz. whitefish; Pineapple-Strawberry Frappé (pictured on page 103): Puree in blender ¾ cup fresh strawberries, ¾ cup fresh pineapple, ½ cup crushed ice

Evening snacks: 6 oz. skimmed milk; ½ cup air-popped corn; 1 apple **End**

Want more mail?

We're the 2,600 mail order catalogers, publishers, retailers, and service companies that make up the DMMA (Direct Mail Marketing Association), and we think you have the right to decide how much and what kind of advertising you receive in the mail.

So if you like to shop by mail, and you want more mail, check "Yes." Then tell us what kind of mail you prefer.

If you don't like advertising mail, and you want less, check "No." We'll try and stop as much of your national advertising mail as we can.

Mail this coupon to DMMA's Mail Preference Service, 6 East 43rd St., New York, NY. 10017.

You'll see a big change in your mail.

Name _____

Address _____

City _____

State _____ Zip LHJ



☐ **Yes.**

I'd love more mail. Especially on the subjects I've circled below.

A Books & Educational Materials
B Clothing
C Collectibles
D Crafts
E Food & Sundries
F Gardening
G Gifts
H Hardware & Tools
I Health & Beauty
J Home Furnishings or Housewares
K Records & Musical Instruments
L Sporting Goods



☐ **No.**

I want less mail. Please remove my name and address from as many national direct mail advertiser's mailing lists as possible. Here are the names of others at my address who also want less mail, or variations of my own name by which I receive mail.

_____

_____

_____

DMMA

Direct Mail Marketing Association

We think your mail matters.

VESTED INTERESTS

As seen on page 69

Ladies' Home Journal Vest Offer
Department JO11
P.O. Box 506
Chappaqua, NY 10514

FULLY REFUNDABLE IF NOT SATISFIED!

Please send me the items indicated below:

Quantity SM	MD	LG	
_____	_____	_____	(#247) City Stripe
_____	_____	_____	(#248) Country Tweed

Please send me one sweater at $19.95 plus $2 postage & handling . . . . $_____

Please send me two sweaters at $37.95 plus $3 postage & handling . . . $_____

☐ Enclosed is my check or money order payable to RMS Sales, Inc.
☐ Please charge my ☐ Mastercard or ☐ Visa

Card No._____ **Exp. Date**_____

Signature_____

Print Name_____

Address_____

City_____ **State**_____ **Zip**_____

Canadian orders in U.S. funds or equivalent plus $2

A WOMAN TODAY

continued from page 20

not different, darling," I told her. "You know how Daddy and I love each other. Well, Marina and Grandma love each other the same way."

"But how could that be, Mom? They're both ladies. Isn't it supposed to be a lady and a man when they're in love?"

"Yes, but that doesn't always happen. Some people are homosexual. They love people who are the same sex as they are." I paused. "Why don't you ask your grandma about it?"

And she did. The next time we visited, she said, "Grandma, why do you love Marina and not Grandpa?"

"I love them both, honey," she replied. "But it's a different kind of love. Marina's the person I wanted to spend my life with. See, when I met your grandfather, I never dreamed I would love anybody else. Especially after your mother and Will came along. Then I met Marina and . . . Well, you know that it's always best to be true to your own feelings, don't you, honey?"

Linda nodded a little doubtfully as Marina came into the room. "It was a choice I wish I'd never had to make, but Marina and I just knew we had to be together." Mom smiled up at her. Marina, embarrassed, remembered something she had to do and left the room. After all this time, it's still not easy.

Every family I know has its conflicts and secrets. For my family, discovering and accepting the truth of our secret was painful, but important. Kids always figure things out eventually. Why not tell them what they need to know before someone else tells them something ignorant, using words like queer, fag or dyke? These are the kinds of words that turn people into objects, and make it easy to treat them with cruelty and hatred. Understanding can be reached only by telling the truth.

I'd be a liar today if I said I liked having to fib about my family for years, and I don't know if I'll ever feel really comfortable about the way my parents' marriage ended. But Mom has always given me as much of herself as she possibly could. She loves me, and I love her. It isn't always easy—but love, understanding and acceptance are what family is all about. **End**

We'll pay $400 for each manuscript accepted for publication in "A Woman Today." Tell us how you are resolving a specific situation that represents these changing times. Manuscripts should be 1,200 words, typed, and must be accompanied by a stamped, self-addressed envelope. Send all entries to: Box WT, Ladies' Home Journal, 3 Park Avenue, New York, NY 10016.

SECRET SEX LIFE

continued from page 68

disguise a forbidden love object in a more socially acceptable form. Thus while most of us would not consciously have incestuous fantasies, it's no uncommon to fantasize an affair with a stranger who has some resemblance to our real-life brother or father.

In addition, sexual fantasies are often reparative, making up for deprivation in real life. Such fantasies can be emotionally helpful for women whose husbands are away in the service, for example, or for widows who no longer have a partner. In new love affairs, it is common for the lovers to obsessively fantasize about each other when they are apart, creating what Dr. Goldberg calls "a delicious longing."

A reparative fantasy can also help you improve your sex life by giving you hints about yourself and your relationship. For example, if you continually fantasize about a situation that does not exist in real life, this may be a warning that something important is lacking in your relationship.

Interestingly, studies show that the fact that most women fantasize about romance and seduction is linked to their feeling that this is the element most lacking in their own sex life. "If you have constant dreams of tenderness and romance, but you're not getting it in life, it may be time to talk to your partner," says Dr. Levay. "Don't tell him that is your fantasy, which might be threatening. Instead tell him what pleases you, saying, "I love it when you touch me like that" or "It makes me happy when you say sweet things to me." Most people never discuss their deepest needs with their partners because they're afraid of rejection. But most men," Dr. Levay continues, "are more than happy to comply with their partner's wishes. And when they find that all you want is a bit more affection and romance, they're delighted, because this is nonthreatening, nondemanding to them."

Surprisingly, some people seldom if ever have erotic fantasies. Yet the experts stress that this is nothing to be worried about. "Some of us simply do not have the capacity to create visual imagery," says Dr. Levay. "For those people, looking at pictures or listening to erotic tapes can take the place of fantasy." Others have learned to inhibit their fantasies, usually because they were discouraged from exercising their imaginations early in childhood. When they invented a story, for example, their parents may have accused them of lying. Finally, a rarer, though more serious, reason for lack of fantasy is lack of libido, which can occur in certain

diseases in which the body's production of sex hormones is curtailed.

Most of us, however, have normally active sexual imaginations. Yet we may still worry about our most private thoughts. "It's difficult for many people to accept their secret fantasies," says Martha Gunzberg. "They're constantly worried about whether they're 'normal' or not, so any thought or idea that deviates from the norm tends to get suppressed. But we all have all kinds of feelings inside us. In our minds we are parent and child, male and female, master and slave. It may not be necessary to share your fantasies, but don't dismiss them," she adds, "for you are disowning a part of yourself."

Still, within the context of a marriage, is it all right to have a secret sex life? Or should you share your erotic fantasies with your husband? More than two thirds of the women who responded to a recent survey said they discussed their private sexual thoughts with their husbands "never" or "rarely." And only 12 percent felt comfortable frequently sharing their fantasies. It's true that hearing about other people's fantasies can often provoke disapproval, disdain, even distaste. It's important to remember that an essential aspect of sexual fantasies is that they are intensely personal and often completely irrational. A certain mental image may appeal greatly to us when we're in a state of arousal yet make us feel guilty or ashamed after we're sexually satisfied. But we cannot control our fantasy life, and therefore we have no reason to feel guilty. No one need ever know our very individual and private flights of fancy.

Yet there are many instances in which fantasies can be shared, to the benefit of your marital sex life. Gunzburg and the other experts stress that fantasies are best shared in a trusting relationship in which there is good communication. "Also," Gunzberg points out, "you have to be aware of how your partner will receive the fantasy. He may feel inadequate if he learns that you often fantasize about a movie star who looks nothing like him."

But let's suppose you went on a fabulous vacation together, during which you frequently made love. By reminding each other of how much fun you had, by evoking the sandy beaches and blue water, or the fur rug on the floor of the alpine chalet, you can rekindle those romantic feelings and add spice to sex without leaving home.

"Sex is always good for us on vacation," reports Louise, who has been married five years. "But for some reason Amsterdam was the sexiest. All that sixties atmosphere of 'free love' made us feel young and completely carefree again. Now, when we're in the mood to be 'in the mood,' we'll recall Amsterdam's red-light district with all the prostitutes sitting in the windows. I guess we both get a kick out of imagining that I'm one of them."

If you have a solid relationship with your partner, you can even act out your fantasies together. "It can be great fun," says Gunzburg. "It's like the theater—you're playing a part. And sex, after all, is play."

Anna, a thirty-two-year-old Chicago businesswoman, and her husband, Tim, have been married nearly a year. Because they have compatible fantasies, they sometimes pretend that a scenario is coming true. "We both like the idea of making love to a number of people," she says. "Sometimes we pretend there's a line of people waiting outside the bedroom door. It's nothing elaborate, just a word or two, but it adds spice." Another example is that of Sharon and her husband Bill. Both in their late thirties, they've been married ten years and discovered recently that they both like to imagine they're making love in front of a video camera. "It brings out the performer in each of us and provides some playful titillation," she says.

Imagination and play are, finally, what sexual fantasies are all about. Whether you share them or keep them to yourself, they can nourish you with a greater appreciation of yourself and your sexual partner. "Sexual fantasies are a natural, normal part of our sex life," says Dr. Levay. "If you are sexually active, if you have a satisfying marriage, think of fantasy as an enrichment. It is a reflection of being alive and involved." **End**

Personal Lubrication

A need many women have but few talk about.

Many married couples occasionally experience personal dryness caused by everyday tensions and stress. This often leads to the need for additional lubrication.

That is why you should know about K-Y* Lubricating Jelly from Johnson & Johnson.

Water Soluble, Non Greasy

K-Y* Jelly is water soluble. This means it is not greasy or sticky. It also means it doesn't leave any build up or residue behind. In fact, K-Y* Jelly washes off easily and completely with plain water.

Like Natural Lubrication

K-Y* Jelly is clear and light—much like your own natural lubrication. This is a major reason why it is used by millions of married couples.

Safe

K-Y* Jelly is used by doctors throughout the country whenever a lubricant is needed for internal examinations. It has been extensively researched and tested to insure that it will not harm delicate human tissue. So you can trust it.

Get the preferred personal lubricant.



*TRADEMARK © J&JPI 1983

SAN YSIDRO

continued from page 62

the first ten minutes. It simply isn't so." (Albert's anger may be justified. *The Los Angeles Times* reported in October that an expert in international hostage rescue methods warned the San Diego Police Department last March that it was ill-equipped to handle a hostage situation. But according to the *Times*, William B. Kolender, the chief of the San Diego Police Department, was not receptive to the expert's ideas. After the massacre, Kolender defended his department, saying, "Twenty-four people got out of there alive. If that doesn't tell you we did our job, I don't know what does.")

Albert, like Aurora, is trying hard to forget what happened, trying to look ahead. He wants to go to college next year and study computers. He also talks about someday becoming a police officer, if only to show them "how it's done. They were supposed to protect me, and they didn't." He keeps in touch with some of his fellow workers from McDonald's. But he insists that they never talk about what happened.

Mostly, though, Albert spends a lot of time gazing out the window of his parents' living room. But instead of the usual teenage boy's daydreams of roaring football crowds and beautiful cheerleaders, Albert thinks of what might have been, of adolescent dreams that withered and died in an afternoon.

An instant celebrity

Joshua Coleman, eleven, doesn't seem to want to forget what happened. The massacre was the event that turned him into a celebrity. While his reaction to witnessing the mass murder may seem unusual, psychologists believe that many of the local children actually think of the killings as a scene from a movie or television show—an episode of *The A-Team* or a Clint Eastwood movie become real life.

In the aftermath of the massacre, Joshua was suddenly transported into this media world. He met talk show host Gary Collins and appeared on ABC's *Nightline*, and *Hour Magazine*. And he's been interviewed by dozens of newspaper and magazine reporters. He was especially thrilled when a limousine took him and his brother cruising through the streets of Hollywood.

But even though Joshua shows no outward signs of having been traumatized by the murders, he has not been left untouched by them. The small, quiet boy with straw-colored hair suffered gunshot pellet wounds along the right side of his body. His two best friends, Omar Hernandez (the little boy who was photographed lying under his bicycle) and David Flores, were killed. Joshua survived only by playing dead while the rampage continued.

Dr. Joseph Cummings, the clinical psychologist who counseled Joshua following the killings, is concerned about the effect of the mass media on a mind so young and sensitive. The danger, he says, is "making this the high point in the life of a child. What else in his existence can he ever do to attain such fame?

"He lost his friends," Cummings continues, "but it was terribly exciting. Josh knows it's been reported in newspapers and on television all over the world. He's smart enough to know that once the event fades, he loses the status of a small-time celebrity, maybe forever. It really would be a shame if the high point in the boy's life was the murder of his two best friends."

Ironically, Joshua, like Aurora, had no intention of going to McDonald's on July 18. He was at his grandmother's house, having just returned from a fishing trip, when the doorbell rang. Omar and David wanted to know if he'd go bike riding with them. Together, the three boys rode over to McDonald's and had just pulled up for ice cream sundaes when the shooting began.

Joshua estimates he lay wounded and motionless for more than an hour. "When I was first shot," he says, "I didn't know what it was. I could breathe only slowly, it hurt so much. When the cops got me, they said, 'Don't worry, you'll be fine.' I said, 'But what about my friends?' They said, 'Don't worry about them.' "

A day later in the hospital, a reporter told the boy that all of his friends had been asking about him. "All of my friends are dead," he replied. He has not been so emotional since, but Cummings maintains that "Joshua is coping well. I do not believe that he faces a major psychological break in the future because of denial or repression."

So far, Joshua hasn't cried over his friends' deaths, or about his own injuries. He hasn't even wanted to cry, he insists. But then he looks confused for a moment, and a glimmer of a deeper hurt surfaces as he sighs and says, "The psychologist said if I ever start crying for no reason at all, I'll know why."

San Ysidro today

Like Aurora, Albert and Joshua, the townspeople of San Ysidro struggle to return to some semblance of normality. A San Ysidro Families' Survivors' Fund has been set up to administer a $1.4 million trust fund for the victims. Andrea Skorepa, a lifelong resident of San Ysidro, is one of four people chosen to handle the fund. She believes that one of the biggest obstacles to the town's recovery is that "none of these people are able to feel good about where they live." There are also bitter controversies raging over the distribution of the trust fund, with many people complaining of being shortchanged.

And there are arguments over what to do with the site of the now-demolished McDonald's. Some people favor a memorial park as a tribute to those who died. Others believe such a park would only be a tribute to the killer. Caught in the middle are the victims' who are being used by both sides to fuel the controversy. The final decision rests with the city council of San Diego.

No matter what the council decides, San Ysidro's problems will not disappear once the issue of the site is resolved. It will take much more time for the memory of the town's tragedy to fade. Arlen Versteeg, director of the San Ysidro Mental Health Clinic, has seen the client rolls of his clinic virtually double since the murders, from about sixty a month to one hundred ten. Henry Tarke, another San Ysidro therapist, believes that some patients—especially the victims—may endure lifelong complications. But he sees talking, no matter how grueling for the victims, witnesses and townspeople in general, as a necessary step toward "learning to smile again." **End**

Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal: We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii. In Iowa call **800-532-1272**). Please have your magazine or bill handy.

FCP-1

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to **LHJ**, P.O. Box 9400, Bergenfield, N.J. 07621

ATTACH MAILING LABEL HERE

pushed it back down, swallowed it with my milk and vitamins. But tonight, unguarded, it surfaced. "I'm afraid, Neil." I pushed my knees as close to his legs as they would go.

"Of what?" He was beginning to sound sleepy again.

"Of us . . . of the baby." I sat up. "I'm not ready for this. I don't think either of us is." And I began to cry. At first I cried for us; then, as I got over that, I cried for our mothers and fathers, for the houses we grew up in and left, for our childhoods, for the family of mice we were trying to kill and for the children we might never conceive.

All the time I was crying Neil never moved. His back was a flannel wall, held still and separate. Finally my sobs slowed, the baby rocked as if to soothe me, and Neil's watch blinked 3:01. I leaned back against the headboard and slowly I became aware of another movement.

"Neil?" I bent over his shoulder. The tears from his cheeks had left a damp shadow on his pillow.

"I'm afraid too, Callie. I keep thinking of my parents."

"Why?"

"I really love them. My dad took me everywhere with him. My first memory is of him holding me. . . . I can still smell the wool of his coat. They love me so much. How can I ever love anyone like that?"

"I don't know."

"What if our child doesn't love me?"

"Oh, she will." I reached over and smoothed his hair. "Of course she will."

He turned to me and we held each other. Our tears spread together on his pillow; we talked until the sun rose.

Neither of us have actually ever said it. Probably we don't have to. But should our children ever ask, we fell in love at 3:51 A.M., the night we didn't kill the mouse. **End**

Maryclare Heffernan has four children and lives in New Hampshire. This is her first published story.



Give Smucker's® Seedless Blackberry Jam a swirl. Naturally.

Swirl in great tasting Blackberry Jam for a simply delicious cheesecake that's simple to make.

With a name like Smucker's, it has to be good.®

SPRUNG TRAPS

continued from page 97

"Oh, they're super," I hissed. "Do you plan to tell them we're getting married now or after they decide to look at me?"

"Come on, be nice," he said, putting his arm around me. "They're okay. After all, they raised me, didn't they?"

"Neil, wake up." I shook his hip and reached for his arm. The yellow digits on his watch flashed 2:23.

"What's the matter? You having pains?" He sat up.

"No, I heard a noise in the kitchen. Please go. I can't stand thinking that poor mouse might be hurt."

He groaned and left for the kitchen. I lay still, holding my breath, waiting for the cry of success. Finally, the baby kneed me in the ribs as if to ask for air. I took a deep breath.

"Nothing," he growled as he climbed back next to me, "and the damn thing took the cheese."

"Let's forget it."

He sat up and leaned over me. "You're kidding! And have a wild animal in the house with the baby?"

"It's only a mouse. She won't hurt us."

"Hah." He lay back. "Besides, if it's a she you can bet there's more than one down there."

"Not without a male there won't be."

"How do you know there isn't a boyfriend down there already? For all we know there could be an entire family eating that salami cheese right this very minute."

I pulled my huge stomach over toward him and pressed against his back. "Let's have lots of children."

He groaned. "Let's just have this one first. Maybe we won't want any more once we know what it's like."

An unspoken fear surfaced in my throat. For months I had



Our all new original recipe cards are very noteworthy.

Send for originally illustrated notecards with new recipes and gingham envelopes in a special boxed edition of 12.

Mail to: Smucker's® Note Cards, P.O. Box 7040-Dept. B-8 Colorado Springs, Co. 80933
For each box enclose check or money order only for $1.85 ($1.55 for notecards—30¢ for postage and handling). Allow 4 to 8 wks. for delivery. Valid in U.S.A. only.

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

Smucker's is a registered trademark of The J.M. Smucker Company.

With a name like Smucker's, it has to be good.®



MY SECRET WISH

continued from page 88

an over-forty wife, mother and homemaker with a fulfilling but demanding job. I had long since given up my musical dreams in favor of the practicalities of everyday life when one day *Ladies' Home Journal* arrived in my mailbox with the enticing coverline: "Make-Your-Dreams-Come-True Contest."

My simple dream is to take piano and voice lessons. Several years ago, I did splurge on a piano. Time and the resources for lessons haven't been available, but I've provided musical accompaniment for a small country church, and I've put considerable energy and effort into becoming the best I can at that. I think of how much better I could do with instruction!

I'll leave the dreams of the concert stage to the singers and pianists undistracted as yet by time and the heart. My dream would come true if I just focused on the lessons, practicing diligently, assessing my progress and, most especially, enjoying myself!

Cheryl Baunbach, twenty-eight, is a Chicago native currently working toward her master's degree in public administration at the University of Illinois, Chicago, where she is also employed as a secretary. She and her fiancé, Davi plan to be married this fall.

When I was a child learning abou Early American history, the tale of th Lewis and Clark expedition intrigue me more than any other event. I wa enthralled by the great friendshi these two men shared and the amazin journey that led them across the co tinent into the then virtually unknow American West. I would use my drean come-true grant to help finance a vac tion that would follow the original tra of the Lewis and Clark expedition.

My travels would begin, as theirs di in St. Louis. From there, I would follo as closely as possible (given today's d velopment and geography) the exped tion's course up the Missouri Rive across the Plains, over the Rockies in what is now Oregon, and finally th Pacific coast. I would love to make th entire trip on horseback, as they di But that might not be feasible, so would travel by car, stopping to rent horse where I could (and hire a guid to travel into the wilderness.

As well as being exceptional leade and discoverers, Meriwether Lewis an William Clark were brilliant write who described in marvelous detail th wonder and beauty of western Americ Reading their journals fills me with a miration and a yearning to experien something of what they felt as th journeyed across the continent.

I, too, would keep a notebook of n journey, a modern-day diary of a pa once unknown, traveled in comple wonder and discovery. Instead of e countering grizzly bears, I might cat a glimpse of a deer bounding throu the woods or sight a hawk circling ov head at dusk. Instead of attempting co munication with Indian tribes throu sign language, I would talk with t people I met along the way, the inhal tants of the modern-day West.

Every time I travel, I feel a thrill, bittersweet sensation of longing an expectation. But my vacations have a ways been a compromise with my fam ily or traveling companion. With th grant, I would travel somewhere I' always wanted to go. And I would s the new wonders of our country as has grown since the expedition of 180 when the West was uncharted territo holding untold promises for the futu

Joyce Gunning, thirty-seven, is a hom maker living in Lakeland, Florida. S and her husband, John, have four ch dren: John III, Robert, Leanne an Kayla. Joyce enjoys reading, cookin knitting and crocheting.

My husband and I have been happi married for nineteen years, and o children range in age from eighteen two. John and I have (continue

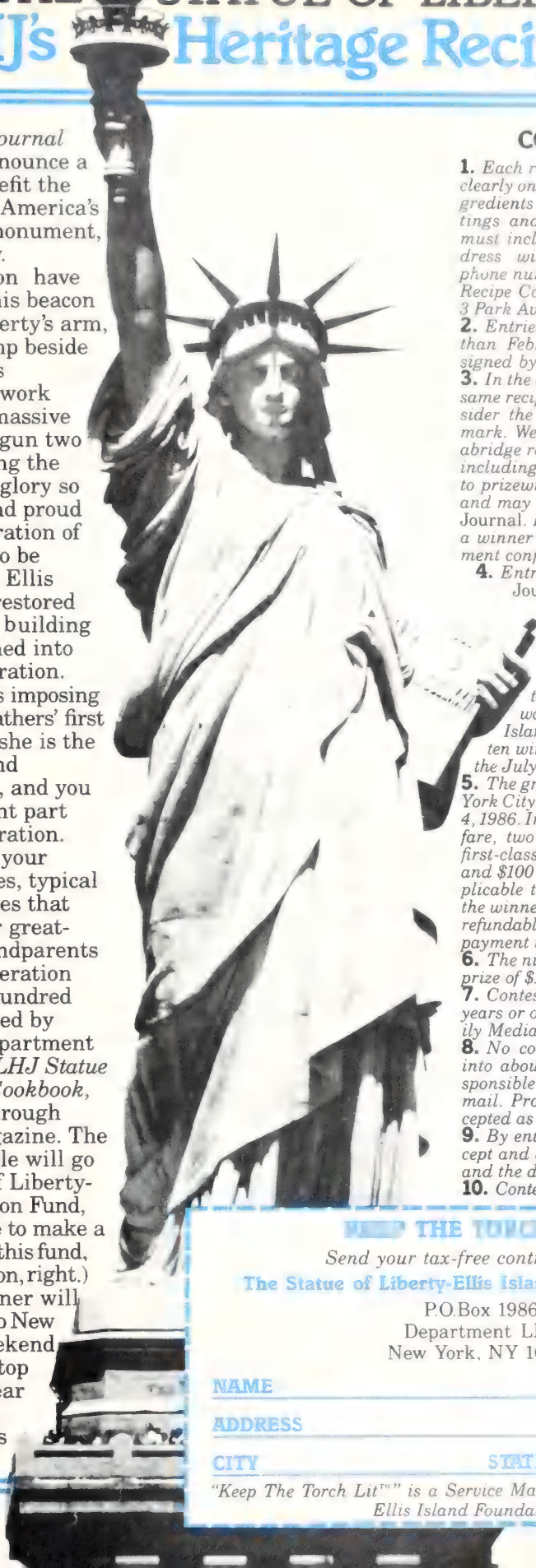
HELP THE STATUE OF LIBERTY!

Enter LHJ's Heritage Recipe Contest

Ladies' Home Journal is proud to announce a contest to benefit the restoration of America's treasured national monument, the Statue of Liberty.

Time and pollution have taken their toll on this beacon of freedom. Miss Liberty's arm, which lifted her "lamp beside the golden door," was corroding, her framework rusted, loosened. A massive restoration effort, begun two years ago, is returning the statue to her former glory so she will stand tall and proud in time for the celebration of her 100th birthday, to be held on July 4, 1986. Ellis Island is also being restored and its former main building refurbished and turned into a museum of immigration.

Whether or not this imposing statue was your forefathers' first glimpse of America, she is the symbol of freedom and opportunity to us all, and you can play an important part in this historic restoration. How? By sending us your favorite family recipes, typical of your heritage—ones that were created by your great-grandparents or grandparents and passed from generation to generation. One hundred recipes will be selected by the *Journal*'s food department to be featured in the *LHJ Statue of Liberty Heritage Cookbook*, which will be sold through the pages of our magazine. The proceeds from the sale will go toward The Statue of Liberty-Ellis Island Restoration Fund, Inc. (And if you'd like to make a direct contribution to this fund, we've provided a coupon, right.) The grand-prize winner will receive a trip for two to New York City on the weekend of July 4, 1986. The top ten recipes will appear in the *Journal*'s July 1985 issue. For details see rules, right.



CONTEST RULES

1. *Each recipe must be typed or printed clearly on one side of paper only. List ingredients in order used; state oven settings and number of servings. Entries must include your name, complete address with ZIP code and daytime phone number. Send entries to Heritage Recipe Contest,* Ladies' Home Journal, *3 Park Ave., New York, NY 10016.*

2. *Entries must be received no later than February 1, 1985, and must be signed by entrant.*

3. *In the event that more than one of the same recipe is received, judges will consider the entry with the earliest postmark. We reserve the right to edit and abridge recipes as necessary. All rights, including all rights of copyright in and to prizewinning entries, will belong to, and may be exercised by,* Ladies' Home Journal. *Before being awarded a prize, a winner will be asked to sign a statement confirming same.*

4. *Entries will be judged by the* Journal's *food staff. Judges' decision will be final. Entries cannot be acknowledged or returned. Top 100 recipes will be printed in* LHJ's Statue of Liberty Heritage Cookbook, *the proceeds of which will go toward The Statue of Liberty–Ellis Island Restoration Fund, Inc. Top ten winning recipes will be printed in the July 1985 issue of* LHJ.

5. *The grand prize will be a trip to New York City for two on the weekend of July 4, 1986. Included will be round-trip airfare, two nights and three days in a first-class hotel in Manhattan, meals and $100 for personal expenses. All applicable taxes are sole responsibility of the winner. Prize is nonendorsable, nonrefundable and nontransferable. No cash payment will be made in its place.*

6. *The nine other winners will receive a prize of $100 each.*

7. *Contest open to anyone eighteen years or older, except employees of Family Media, Inc., and their families.*

8. *No correspondence will be entered into about this contest. We are not responsible for lost, late or misdirected mail. Proof of mailing will not be accepted as proof that entry was received.*

9. *By entering the contest, entrants accept and agree to be bound by the rules and the decision of the judges.*

10. *Contest void where prohibited by law.*

KEEP THE TORCH LIT

Send your tax-free contribution to:

The Statue of Liberty-Ellis Island Foundation, Inc.

P.O.Box 1986
Department LHJ
New York, NY 10018

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

"Keep The Torch Lit™" is a Service Mark of the Statue of Liberty–Ellis Island Foundation, Inc.

Tardos Cames/The Stockmarket

MY SECRET WISH
continued

never been away together without the kids, so winning this grant would be a golden opportunity.

In the first years of our marriage, we were too poor to afford a honeymoon. As the years went by, there was always something that we needed more or that had to be repaired or replaced. For nine years John attended college at night after working all day, in order to better himself for the children and me. I also worked to help supplement our income.

We are now financially stable, which is a lot to be thankful for in this day and age. However, with today's cost of living, there isn't much left for something as frivolous as a honeymoon.

Every married couple needs time together to renew their love and friendship, time to reminisce about the past and think about the future, and time alone to really look at each other and appreciate everything that they have gone through together and all that they have.

It's unfortunate, but as the years go by we tend to see each other in the role of the person we have become, rather than the romantics that we once were. Most of us are too busy and too tired at the end of a day to take the time to really enjoy each other's company. I know I am. Raising teenagers and infants at the same time is very difficult and time-consuming. And when the everyday problems start stacking up they can be overwhelming! Even so, I wouldn't trade my life for the world.

I love my family very much and they will always be my top priority. But this one time, I would love to put myself first. To be alone with my husband without having to worry about housecleaning, laundry and dishes would really be a dream come true. It doesn't matter where we go for our belated honeymoon, as long as it's someplace where I can have some peaceful, quiet, uninterrupted time with the man I love! **End**

DREAMS COME TRUE
continued from page 88

of money, but not an enormous sum. Something more than lack of funds has deterred these women from acting out their deepest desires. And that something, according to Barbara Sher, a New York City therapist and the author of *Wishcraft: How to Get What You Really Want* (Ballantine Books, 1983), is the failure to take those dreams seriously. "Most people think their dreams are what they do after the important stuff is over," she says. Sher recommends consciously rearranging priorities. "Your whole life will change if you will only understand that what you long for is what you *need*. It's the core of your ability to love."

And yet, entry after entry in the *LHJ* contest showed that denying the importance of one's own dreams may be a distressingly prevalent phenomenon. Harriet Gottfried, a New York wife and mother who has wanted to be an actress ever since she starred in her fifth-grade school play, and who would now like to take acting lessons for her own pleasure, wrote about "the ridiculous notion of a woman nearly forty pursuing a childhood dream," and added, "anyway, my life is rewarding enough. Why look for anything else?" And Maggie Thomas, of Granby, Connecticut, who dreams of writing short stories and perhaps a novel, said, "For many years now, I have had strong inner feelings of an ability that has not come to the forefront. It is like a little voice saying, 'You have a talent; use it!' When I hear this voice, I turn it off by saying, 'Don't bother me now. I don't have time.'"

In her practice, Barbara Sher hears similar statements, and she says, "When someone starts off with, 'You're going to think this is silly, but . . .' then I know I'm about to be told the real dream, the one that matters, the one that will make the person's eyes light up and bring an excited blush to the cheeks." Once she has convinced someone to admit to the dream that matters without apologizing for dreaming, Sher goes on to convince the person that in spite of what society may think, the dream is *not* silly or unworthy.

Indeed, especially for women, societal pressure appears to play a large part in repressing those long-cherished dreams. Natalie Shainess, M.D., author of *Sweet Suffering: Woman as Victim* (The Bobbs-Merrill Company, Inc., 1984), says, "Society, with its rigid expectations, *makes* women behave like martyrs. Wives in particular are affected this way, since men tend to enter marriage with a sense of entitlement, while women do so with a sense of obligation." Dr. Shainess laments this situation and goes on to say that the result is "a great loss of gifts. Women are trying to fulfill their roles as wives and mothers and workers, serving society in such fundamental ways, and even being good sports about it, but they don't feel they have any right to anything. They are dying for a little adventure or for something beautiful like music or flowers in their lives, but they don't think they deserve any of it."

Obviously, in order to follow Barbara Sher's first commandment about taking the dream seriously, a person has to get over that oppressive notion that she doesn't deserve what she wants. Toward that end, Sher points out that in order to make your dream come true, "You don't have to neglect your family or jeopardize your job. When you give yourself what you need, you end up with more energy and enthusiasm for all aspects of your life." Having said that, she goes on to urge all dreamers to get support.

Sher believes so strongly in the value of support for dreams that she has created the concept of Success Teams. She recommends getting a group of four or five dreamers together and meeting regularly for mutual encouragement. (For further details on forming a Success Team, write to Barbara Sher, P.O. Box 20052, Cathedral Finance Station, New York, NY 10025. The literature is free and you will automatically be placed on a Success Teams mailing list, but a stamped, self-addressed envelope should be included with your initial request.)

But asking for support is not easy. One reason is that secret wishes tend to have an embarrassingly childlike quality about them. And yet Barbara Sher points out that people of achievement are those who never silenced the eager, curious, creative child in themselves. Even as we shoulder adult responsibilities, it is not only acceptable but necessary to allow ourselves the delight and wonder that came naturally when we were children. Many of our contestants recognized this bit of wisdom. As Janet Main, of Findlay, Ohio, wrote: "I am a full-grown woman who is a full-blown kid at heart." Bonnie Bang, of St. Petersburg, Florida, echoed this thought, writing: "There is still a child in me that wants to be acknowledged." And many entrants pointed out that as they tried to help fulfill their children's dreams, they suddenly became aware of how they had denied the child in themselves. Author Richard Bolles points out that the inner child in each of us *must* be acknowledged, since it represents the risk-taking side of the personality. The adult side is the safe-keeping side, the one dedicated to preserving the status quo. While this side is necessary if we are to behave responsibly, Bolles notes that squelching the child altogether results in "revealing only half of your nature to yourself and to those you love."

And so in order to make a dream come true, you need to believe in it, reach out for support from those around you and stop apologizing for being young at heart. Then what? "Do something," Barbara Sher says emphatically. "Make a little plan, and start right away. If you want to write, tell yourself that by the end of the week, you'll have an outline and at least one paragraph."

California psychologist Irene Kassorla, best-selling author most recently

f *Go For It: How to Win at Love, Work and Play* (Delacorte ress, 1984), agrees. "Grab the moment," she advises. "Get oing with your life." Dr. Kassorla believes that it doesn't natter how small a first step you take as long as you take hat step. "Don't tell yourself that what you're doing isn't nough," she recommends. "If you want to run every day nd get in shape, and you start with six minutes, that's reat. Remind yourself that yesterday you were eating ancakes and today you're running."

And finally, remember that it is almost never too late to nake your dream come true, at least in a scaled-down ersion. You may never be a diva with the Metropolitan pera Company, but you might be a soloist in the church noir. You can't be a circus bareback rider at midlife, but ou can learn to ride a horse at last. Certain physical mitations notwithstanding—you can't become a world-ass gymnast once you're past adolescence, for instance—our dream really *can* come true at any age.

Just remember the steps to follow: First, take your dream eriously; second, voice your dream to someone else and nlist support; and finally, do something *immediately* to-ard realizing your dream. Call your community college nd ask for a brochure of their evening classes . . . go to the brary and check out several books on cat breeding or on tarting your own craft business . . . buy a magazine meant r brides (even though you've been married for eons) and all the most tempting honeymoon spots for more informa-on . . . hie yourself over to the local music store and find ut what it costs to rent a flute for a year . . . go to a sporting oods store and price the hiking boots and backpacks.

What if you've done those things before and then faltered nd failed to follow through, rather like starting a diet with od intentions, only to find yourself weakening in a few ays? Is there anything that will give you the determination forge ahead and succeed this time? Richard Bolles sug-ests that you hook your dream into whatever psychological echanisms help you get things done in the more practical reas of your life, such as family and work responsibilities. e has found that for most women, children are a powerful otivating factor. For instance, a woman will plug away at a ss-than-glamorous job because she wants to be able to give er children special advantages such as camp or piano les-ns. Or she will exercise regularly, telling herself she has stay healthy because her family needs her. And yet, olles says, women frequently fail to see that "exercising ur 'dream muscles,' your imagination, is just as impor-nt as exercising your body. When you let yourself dream nd do something about your dreams, you're becoming a ealthier person and a better role model for your children."

Even more dramatically, Abraham Maslow, in his assic *Toward a Psychology of Being* (Van Nostrand Rein-old Company, New York, 2nd ed., 1968), states, "It has by ow been sufficiently demonstrated that the human being as, as part of his intrinsic construction, not only phys-logical needs, but also truly psychological ones," and goes to liken a deficiency of these psychological needs to a ysical disease like scurvy, which is caused by a lack of tamin C. In other words, if we fail to go after what we ed, we will be sick in spirit instead of experiencing the ell-being that is our birthright.

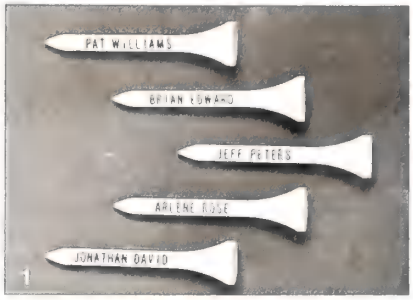
So rev up your motor and find the strength you need to llow through this time. As one *LHJ* contest entrant, eorgia Koza, of Barstow, California, wrote: "This flight of ntasy has made me realize how much I really do want to arn to fly an ultralight aircraft, so grant or no grant, ur contest has already given me a prize—the *determina-n* to make my dream come true! Thank you!"

You're welcome. The best of luck to Georgia, and to each you. May you find a way to make your special dream me true. **End**



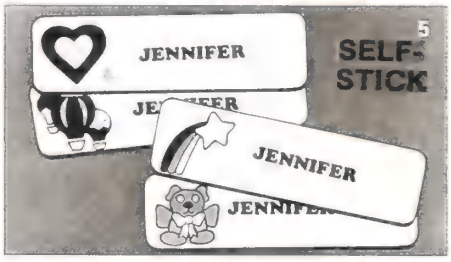
Journal Store

By Sheryl Kraft



1


4



5


2



3



Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order, and allow four to six weeks for delivery.

1. **Personalized golf tees.** Fifty golf tees with your favorite golfer's name printed on each and every one, for $6.95 plus 95¢ p & h. Great gift idea. Please print name clearly. Shipped within 72 hours of receipt of order. JOMAR INDUSTRIES, Dept. LHJ-1, 352 Rte. 59, Monsey, NY 10952.

2. **Bronze baby shoes.** For a limited time only, baby's first shoes beautifully plated in solid metal, for just $5.99 a pair! Also available: TV lamps, portrait stand, bookends and ashtray (shown). Perfect gift for grandparents. Send no money; write for full details and money-saving certificate to: AMERICAN BRONZING CO., Box 6504-AE6, Bexley, OH 43209.

3. **Personalized quality labels.** For your sewing, knitting and crocheting. Printed in black, with red border on white cotton. Choose from: (A) "An Original By," (B) "Handmade By," (C) "Made Especially For You By," or (N) "Made With Tender Care By." Prices are for one style and name only: 40 for $5.75, 70 for $7.75, or 100 for $9.75. Enclose self-addressed stamped envelope (two postage stamps for 70 or more labels). Enclose check or M.O. to: IDENT-IFY LABEL CORP., Dept. 21, P.O. Box 204, Brooklyn, NY 11214.

4. **Penny-pinching pocket photo offer.** Receive 40 color pocket photos for only $1.75! Plus, you get a free photo in plastic with your order. Send Polaroid, instant color print, photo (up to 5" x 7"), negative or slide. All returned unharmed. Include 65¢ for postage, or $1 for first-class service. CAPRI PHOTO, Dept. Z-89, Box 1381, Long Island City, NY 11101.

5. **Your child will love these stickers.** Identify lunch boxes, notebooks, special letters with these stickers in 4 adorable designs. Glossy self-stick labels, 2¼" x ⅝"; in four designs: bright rainbow and star, dreamy balloons, cuddly teddy bear, loving heart. Please PRINT name, up to two lines, 13 letters and spaces each. Set of 100, 25 of each design. Order P6387, Child's Personal Stickers, $2.49 ppd. from WALTER DRAKE, LJ63, Drake Building, Colorado Springs, CO 80940.

6. **Free spring catalog.** From Current, Inc., featuring their largest variety ever of greeting cards, gift wrap, cookbooks, kids' items and more! All products backed by their 35-year-old, 100% money-back guarantee. CURRENT,INC., Dept. WWF2 The Current Building, Colorado Springs, CO 80941.

STEFANIE POWERS

continued from page 35

of us wondered what she ever saw
him. She's genteel, and he was cru
and treated her shabbily." The frie
believes that the unhappy marriage
Stefanie's mother, Julie Powers, st
beautiful at seventy-three, may al
have influenced the actress. But whi
this friend doubts, for these reason
that Stefanie will ever marry agai
Stefanie herself is not willing to ru
out anything for the future. "Of cours
everything can change when you fall
love," she admits. "I guess when y
fall in love you can then sort ever
thing out. I can see myself married t
juggler if he were the right person."

But for now, Stefanie is going
alone—relying on herself and h
"superlife" philosophy. This has
been an easy year for her. "She was ju
destroyed when *Hart to Hart* was ca
celed," says Robert Wagner. Word car
last summer while she was in Pa
shooting *Mistral's Daughter*. And t
sadness of the show's ending was pro
ably made more difficult because t
actress didn't have the chance to mou
the cancellation with Wagner and t
rest of the cast. "I cried myself to sle
the night I heard," Stefanie says. "
never had a chance to say good-bye."

Perhaps Stefanie worried that t
end of her hit series might mean a
turn to the old days—before she b
came television's most popular actre
"In the past, she's had series that did
do well, and then she'd have anoth
series. I think there were times she f
she was going back to square o
again," says Judy Quine.

Adds Stefanie: "I don't know if peop
are tired of seeing me on weekly tele
sion. One never knows if success is co
nected to the character one plays
with oneself as an actor.

"This is in some ways both the b
time of my life and the most frustr
ing. You always have to be cautious
my business, and I am realistic. I kn
you can come off a very successful
ries and the next one may not be a h
Still, I'm optimistic. You have to be,
this business."

And she has plenty of reasons to
optimistic. Shortly after her retu
from Paris, she signed with CBS to d
new series within two years, as well
a number of other projects. Then,
order to take a starring role in *H
lywood Wives*, she had to postpone
trip to the Galápagos Islands to film
television special in which she'll sw
underwater with seals. Her *Hollywo
Wives* role of Montana, described
best-selling author Jackie Collins
"strong, intelligent and sensual," is
juicy part in a megaseries that boa

more major stars than are in most feature films. It will air early next month.

But even with her professional life in high gear, Stefanie still thinks about the lack of a lasting relationship in her private life. No, she hasn't taken out a personal ad, but she's not shy about saying laughingly, "If you know anyone who's strong, has many interests, and is able to fit into different mini-cultures around the world, let me know—I'd love to meet him!" **End**



REMOVE HAIR FOREVER

erma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

4 DAY MONEY BACK GUAR.

$16.95—send check/M.O. *Cal. residents add 6% sales tax*

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ Enclosed $16.95 full payment.
☐ MasterCard/Visa #/Exp. date.
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. LJ-127
1935 Armacost Ave., W. Los Angeles, CA 90025
©1984 GENERAL MEDICAL CO

Free Fashion Earrings

...by SIMPLY Whispers™

Beauty and Comfort for Sensitive Ears

Whispers™ are safe *and* beautiful—*guaranteed!* Discomfort, itching, swelling & redness vanish, thanks to Roman Research, the world's leading maker of sterile ear-piercing systems!

- More than 450 Styles & Settings
- 24K (Pure) Gold on Surgical Steel
- Laboratory Tested & Approved
- Guaranteed Hypoallergenic

$9.98 EARRINGS FREE!

We're so confident you'll find Simply Whispers™ the most comfortable pierced earrings you've ever worn that we'll send you our 5mm gold ball earrings (a $9.98 retail value!) FREE just for ordering our full-color catalog!

RR™ **Roman Research Marketing**
Dept. 2226, 46 Accord Park Dr., Norwell, MA 02061

☐ Please send Catalog & FREE Gold Ball Earrings! I enclose $2.00 for postage & handling.

Name _____
Address _____
City/State/Zip _____ Dept. 2226

Sterling and Silverplate Pattern Matching Service

MORE THAN 2,000 PATTERNS IN STOCK
Up to 40-75% off suggested retail prices

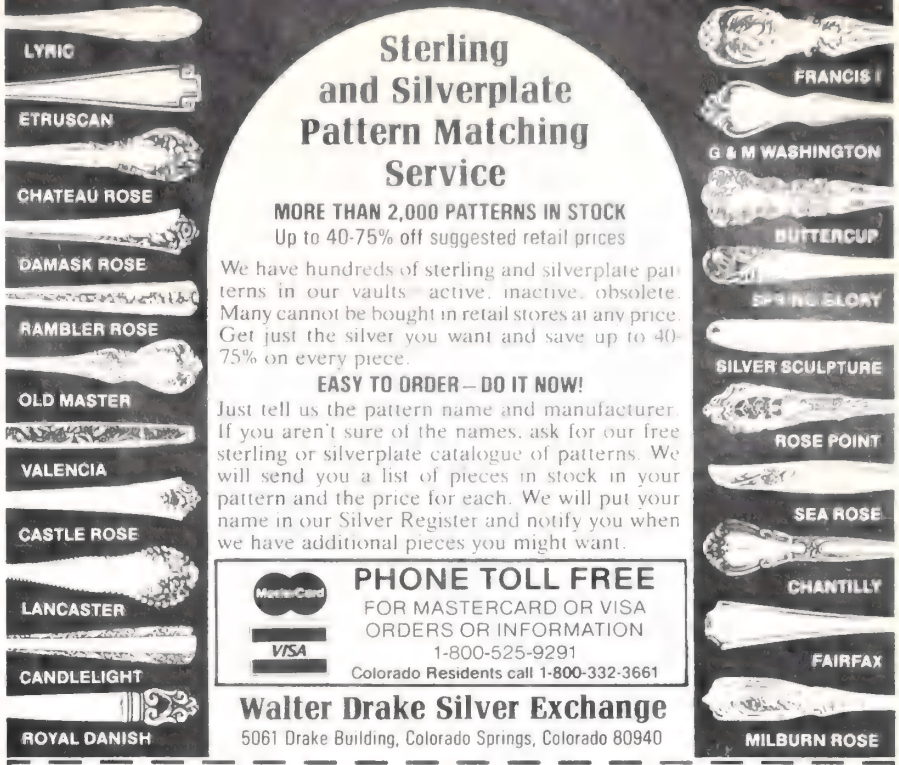
We have hundreds of sterling and silverplate patterns in our vaults—active, inactive, obsolete. Many cannot be bought in retail stores at any price. Get just the silver you want and save up to 40-75% on every piece.

EASY TO ORDER—DO IT NOW!

Just tell us the pattern name and manufacturer. If you aren't sure of the names, ask for our free sterling or silverplate catalogue of patterns. We will send you a list of pieces in stock in your pattern and the price for each. We will put your name in our Silver Register and notify you when we have additional pieces you might want.

MasterCard VISA **PHONE TOLL FREE**
FOR MASTERCARD OR VISA ORDERS OR INFORMATION
1-800-525-9291
Colorado Residents call 1-800-332-3661

Walter Drake Silver Exchange
5061 Drake Building, Colorado Springs, Colorado 80940



Walter Drake Silver Exchange, 5061 Drake Building, Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

I am interested in:
☐ Sterling ☐ Silverplate ☐ Buying ☐ Selling
Pattern Name _____
Pattern Manufacturer _____
☐ Send free combination Sterling and Silverplate Catalogue of Patterns

TALKING AND TELLING ABOUT TOUCHING GAME

Fun, colorful board-style game teaches children ages 4-12 to avoid improper touching and child molesting. Four page Parent's Guide included. Each copy only $2.95 plus 55¢ postage/handling (Ohio Residents add 18¢ sales tax).

Mail check or M.O. to:
SAFETY TIME GAMES
P.O. Box 6 • Akron, Ohio • 44308-0006

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2⅓ x 3½
- 1-8x10 Enlargement or
- 12 Pocket Photos 1¾ x 2½
- 3-5x7 Photos

Send any photo or polaroid 8x10 or smaller (returned). Add 65¢ per selection for postage and handling, and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

FLORISTRY



Learn Flower Arranging quickly and easily at home! Design professional arrangements, corsages and specialty displays. Start your own profitable business or hobby. FREE BOOKLET describes opportunities.
LIFETIME CAREER SCHOOLS, Dept. B-172
2251 Barry Avenue, Los Angeles Ca. 90064



BORDERLESS COLOR PHOTOS ONLY $2.95

FIVE CHOICES only $2.95 each

- 4-5" x 7"s & 4 WALLETS
- 2 CUSTOM 8" x 10"s
- 10-3½" x 5" PRINTS
- 20 WALLETS (2½" x 3½")
- 16 WALLETS & 1-5" x 7"

BIGGEST IMAGE! NO BORDERS!
BEAUTIFUL COLOR COPIES on KODAK paper!

Send only photos up to 8 x 10 (RETURNED) include 75¢ each set for handling and 1st class postage MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO 152 BOX 159
STAMFORD, CT 06904



DOLLS

Learn to repair, dress, restore, and make Dolls at home! Start your own business-hobby. FREE BOOKLET describes opportunities. *No salesman.*
LIFETIME CAREER SCHOOLS, Dept. D-180
2251 Barry Ave., Los Angeles, Calif. 90064

Be seen by over 17 million women!

For mail order advertising information, call Sheryl Kraft at 212-719-3065.

FIND OUT IF YOU CAN WRITE. FREE.

If you have the potential to write a newspaper article, novel, play, you name it...we have a revealing test that can help pinpoint that potential and let you know whether or not you have the ability to write. It's free. And confidential.

Send for FREE **Writing Aptitude Test today. No Obligation.**
Writers Institute, Inc., Dept 42-01-85 Home Study School,
112 W. Boston Post Road, Mamaroneck, NY 10543

LADIES' HOME Journal
FEBRUARY

The secret of self-esteem
'Tis the season for loving him, but love yourself first. We'll tell you why—and how.

Chocolate-lovers' bonanza
Sinfully rich recipes from sweet-tooth specialists. Indulge yourself. (Happy Valentine's Day!)

Get rid of clutter
Yes, you *can*, with our ingenious ideas for storing, stashing and stowing all those odds and ends.

We help you look your best
A complete guide to solving even your most impossible beauty problems—from hair-coloring to cellulite.

Hot and hearty stews
Satisfying, steamy winter fare the whole gang will love.

Thirty days to a lovelier love life
We'll show you how to put the romance back into your marriage.

All this and lots, lots more.
On sale January 15.

Last Laughs

Out of the mouths of babes

"My day of shopping had been wasted. Nothing fit, and I refused to graduate to the next size. As I angrily stomped out to the parking lot, dragging my three-year-old daughter, Elizabeth, by the hand, she innocently inquired, "Mommy, are you mad at me?"

"No," I replied. "I'm mad at myself. Today I feel fat and ugly!"

"Oh, Mommy," wailed Elizabeth, "everyone says I look just like you."

—Susan Brandenburg, Altamonte Springs, FL

My four-year-old son has been a dedicated *Sesame Street* and *Electric Company* watcher for a couple of years. One night, as I was putting him to bed, I warned him, "After the light's out, I don't want to hear any noise out of you: not one word, not one syllable, not one sound!"

With a mischievous glint in his eye, he asked, "Not even a silent *e*?"

—Dorothy Lewis, Fort Worth, TX

Four-year-old Andrew was getting into the lower bunk for an afternoon nap when he hit his head on the upper bunk. Rubbing the sore spot, he said to his mom, "I guess that's why they call these bump beds."

—Marian Fitzgerald, Lookout Mountain, TN "

Tender loving care

Her head was on his shoulder,
His hand was on her cheek.
He drew her gently to him,
In soothing words did speak.
Although it sounds romantic,
She wished she were not there—
Wouldn't you just know it?
She was in the dentist's chair.

—Wanda Farmer

Some words that don't appear in the dictionary but should

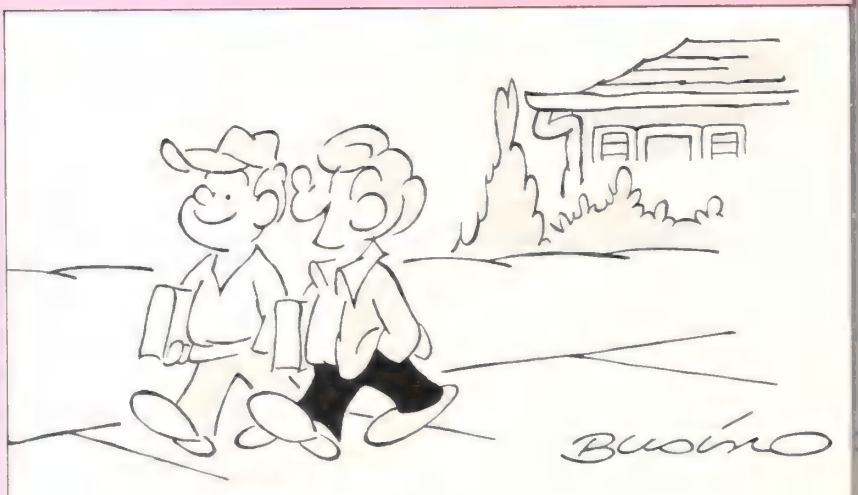
telecrastination (tel•e•kras•tin•ay'•shun) n. The act of always letting the phone ring at least twice before you pick it up, even when you're only six inches away

glantics (glan'•tiks) n. Two people who, while making out, open their eyes at the same time to see if the other is looking

anticiparcellate (an•ti•si•par'•sel•ate) v. To wait until the mailman is several houses down the street before picking up the mail, so as not to appear too anxious

disconfect (dis•kon•fekt') v. To sterilize the piece of candy you dropped on the floor by blowing on it, somehow assuming this will remove all the germs

From the best-selling book SNIGLETS. Copyright © 1984 by Not The Network News Company, Inc. With the permission of Macmillan Publishing Company, Inc.



"One good thing about sex education. It stops your parents from asking you what you learned in school today."


BARCLAY
UNEXPECTED PLEASURE
BARCLAY
BARCLAY
100s
ULTRA LOW TAR
ULTRA LOW TAR
BARCLAY
Surprising richness, yet 99% tar-free.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



For kids who use Crest, it's an easy chair.

Now we're not saying that by using Crest your kids will never get a cavity. But, the simple fact of the matter is that every year Crest prevents more kids' cavities than any other toothpaste. And that's a statistic that we're real proud to brag about.

The ingredient that makes Crest so tough on cavities is Fluoristat.® A cavity-fighting system that actually concentrates its protection where kids' teeth need it the most. So, when your kids brush regularly with Crest, there's a real good chance that when they sit down in that dentist's chair, they're going to have an easy time with it. And if you're a parent, that's a very comfortable feeling.



Aren't your kids worth Crest?

Crest has been shown to be an effective decay preventive dentifrice that can be an important part of a good dental hygiene program, which should include regular professional dental care. Statement based on Council on Dental Therapeutics, American Dental Association.

© P&G 1984

February 1985

3 9042 01794095 5

SHAPE UP YOUR MARRI
30 days to a fantastic lovelife

1.50
uary
1985
lies'
me

Journal

ED-HOT RIGHT NOW!



Interviews with Raquel Welch & Diane Sawyer



vond brownies
OCOLATE
STERPIECES

st-seller bonus
NIELLE STEEL'S
W NOVEL
OUT HOLLYWOOD

AUTY SYMPOSIUM
doctors answer your
toughest questions

ld your self-esteem
W TO FEEL GOOD
HOME AND AT WORK

se away the chills
E SOUP & STEW
OKBOOK

tect your kids
E CRUSADE AGAINST
UNK DRIVING

BURLINGAME
JAN 25 1985
LIBRARY

EXCLUSIVE VISIT!
Katharine Hepburn shows you her homes

02
285565

Amana



Armstrong presents the kitchen that grew into a greenhouse.

The glazed brick look of the Designer Solarian floor provides the perfect setting for this striking kitchen.

The Room:

The elegant dining area, the Designer Solarian floor, and the spacious, efficient work center all combine to make this kitchen not only beautiful but practical.

In a room where plants are tended and meals prepared, the remarkable durability and easy care of Designer Solarian are even more appreciated.

Thoughtful ideas like the gardener's sink at the end of the spacious counter make this room easy to work in. And interesting designer touches like the stained-glass counter-top divider, the graceful window arches, and the Designer Solarian floor make it a beautiful room to live in.

For more information on the Armstrong floor and other features of this idea-filled room, send for our free "Greenhouse Kitchen" booklet, or call the toll-free Armstrong Consumer Line: 800 233-3823 and ask for Dept. 52FLH. (In Pennsylvania, call 800 732-0048.)

The Floor:

Designer Solarian floors come in an extraordinary selection of patterns and colors, and all feature the depth and richness of Inlaid Color™. This exclusive Armstrong process builds up the design with thousands of varicolored granules—creating a uniquely crafted look no printed floor can match.



Plus Designer Solarian floors feature Armstrong's extra-durable Mirabond® XL surface that keeps its like-new look far longer than vinyl no-wax floors. If eventually a reduction in gloss should occur in heavy-traffic areas, Armstrong Shinekeeper™ can help maintain the shine.

See Designer Solarian floors at your Armstrong Floor Fashion Center® or other retailer, listed in the Yellow Pages under "Floor Materials."

Armstrong, Dept. 52FLH
P.O. Box 3001, Lancaster, PA 17604

Name _____
(please print)

Street _____

City _____ State _____ Zip _____

Armstrong

LADIES' HOME Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin **Sondra Forsyth Enos**
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, senior editor
BETH WEINHOUSE, associate
ROBERTA ANNE GRANT, associate
LINDEN GROSS, associate
BETH KNOBEL ANNE VACCARO

BOOKS AND FICTION
Constance Leisure, editor
ALICE WEIL

COPY DIRECTOR
Phyllis Schiller

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE
HELEN HUMMER FEID

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL, copy editor
ROSEMARIE SMITH, copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
ELLEN R GEISELMAN
DEBRA F LEWIS
JAMES M FRANCO, photo researcher

ART PRODUCTION
Frank Della Femina, coordinator
JAY SCOTT FRANCIS

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER, Ph D
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph D
CLIFF JAHR ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J WEISS (WASHINGTON, D C)
NANCY J WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

EDITOR'S JOURNAL

By Myrna Blyth

TIME FOR LOVE

Valentine's Day seems to me to be an increasingly popular holiday. Maybe that's because it forces us to take the time to think about and express our affection to those we love. For many of us are so busy and rushed, so burdened by responsibilities and pressures, that we don't take the time to make that extra little loving gesture as often as we'd like. Yet it's a shame we don't, for every kiss and hug we give, every kind word we say or note we write, makes those we love feel better and makes us feel so much better as well. Here, then, are some ways you can show them you love them—with an assist from this month's *Ladies' Home Journal*.

Revitalize your lovelife. Even the most devoted husband and wife know that it isn't always easy to keep their intimate relationship exciting. That's why we asked Carol Botwin, author of a just-published book, *Is There Sex After Marriage?* to create a thirty-day shape-up program to put passion back into every marriage. This unique plan—we've never seen one like it—tells you exactly what to do, week by week, to refresh your lovelife (page 64). Note as well that *LHJ*'s own study of married sex found that couples who said "I love you" daily to each other, made love the most often and were the happiest. Obviously, the marital bond is enriched by talking about love, being loving, making love.

Give your children what they need. And sometimes what kids need most of all is honesty. In this issue, we have two articles that touch on our parenting responsibilities. "Mommy, It's Not Fair" (page 36) tells you how to cope when young children come upon the sometimes shattering realization that life is not fair. You'll find a parent can do a lot to help, but love *and* honesty make up the basic prescription. "The Crusade Against Drunk Driving" by Michael Weiss (page 109) is an inspiring report on how parents and community organizations are doing battle against those who drink and drive. It includes a copy of the Students Against Driving Drunk contract, which every family should clip, sign and keep. One of the pledges in the contract is that parents pick up their teenager if he or she has been drinking. Of course, we don't want our teens to drink, but we must be honest enough to admit we'd rather pick them up than let them drive and be a danger to themselves and others.

What else is in this issue? Recipes for hearty stews and chill-chasing soups (page 112), chocolate desserts that are absolutely sinful (page 132), answers to dozens of intriguing beauty questions (page 73), a fantastic interview with Katharine Hepburn (page 116) and an important piece on self-esteem every woman must read (page 54). For, just as we want to be loving to others, it's equally necessary and important to feel really good about ourselves. Enjoy the issue and have a Happy Valentine's Day!

© 1985 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Family Media, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) January 1985, Vol CII, No 2. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices: U.S. and Possessions, 1 yr $20.00, 2 yrs $32.00; all other countries, 1 yr $26.00; 2 yrs $44.00. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.**

Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

Gregory W. Dunn, VP/Advertising Director
Stephen B. Levinson, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Grella, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Laufer, Promotion Director
Ron Valerio, VP/Associate Publisher, Family Media
Jeremy Grayzel, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clappi, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

The lowest stands alone.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

Competitive tar levels reflect either the Feb. '84 FTC Report or FTC method.

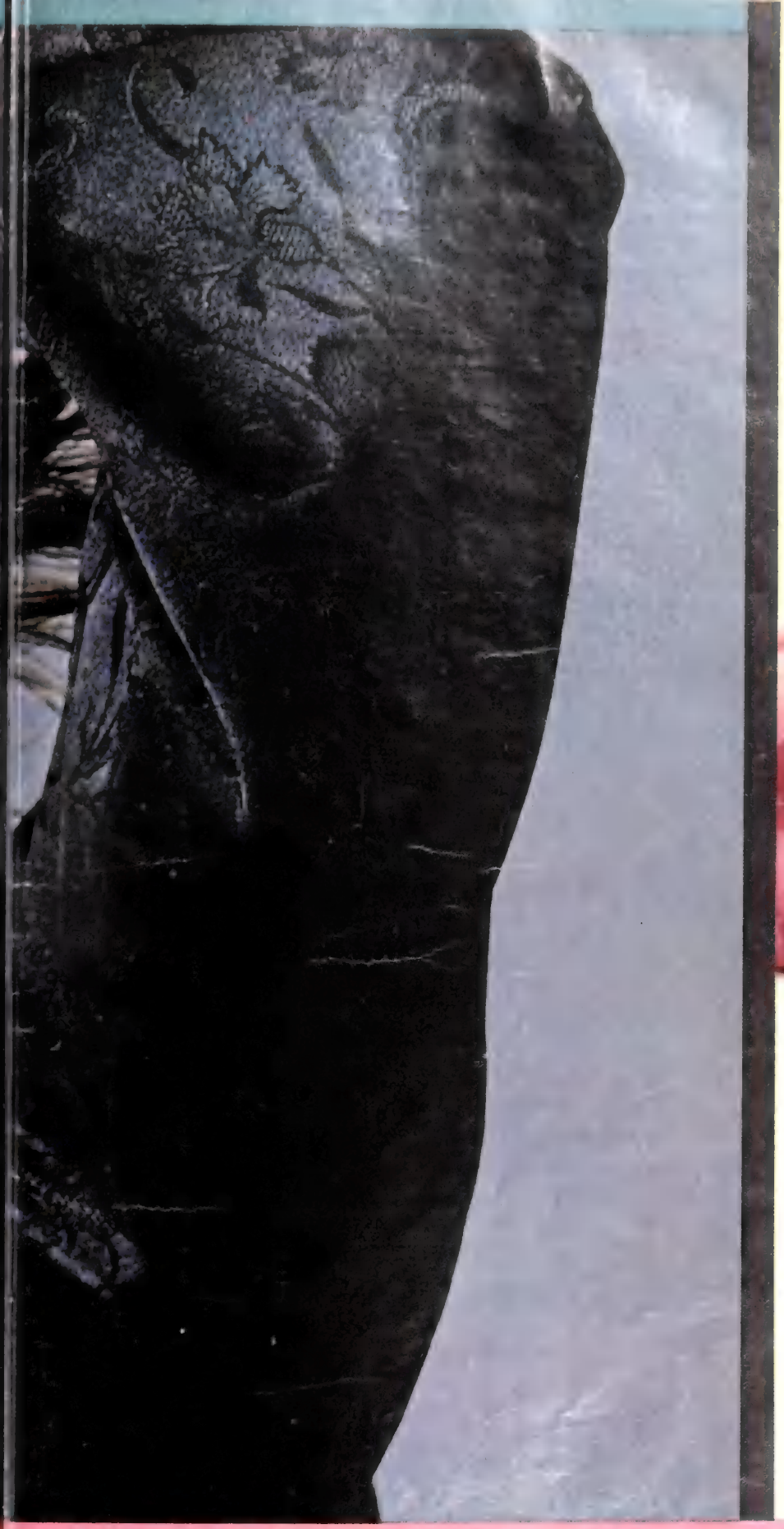
NOW. THE LOWEST OF ALL BRANDS.

J. REYNOLDS TOBACCO CO.

REVLON



Jewelry by Tone Vieland. Clothes by Judyth vanAmringe © 1984 Revlon, Inc.





Pure Radiance, the sun in powder form,

brings the healthy look of the sun to your face, your cheeks, your eyelids, even your lips. It'll help you look like you've been to the sun, even if you haven't. If that isn't pretty great, what is?

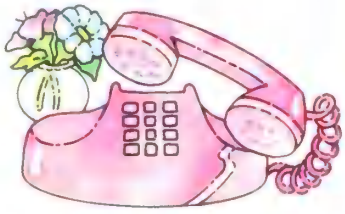
Revlon. The difference between looking good and looking great.

What to do to impress the new man in your life.

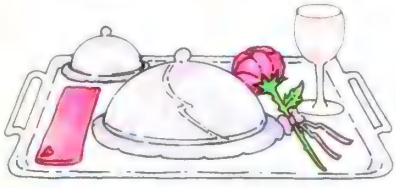
1. Buy a slinky new dress.



2. Invite him over for a fantastic dinner.



3. Call the caterer.



4. Change the Glade Spinfresh Air Freshener in the bathroom.



Glade Spin-fresh. The better bathroom air freshener.

Constant freshness . . . plus an extra burst of freshness when it spins.

© 1984, S.C. Johnson & Son, Inc

LADIES' HOME

Journal

VOL. CII NO. 2 FEBRUARY 1985

Articles

2 EDITOR'S JOURNAL

12 CAN THIS MARRIAGE BE SAVED?
"I was in love with two men"
By Lois Duncan

22 A WOMAN TODAY
"My moment of courage"
By Elaine Tice

28 DIANE SAWYER MAKES NEWS
By Patricia Bosworth
She was the woman who explained Watergate to Nixon. Now she's the first woman correspondent on CBS's top-rated 60 Minutes.

36 "MOMMY, IT'S NOT FAIR"
By Veronica Thomas
Being a parent often means explaining life's injustices to your children.

126 FAMILY ALBUM
By Danielle Steel
She was a movie star; he was a soldier—it was love, all the way from Guadalcanal to Hollywood.



Bob Dacey



116 AT HOME WITH KATE HEPBURN
By Phyllis Battelle
Join LHJ on a rare tour of the actress's homes.

42 MEDINEWS
By Beth Weinhouse
A treatment for PMS; new pregnancy tests; and more.

44 RAQUEL: CELEBRATING THE BODY BEAUTIFUL
By Phyllis Battelle
Don't miss this frank talk with America's sexiest star and an interview with her look-alike daughter.

50 EXPERT OPINION
By Charles Salzberg
What to do in a choking emergency.

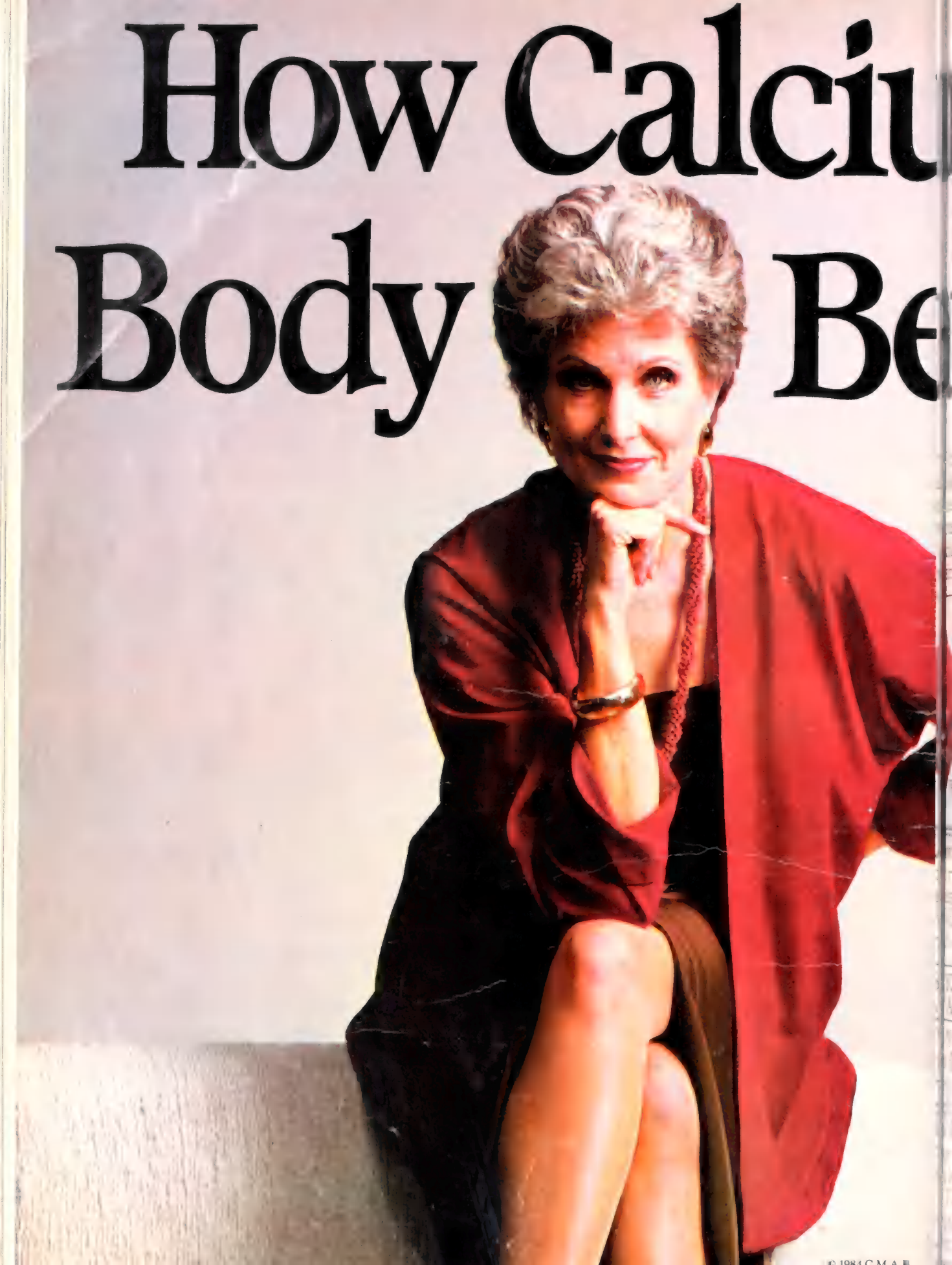
54 THE SECRET OF SELF-ESTEEM
By Rosalind C. Barnett, Grace K. Baruch and Caryl Rivers
Three experts reveal what really makes women feel good about themselves.

64 THIRTY DAYS TO A MORE PASSIONATE LOVELIFE
By Carol Botwin
For the happiest Valentine's Day ever, start our sexual shape-up program now! ▶



© 1984 Maybelline Co.

How Calciu
Body Be



© 1984 C.M.A.

n keeps the utiful.

Your beautiful body is shaped by calcium. ere is no mineral more important for strong nes. Plus it's vital for regulating heart and ve functions. Your body can't make its own cium, so nature provides an excellent supply simply and deliciously—in dairy foods.

FOR NATURAL CALCIUM, GO RIGHT TO THE SOURCE.

Dairy foods are your best source of calcium throughout life. They have more of this bone-building mineral than other foods you normally eat, plus they offer you a variety of ways to meet your daily requirements.

Two glasses of milk and an ounce of eese contain your recommended dietary owance of 800 milligrams of calcium a day. try another combination of milk, cottage eese and yogurt. Dairy foods provide all kinds wonderful ways to get the calcium you need ch day. And that's beautiful news to any body.

YOU NEED CALCIUM AS MUCH AT FIFTY AS YOU DID AT FIVE.

Your bones may have stopped growing it they haven't stopped changing. tween the ages of thirty and forty, you gin to lose some of the bone min- al that keeps them strong. And ce you go through menopause, u lose even more each day.

The calcium in dairy foods lps you replace that loss. So ve your favorite dairy foods ery day, just as you did when you were younger. Because you need as much calcium to maintain those beautiful bones as you needed to build them.



THE CALCIUM IN DAIRY FOODS HELPS KEEP YOU STANDING TALL.

Growing older doesn't have to include a stooped back, fractured hip or loosened teeth. These problems are often signs of osteoporosis—a condition that may result from a lack of calcium over many years until a simple movement like getting out of bed pushes thinning bones to collapse, causing permanent damage.

But it's easy to help keep your good posture and winning smile by eating calcium-rich dairy foods like milk, cheese, yogurt, buttermilk, cottage cheese, or ice cream. Dairy foods also give you protein for strength. Vitamins and minerals that help keep you looking and feeling your best.

So go ahead. Enjoy naturally delicious dairy foods as part of your balanced diet. You'll be doing your body a beautiful favor.



Dairy Foods. Calcium the way nature intended.™

REAL® NATIONAL DAIRY BOARD

Tips and recipes for:

ORIENTAL COOKING

■ Partially freeze meat to make it easier to thinly slice.

■ To peel fresh garlic, press clove with side of wide knife, peel slips off.

■ Here's how to thicken hot sauces in Oriental dishes. Mix a little Corn Starch with cold water. While stirring, add it to the sauce, bring to boil.

■ In place of ground ginger, use minced fresh ginger root. It can be hot, so add to taste.

SPICY ORANGE BEEF

Thinly slice on the diagonal, **1 lb beef flank or round steak.** In wok or large skillet heat **2 Tbsp Mazola® corn oil** over medium-high heat. Add beef ⅓ at a time. Stir fry 3 min or until browned. Return all beef to wok. Add **¼ cup slivered orange peel, 1 minced clove of garlic,** and **½ tsp ground ginger.** Stir fry 1 min. Stir together **2 Tbsp ARGO® or KINGSFORD'S® Corn Starch, 1 cup cool beef broth, ¼ cup soy sauce, ¼ cup dry sherry, ¼ cup orange marmalade,** and **½ tsp crushed dried red pepper.** Stir into beef. Stirring constantly, bring to boil over medium heat and boil 1 min. Serve over rice. Makes 4 servings.

SPICY ORANGE CHICKEN

Spicy Orange Chicken: Use **1 lb boneless, skinless chicken breasts,** thinly sliced, and **1 cup cool chicken broth.**

For more Corn Starch recipes write to: Argo® and Kingsford's,® Box 307A, Dept. VP, Coventry, CT 06238.

Best Foods, CPC International Inc. 1985



70 PET NEWS
Protecting your pet against cold weather; inexpensive bird feeders; and more.

73 BEAUTY SYMPOSIUM
By Wendy Korn
Top doctors and beauty pros tackle your toughest beauty problems.

88 PSYCHOLOGIST'S JOURNAL
By Sonya Friedman, Ph.D.

90 WAR TORN: A SPECIAL REPORT
By Jan Goodwin
The story of a woman whose world is devastated.

98 HOW TO HAVE A HEALTHY HEART
By Claude J. M. Lenfant, M.D.
The latest advice on preventing heart disease.

104 MONEY NEWS
By Katherine Barrett and Richard Greene

109 THE CRUSADE AGAINST DRUNK DRIVING
By Michael J. Weiss
A special report on the movement that has stirred the nation.

192 LAST LAUGHS

Good looks

26 BEAUTY JOURNAL
R_x for winter-dry skin; a great shape-up exercise; new product notes.



120 LEGS . . .
By Lois Joy Johnson and Mary Clarke
Fitness and fashion savvy

At home

128 A PLACE FOR EVERYTHING
By Deborah S. James
Neat ideas for keeping a houseful of family clutter under control . . . and out of sight!

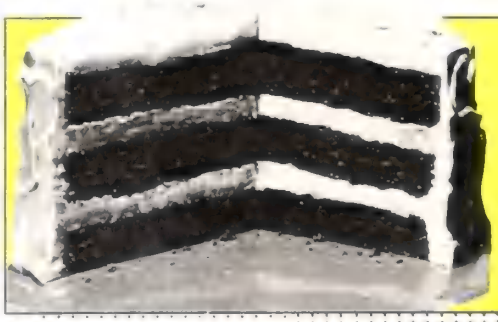
Food

96 EASY AS 1-2-3
A very special Valentine's Day chicken dinner with an elegant cherry dessert.

112 SOUPS AND STEWS
By Sue B. Huffman
One-dish delights to chase away winter's chill.

136 RECIPE INDEX

Cover photo of Katharine Hepburn by John Bryson. Inset photo of Raquel Welch by Eva Sereny. Inset photo of Diane Sawyer by Harry Benson.



132 FOR THE LOVE OF CHOCOLATE!
Sweet celebrations of the season, created by seven master chocolate chefs.

Bill Helms

"Crisco's the recipe for piecrust this flaky."

Loretta Lynn



ve always
it's Crisco
makes my
ts so flaky.
l it's that
y crust that
es my pies
e so good.
o you try my
pe for Lime
ffon Pie.
nd be sure to
Crisco if you
t the crust to
his flaky.

Lime Chiffon Pie

Pastry
1-1/3 cups sifted all-purpose flour
1/2 teaspoon salt
1/2 cup Crisco
2 to 3 tablespoons cold water

Preheat oven to 425°. Combine flour and salt in mixing bowl. Cut in Crisco with pastry blender or 2 knives until mixture is uniform (mixture should be fairly coarse). Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. When all water has been added, work dough into firm ball. Press into flat circle with smooth edges. Roll out on lightly floured surface into a circle about 1/8 inch thick and about 1-1/2 inches larger than inverted 9-inch pie plate. Gently ease dough into pie plate, taking care not to stretch dough. Trim 1/2 inch beyond edge of plate. Fold under to make double thickness around rim. Flute edge of pastry as desired. Prick bottom and sides of shell with fork. Bake at 425° 10 to 15 minutes or until lightly browned. Cool.

Filling
1 envelope unflavored gelatin
1/4 cup cold water
4 eggs, separated
2/3 cup sugar
2 teaspoons grated lime peel
1/2 cup lime juice
1/4 teaspoon salt
2 to 3 drops green food coloring
1/2 cup sugar

Stir gelatin into cold water. Beat egg yolks slightly in small saucepan. Stir in 2/3 cup sugar, lime peel and juice and salt. Cook over medium heat, stirring constantly, 6 to 8 minutes or until mixture is slightly thickened. Remove from heat, add gelatin; stir until gelatin dissolves. Mix in food color a drop at a time. Chill in refrigerator until mixture mounds slightly when dropped from a spoon, about 25 to 40 minutes. Beat egg whites until frothy. Add 1/2 cup sugar gradually, beating constantly until stiff peaks form. Spread over gelatin; fold in whites. Spoon into pastry shell; chill until firm.
ONE 9-INCH PIE



Crisco'll do you proud everytime.

By Lois Duncan

"I was in love with two men"

When Ron lost interest in love, Joanie fell for another man. What happens when the honeymoon is over?



This case is based on information from the files of Family Counseling Service, Inc., Albuquerque, New Mexico, a private, nonprofit family service agency partially funded by the United Way. The agency is a member of Family Service America and accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from interviews, though names have been changed. The counselor in this case was Richard Prosapio, A.C.S.W., a psychotherapist.

Joanie's turn

"I know how terrible this sounds, but I'm in love with two different men," said Joanie, twenty-eight, a soft-voiced blond with the trim build and tanned complexion of an avid outdoorswoman. "One is my husband, Ron, and the other is Eric, a member of my hiking club. I know I must choose, but the truth is, I can't imagine life without either one.

"I care deeply for Ron. He's my dearest friend in the world. Still, in the six years we've been married, the magic has faded. We're more like buddies these days than romantic sweethearts. With Eric, I feel like a teenager.

"Eric joined my hiking group four months ago and immediately developed a king-sized crush on me. I was flattered by his attentions and flirted back. That's all it was—just innocent game-playing.

"But soon the situation seemed to change, and I found myself growing more and more attracted to Eric. Although he's two years younger, he and I are alike in very many ways.

"Then, a week ago, after our hike, I went with Eric to his apartment, and we made love. Eric couldn't have been more tender and caring during our lovemaking; it was just the way Ron used to love me, back when we first lived together. When it was over, though, I felt miserable and guilty about having cheated on my husband.

"Ron and I have never been dishonest with each other, and I continued to be consumed with guilt over my affair. This past weekend, I confessed everything and asked Ron to forgive me. He reacted as I had expected he would; he was hurt and bewildered. He said he couldn't understand how I could have fallen for somebody else when we have such a compatible relationship.

"Well, that's the problem. We are compatible—but is that enough for a successful marriage? Just routine sex and good-old-buddy companionship? I think about how things used to be between us and wonder what could have happened to all that *intensity*. When Ron and I first met, seven years ago, skyrockets went off. I had dated very little in high school, and he was the first real love of my life.

"I was the second of four children in an Air Force family that relocated every three years—whenever my father was transferred. I was shy and oversensitive, and though I loved both my parents, I worshiped my father. He was warm and very outgoing and made each of his children feel very special.

"Lots of kids can't wait to grow up, but I must say I wasn't one of them. I know it sounds immature now, but I never looked forward to being an adult. I didn't enjoy academics and had no desire to go to college. What I loved most was being outdoors.

"After high school, I continued to live with my parents. I worked at a local clothing store and spent my free hours hiking with fellow nature lovers. I realize now how spoiled I was. Most kids get tossed out of the nest after high school, but my folks didn't pressure me.

"Then Ron came into my life, and things changed immediately. He was an electrical engineer, as handsome and courtly as he was intelligent, and it was love at first sight for both of us. One month after we met, I moved into his apartment. Although they were shocked, my parents didn't try to stop me from doing so.



"What can I say about those first weeks of living together? Ron was so adoring, I felt like a princess in a fairy tale. It was only a short time, however, before reality caught up with us. Four months after we set up housekeeping, I became pregnant.

"Ron seemed to take it for granted that we'd have the pregnancy terminated. Although I don't believe in abortion, I could see no alternative. I knew I was in no position to raise a child by myself, and though he professed to love me, Ron didn't suggest marriage. I went through with the abortion and felt terrible about it.

"One year later, Ron did propose and we did get married. Ron was by then not only working full-time but taking classes toward his master's degree, and he had little time to romance his bride.

"The university Ron attended was filled with pretty coeds, and I began to wonder if that might be the reason for the change in him. I became very insecure and kept asking Ron if he still loved me. I knew I was being oversensitive, but I couldn't help feeling the way I did.

"From then on, everything started to slide downhill, particularly our sex life. I admit I was partly responsible for that. Ever since my abortion, I've lived in terror of getting pregnant again, because I knew Ron would never want to start a family as long as he was still in graduate school. I also knew I could never bear to have another abortion. So I tried various forms of birth control, but none proved right for me. The pill made me sick, so I chose the *(continued on page 16)*


Now you can spend
a little more time
in Marlboro Country.


New Mar
for smokers who prefer the convenienc
of the more cigarettes per pack.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.


boro 25's
Marlboro
LIGHTS 25's
FINE
TOBACCOS
FILTER CIGARETTES
Marlboro
25's
Now, famous Marlboro Red and
Marlboro Lights are also available
in a convenient new 25s pack.



CAN THIS MARRIAGE

continued from page 12

diaphragm. But to be honest, all the mess and fuss with its use leaves me feeling rather unsexy much of the time. Ron doesn't understand this. If I'm not ready and waiting to have sex with him, he gets cold and withdrawn.

"But I refuse to take full blame for the deterioration of our sex life. When we do have intercourse, Ron no longer bothers to make love to me. For the past few years, there's been no such thing as cuddling and foreplay. For me sex is not only unsatisfying but on some occasions even physically painful. The odd thing is, I can still be excited by my husband. I look at him across the dinner table and my heart practically bursts with love. It's all I can do to keep from jumping up to hug him. But I know that if I do, it won't lead just to kisses and hugs. Ron will haul me straight into bed for mechanical sex.

"While Ron was in graduate school I kept telling myself that once he was no longer under the pressure of his studies, our relationship would return to the way it had been. That didn't happen. When his master's thesis was completed, Ron immersed himself in his work. Unfortunately, I had no career of my own to throw myself into. The series of jobs that I'd worked at since high school were all low-paying and uninteresting. But I decided not to allow myself to sit and feel miserable. I wanted to find an outlet for my energy, so I joined a hiking club. On mountain trails, surrounded by trees and wildflowers, I'm totally happy.

"Since most of the club members hold full-time jobs during the day, it's necessary for our hiking trips to be scheduled for late afternoon and weekends. This means that in recent months I've spent very little time with Ron, since he's home when I'm gone, and vice versa. Much to my chagrin, he's never seemed upset about this. He's never said he misses me, nor does he seem concerned that most of my hiking companions are men. Obviously, because it's been so long since he's thought of me as desirable, it hasn't occurred to him that another man might see me that way.

"In my heart, I suppose I've *wanted* Ron to find out about Eric—to realize that *somebody* thinks I'm worth feeling romantic about. One day, while we were out hiking, Eric picked a daisy and braided it into my hair. When I got home that night, I wore it all during dinner. I desperately hoped Ron would ask me about it, so that we could get things out into the open, but of course he didn't even notice.

"Eric wants me to get a divorce so we can be married. He says he wants to spend the rest of his life proving how much he loves me. I love Eric, too, but I'm also in love with my husband. I feel terrible that I've hurt Ron by being unfaithful, but I don't know if I can survive this empty marriage."

Ron's turn

"When Joanie told me she was having an affair, I was shocked, but not totally surprised," said Ron, thirty, a tall, bearded man with curly red hair. "I've been sensing for some time that something was going on.

"Then, a week ago, something happened that knocked my socks off. Joanie came home from a hike with a flower in her hair. It was as if she was making an announcement—'Some guy's really stuck on me.' I read the message, and my stomach turned over.

"I don't understand what's happened to Joanie. Where's her sense of values? A flirtation's one thing, but an affair is something else. Infidelity in marriage is unthinkable to me. My parents had the most solid of marriages, and I always knew I would, too. I was the caboose in our family, born when my folks were in their forties, and my two older brothers were already thirteen and ten. Dad sold real estate, and Mom was a homemaker. Though they weren't particularly demonstrative in the sense of acting lovey-dovey, none of us kids ever doubted their devotion to each other. And frankly, I don't know how Joanie can doubt mine to her.

"What makes this thing so crazy is that she doesn't even enjoy sex. Oh, she seemed to back in the beginning of our relationship, but that didn't last long. Even before we were married, she started holding out on me; either the time of the month was wrong or she just didn't feel like it. In recent years, I've come to count myself lucky if we have intercourse once a month. On those landmark occasions, I'm so tense that it's not pleasurable, and just for Joanie's sake, I try to get things over with as quickly as possible.

"I met Joanie through my college roommate, who was one of her hiking buddies. She was so fresh and pretty, I immediately fell in love with her. Having attended a boy's prep school, I hadn't dated much in high school, and I'd only had one half-serious romance in college. I felt too inexperienced at that point to make a permanent commitment, but I knew that I didn't want Joanie to get away from me.

"We moved in together, and almost at once, Joanie got pregnant. Thank God, she discovered it in time to get an abortion. I felt awful about her terminating the pregnancy, but I really didn't know what else to do. Barely twenty, Joanie was *(continued on page 20)*

To introduce you to the money-saving benefits of S.A.V.E.®
(Shoppers' Association for Value and Economy) we'll send you this

$20 Malibu® Weekender with two matching travel bags for only $1 when you join S.A.V.E.®

PLUS A $15 SURPRISE GIFT FREE!





- Beautiful design, classically styled!
- Spacious weekender bag, plus stunning cosmetics bag and change purse.
- Stylish...and sturdy! Reinforced nylon with double-stitched seams, heavy duty zippers.
- A great way to travel with fashion and flair!
- In your choice of Sandstone Beige or Regatta Blue.



Why this remarkable offer?

Simply to introduce you to the kind of beautiful savings you can enjoy as a S.A.V.E. member. S.A.V.E. stands for Shoppers' Association for Value and Economy. And since it was started just nine years ago, more than 8 million smart shoppers have found it to be a great way to save on family and household products—even health and beauty aids.

Through S.A.V.E., America's leading manufacturers let you try their fine brands—at less than their value—because they know that once you try them, you'll buy them at your favorite store.

Start saving now with the elegant $20 Malibu 3-piece set—Weekender and matching accessory bags—for just $1. Plus, you'll receive a $15 Surprise Gift FREE. Just mail your QUIZ with $1 today!

Keep on saving as long as you want! As a S.A.V.E. member, you'll receive a new and different money-saving package of family and household products about every two months. You pay just $7.98 to $9.98 plus shipping and handling for each one you decide to keep, even though its value is greater.

Examine each S.A.V.E. package when it arrives. You may return any you don't want and you can cancel at anytime, so there's no obligation to buy another thing. Ever!

In addition, you get super S.A.V.E. "extras."

THE S.A.V.E. Buying Guide.® Prepared especially for members, filled with expert advice and money-saving tips.

S.A.V.E. Cents-Off Coupons...a great way to save even more at your favorite store.

S.A.V.E. SHOPPERS' QUIZ

Q1. To help us plan future S.A.V.E. Packages, please check those products you use more than once a month.

Liquid Cleaner	☐	_____
Fabric Softener	☐	_____
Window Cleaner	☐	_____
Shampoo	☐	_____
Bar Soap	☐	_____
Cold Remedy	☐	_____
Razor	☐	_____
Pain Reliever	☐	_____
Toothpaste	☐	_____
Bath Additive	☐	_____
Hand Lotion or Cream	☐	_____

Q2. What is your age group?
☐ 18-24 ☐ 25-34 ☐ 35-49 ☐ 50-64 ☐ 65+

Q3. Are you married?
☐ Yes ☐ No

Q4. How many children do you have?
☐ None ☐ 1 ☐ 2 ☐ 3 or more

Q5. What are the ages of your children?
☐ Under 2 ☐ 2-5 ☐ 6-11 ☐ 12-17

Q6. Would you be interested in receiving a disposable cup dispenser with cups, for your kitchen?
☐ Yes ☐ No

Q7. Which brand of paper towels do you use most frequently?
☐ Scott ☐ Hi Dri
☐ Viva ☐ Store Brand
☐ Bounty ☐ Other (Please specify)

Q8. Which brand of laundry soil and stain remover do you use?
☐ Shout ☐ Grease Relief ☐ Other
☐ Spray N' Wash ☐ Clorox Pre-Wash ☐ None

Q9. Do you have a telephone?
☐ Yes ☐ No

Q10. Which pets do you own?
☐ Dog ☐ Dog & Cat ☐ None
☐ Cat ☐ Other

Q11. Would you be interested in receiving famous name cosmetics and toiletry collections from time to time?
☐ Yes ☐ No

Q12. Does anyone in your household smoke:
☐ Pipes ☐ Cigars ☐ Cigarettes

$1 INTRODUCTORY OFFER

S.A.V.E. Sixty-Five East SouthWater Chicago, IL 60601

☐ Enclosed is my $1. Please accept my enrollment in S.A.V.E. and send my $20 Malibu Weekender and matching travel bags, plus my $15 Surprise Gift, along with the S.A.V.E. Buying Guide.® I understand that I will receive a new and different money-saving package of family products about every two months for just $7.98 to $9.98 plus shipping and handling. I may also return any package I don't want. And I may cancel my membership at anytime after examining my Malibu Weekender and matching travel bags.

Q13. CHOOSE YOUR COLOR:
M522 ☐ Sandstone Beige M523 ☐ Regatta Blue

Name _____
PLEASE PRINT FIRST NAME LAST NAME

Address _____

City _____ Apt. _____

State _____ Zip _____

Phone (_____) ☐☐☐-☐☐☐☐
AREA CODE

Do you have any of the following Charge Cards?
☐ MasterCard ☐ Visa ☐ American Express
☐ Other _____ ☐ None

LIMIT: ONE INTRODUCTORY PACKAGE PER HOUSEHOLD. All enrollments subject to acceptance by S.A.V.E. Offer good in U.S.A. only

© 1985 GRI Corp.

85S-P-16



CAN THIS MARRIAGE

continued from page 16

unprepared for motherhood—she admitted that herself. I didn't feel mature and responsible enough to be a father, either. And I firmly believe that such a shotgun marriage would have been doomed to fail.

"With the exception of Joanie's frigidity, our marriage has been a good one, or at least that's what I thought until I learned about Eric. Joanie and I are completely compatible. We never fight. I can't even remember the last time we got mad at each other.

"I honestly can't understand why Joanie has been unfaithful. I had no idea she was so unhappy. I was pleased initially that she decided to resume her childhood hobby of hiking. I knew she needed something to focus her interest on. But if I'm in some way responsible for her unhappiness, I want to know what it is that I've done. Joanie has never *told* me that anything was wrong.

"Maybe I'm working too hard—I don't know. But Joanie should know how seriously I take my responsibility as the family provider. I intend to establish myself in my field so when we *do* decide to have children, we won't have to worry about paying the bills.

"At this point, if it's possible to salvage our marriage, I want to do it. But since I can't imagine what went wrong, I don't know where to begin."

The counselor's turn

"Ron and Joanie were very confused when they first walked into my office," recalled the counselor. "Although Joanie's infidelity and her infatuation with Eric were the immediate areas of conflict, it was obvious that this was only the tip of the iceberg.

"Compatible though they professed to be, Joanie and Ron were in many ways opposites. Joanie was a female Peter Pan, the child who refused to grow up. She expected her husband to miraculously sense all her needs and accommodate them. When Ron, being a mere mortal, wasn't able to do this, Joanie built up a reservoir of unexpressed resentment, which surfaced in the bedroom.

"Ron, perhaps unconsciously patterning himself after his middle-aged father, had placed his own childhood behind him when he took a wife. Regarding his love for Joanie as a constant that both could take for granted, he had directed his energies toward becoming a provider. The playfulness and frivolity that Joanie found enchanting in Eric (a Peter Pan type like herself) were traits that Ron had discarded when he entered into marriage. He saw nothing unusual in his devotion to his work or in his failure to demonstrate his love for Joanie. After all, his father had been the same way, and his mother had always seemed content.

"Although this couple communicated well about practical matters, they were lost when it came to discussing their emotions. Neither had ever told the other about their true feelings regarding the abortion. Once they did, they were able to concentrate on the other problems in their sexual relationship. Joanie, for instance, had been too shy to tell Ron what her sexual needs were, expecting him to know instinctively what it took to please her. When he didn't, she became hurt and pulled away. Understandably bewildered by the mixed messages that he had been getting ('You don't love me enough,' on one hand, and 'Don't touch me,' on the other), Ron hadn't been able to figure out *what* his wife wanted.

"For his part, Ron was stuck in the role of Mr. Nice Guy. Although he might have been seething underneath his calm exterior, he prided himself on the fact that he and Joanie never fought. Even in the face of Joanie's confession of infidelity, he failed to express his fury.

"One day, during counseling, Ron's control suddenly broke. 'I'm not going to share my wife with another man,' he told Joanie angrily. 'If you choose to keep seeing Eric, then our marriage is over. The decision is up to you, but you have to make it *now*.'

"Joanie was astounded by the intensity of Ron's feelings. Deeply touched, she agreed to break off her affair and to throw herself wholeheartedly into an effort to preserve her marriage. Ironically, within weeks, Eric transferred his affection to another woman, and Joanie realized just how shallow their relationship had been.

"As counseling continued, Ron and Joanie worked on the further development of communications skills that would permit them to express what they were thinking and feeling. Ron explained to Joanie his frustration at trying to meet needs he couldn't decipher and asked for more guidance in how to please her both physically and emotionally. Realizing that her husband really did care for her, Joanie was able to verbalize the fact that she desperately missed the romance they had known. When she told him she would prefer more foreplay before intercourse, Ron was more than happy to extend their lovemaking to include unpressured time for cuddling.

"Ron and Joanie were in counseling for eight months. Not long after they stopped, Joanie became pregnant. More confident now about their relationship, they feel ready and sure about taking this next, important step." **End**

REVLON INVENTS PERM LIFE™

The secret to a longer lasting perm.



1 LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

©1983 Revlon Realistic Prof. Prod., Inc.

Perm Life Perm gives your hair vital moisture for a natural softness that lasts the life of your perm. Revlon's exclusive moisture control system, with special Aqua Cationic action, drenches your curls in moisture during every phase of the perm process. So curls are buoyant, soft and bouncy. Long lasting. And that's the beauty of a Perm Life Perm. It lasts.

To maintain your perm, use **Perm Life Perk-Up**. A unique perm moisturizing conditioner. Just spray it on. In just seconds curls and waves spring into place. There's nothing quite like it to keep the life in your perm.

Share the secret.
Discover Perm Life for a longer lasting perm.

STORE COUPON

50¢

SAVE 50¢
WHEN YOU BUY
PERM LIFE™ PERM



TO RETAILER: This coupon will be redeemed for 50¢ plus handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be honored and will be void if presented through outside agencies, brokers, institutions or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so, may, at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in USA. Any unauthorized use constitutes fraud. For payment, mail coupon to Revlon-Realistic Professional Products, Inc. P.O. Box [illegible] Clinton, Iowa 52734. Offer limited to one coupon per package purchased. MANUFACTURERS COUPON EXPIRES 4/30/85.

LHJ285

50¢ 30997 107526 50¢

By Elaine Tice

"My moment of courage"

As I shoved my hand down the raging jaguar's throat, my only thought was to keep him from killing my wounded friend.

I have always loved animals. At thirty-seven, I was a wife and mother, and our backyard menagerie included a fox, a deer, a raccoon and a four-month-old grizzly bear cub. Wild animals simply didn't scare me, although I'm only five feet five and a hundred and twenty pounds. I trusted them, and in return, they trusted me. My family enjoyed our wild pets as much as I did. My two children, Billy, aged twelve, and Charlotte, aged fourteen, took turns feeding them, while my husband, Ed, a self-employed consulting engineer, loved to wrestle with the cuddly seventy-five-pound cub.

I had always dreamed of working with animals, but opportunities seemed limited in Spartanburg County, South Carolina. We had recently moved there from Virginia because my husband was offered a better job. Shortly after our arrival, I contacted a nearby zoo to find out how to care for a blind baby deer we'd found. The zoo director was very kind and helpful. A week later, when he called to offer me a job, I was thrilled. It was like a dream come true. Neither I nor my husband ever considered that working at a zoo might be dangerous.

My first two weeks at the zoo were uneventful, and there was nothing to indicate that this lazy Sunday afternoon would be any different. I had just finished feeding the animals I was responsible for when the head curator, Wayne, called me over to help him. He had fed all the large cats except one, and now the hunk of bony carcass that remained was too large to slip through the feeding slot. Though I had never dealt with the big cats except to hose them down—the other chores were usually reserved for the men—I was the only other employee working that day. I willingly went to help.

I walked through the door in the fence that served to keep visitors a safe distance from the animals' cages and joined Wayne inside the enclosure. He carefully explained what we each had to do, and it sounded simple enough. I just had to raise the gate so that he could heave the meat into the cage.

But as we entered the enclosed walkway alongside the cats' compartment, my heart sank. In the cage beside us, the snarling jaguar darted back and forth, his roars announcing his ravenous rage. He's just hungry, I told myself. I knew that the jaguar had been hand-raised by the zoo director and that he was usually quite gentle.

Wayne and I reached the gate and prepared to synchronize our actions. I released the safety latch and on the count of three opened the door, as Wayne tossed the meat into the cage.



Nancy Pierce/Black Star

Elaine and Spotty make friends again, after the jaguar almost took a friend's life and her own.

In a flash, the jaguar lunged at the cage opening, knocking the meat out and into the runway with us. Then, in one bound, he was out of his cage as well and had pounced on the hunk of beef. I turned and bolted out of the runway. "Get out, Wayne," I yelled frantically. "Let him have it."

Wayne, however, did not follow me. Determined not to compromise security, he stayed behind and attempted to lure the cat back into his cage. With one rapid motion, he grabbed the meat from the cat and tried to throw it through the door. Hungrier than usual and possessive by nature, the cat was quick to react. Within seconds, before Wayne could even get his arm back for the toss, the two-hundred-pound cat had pinned him to the ground and was tearing at his legs and feet.

I had to get the cat away from him. Dashing back inside the walkway, I ran up to the cat and hit the side of his head with my bare hand, just hard enough to distract him and give Wayne enough time to get out. Then I turned and ran.

I made it out of the walkway and slammed the door in the jaguar's face. I still needed to engage the safety latch, but the door had not completely closed. As the crowd of spectators panicked and bolted away, I threw my weight behind the door in an attempt to shut it. It didn't budge. Slowly, my one hundred and twenty pounds yielded to the two-hundred-pound jaguar on the other side. I could feel his hot breath on my face. There was no way to hold him back. Dear God, I thought. He's going to get me now.

I let go of the gate and began to back up. Instantly, the cat bounded out of the runway. Then, with his jaws wide, he leaped at me. A single thought flashed through my brain. I had to keep him from getting at my throat. I shoved my open right hand into his mouth. The jaguar clamped down. His two-inch-long canines hit bone.

It might have been worse, but Wayne, sprinting out of the runway, caused the cat to release my hand and pursue him again. I pivoted around and raced to hide behind the nearby wolves' cage. I cringed in pain as blood oozed from my mangled hand. The wound was deep enough for me to see the layers of fat and muscle, as well as part of the bone. When I looked up and saw the jaguar land on Wayne again, I shut my eyes and thought, I can't confront him again.

(continued)

Dristan® relieves more cold symptoms than any of these cold medicines.





"No congestion. No runny nose. No aches. Dristan's great."

That's because Dristan has an extra medicine for more cold relief.

Medicines like Actifed, Contac, Sudafed Plus, Drixoral and Dristan are effective for symptoms like congestion and runny nose.

But *only* Dristan has an extra medicine for fever, headache, sinus pain, body aches—*Relief the others can't give.*



Use only as directed.

EXTRA MEDICINE FOR MORE COLD RELIEF

"Turn the blues and blahs into ooohs and ahhhs."
Know someone who's having one of those days? Send them the new Pick-Me-Up® Bouquet from your FTD Florist. Cheerful flowers in a coffee mug and a reusable tote bag. It's a sure cure for the blues.



Merlin Olsen

Lift someone's spirits with special FTD care.™

FTD and the Mercury emblem are registered trademarks of Florists' Transworld Delivery Association

A WOMAN TODAY
continued

"Oh, God, somebody help me," Wayne screamed. "Won't somebody help me?" he begged. Then he fell silent.

I looked up. Wayne lay like a felled deer under the jaguar. I watched the big cat paw and gnaw at him the way a house cat mauls a bird. I knew that somebody had to help Wayne, but there was no sign of the zoo director, and the spectators had all fled. I was the only one who could possibly save him.

Suddenly I was flooded with a surge of anger. It was so unfair. Wayne lay there helpless. I felt the presence of a force greater than myself urge me forward. Without further hesitation, I jumped up from my hiding place, ran straight to the jaguar, kicked his ribs and slugged him as hard as I could. When the infuriated cat turned on me, Wayne managed to get up and run to safety in spite of a crushed foot and deep wounds on his arms, legs and back.

I began to back up. I knew I couldn't outrun the jaguar, and besides, there was nowhere to run. Again, the jaguar leaped. I threw my right arm up as I continued to retreat. My arm filled the cat's mouth. I didn't even feel the teeth sink into my flesh. When the cat hit the ground, I slugged him in the face with my left fist. "Bad," I yelled. "Stop it."

Instantly, the cat released my arm. I didn't know it then, but I'd just done exactly the right thing. From the time the jaguar was a cub, the zookeeper who'd raised him had used a sharp blow and a loud, angry command to reprimand him. With those two actions, I had become an authority figure. The cat stopped in his tracks. Puzzled, he stood and stared at me for a few moments longer, then wheeled around to look for Wayne.

I darted back to the neighboring wolves' cage and took refuge behind a wall just eighteen inches high. Though blood was pumping from my hand and arm, I couldn't yell for help without alerting the cat to my whereabouts. The anger that had prompted me to attack the jaguar had drained away. Lying there, I felt very alone and very afraid. There was still no one around to help me. Somehow, I had to try to escape on my own. Slowly, I inched my way to the nearby drainage ditch, then crawled another forty feet to the exit door of the enclosure. I looked back. Miraculously, the jaguar still had not seen me. I jumped to my feet, dashed to the gate and flung it open. By the time the cat had reacted to my sudden move, the latch was securely in place.

As if in a trance, I moved to the water spigot near the zoo's entrance and tried to clean out the wounds on my arm. The sharp pain registered somewhere in the back of my mind, but I had begun to lose my grasp on reality. I watched my actions, but it was as if they didn't really involve me at all.

When I looked up, I noticed a group of visitors walking through the entrance gates. They noticed me with alarm, but no one knew what to do. "Call an ambulance," I heard someone say. Finally, one man stripped off his shirt and wrapped it around my arm.

David Meeks, the zoo's director, arrived a few minutes later. He had been in the chimp barn, quite a distance from the main zoo buildings, and hadn't heard any of the commotion. He helped me to my feet and walked me back to his house, which stood not a hundred feet from the jaguar's cage.

The ambulance arrived about ten minutes later and was soon racing to the hospital. My arm throbbed, and I couldn't seem to get enough air into my lungs. But Wayne was in far worse shape than I was. Stretched out on the other side of the ambulance, he was still bleeding profusely. His entire body trembled with pain. Every few minutes his limbs would jerk, as if he'd been prodded by an electrical charge.

The ride passed in a blur of confusion. Suddenly I was in the emergency room talking to an incredulous doctor. "Lady," he asked me, "what got hold of you?" He gave me a shot of painkiller and proceeded to clean out my wounds. One hour and eleven stitches later, I was released. I'll never forget the frightened faces of my family as they gathered around me to take me home.

My husband stayed home that first week to take care of me. It took me three weeks to recuperate, and somewhat longer to be able to face returning to work. But I knew I couldn't let my fear get the best of me.

The morning I returned to the zoo, I knew what I had to do. I began to walk toward the jaguar's cage, my steps becoming increasingly heavy and faltering. Finally, we stood face to face, staring at each other. Suddenly, the cat arched his back. I cringed and drew back. But instead of lunging at the door, he rubbed his cheeks back and forth along the bars, then flipped over onto his back like a kitten at play. He immediately bounced back to his feet, rubbed his face against the cage again and looked up at me.

In that moment, I understood what I'd known all along. The jaguar had not consciously wanted to hurt me. He'd simply been provoked into defending what was his. I reached out with my left hand and scratched his head through the bars. **End**



©1984 Coty N.Y. Available in Canada. Model is wearing Delicate Beige Airspun Powderessence Foundation, Frosted Princesse Mare Blusher, The New Romantics Shadow 'n' Liner Eyelid and Rose of Bronze Sheer To Stay Lipstick. Ensemble and earrings: T. Edwards

Beauty Journal

Midwinter good-looks boosters: skin doctors' Rx for great skin, an anti-flab exercise, mealtime hints for dieters

How to pamper winter-dry skin

We asked two leading dermatologists—Baltimore-based Dr. William Dvorine, author of *A Dermatologist's Guide to Home Skin Treatment* (Scribner's), and Dr. Joseph Bark, of Lexington, Kentucky, for tips on coping with the effects of cold weather.

Windburn is one of winter's most uncomfortable skin problems. The friction of the wind dries skin excessively, so that it becomes red, flaky and often painful. The sun can exacerbate the condition (particularly at high altitudes, a problem for skiers), as can city soot and pollution. Foundation helps create a protective barrier, especially a formula that contains sunscreen. Don't use medicated formulas for oily skin, however, because these may be too drying. In general, go easy on astringents and drying soaps in winter. Dvorine suggests treating windburned skin by cleaning it very gently with a mild lotion cleanser or soap and following up with moisturizer.

Neck skin is thinner, with fewer oil glands than facial skin. Wash with a mild cleanser and follow with a moisturizer, and of course try to keep skin covered up when outdoors (wear a high-necked sweater or a warm scarf).

Hands need a helping hand to get through winter. Moisturizing is most important. Dvorine advises "locking in" moisturizer at night by slipping on white cotton gloves after you apply it. Bark suggests double-layering moisturizer, because two thin layers will work better than a single thick one.

Feet also tend to get extremely dry in winter. The skin on the soles is ten times thicker than that on your eyelids, with no oil glands—so it can easily dry and crack like old leather. And cold air acts like a sponge to draw out moisture. Moisturizing is essential. Dvorine suggests covering feet with cotton socks at night, after you slather on moisturizer.

Legs, too, can become super dry and flaky. Wearing skirts exposes your skin to cold air, and shaving, moreover, removes protective layers of dead skin. Moisturizing and using a mild soap will help.

New-product notes

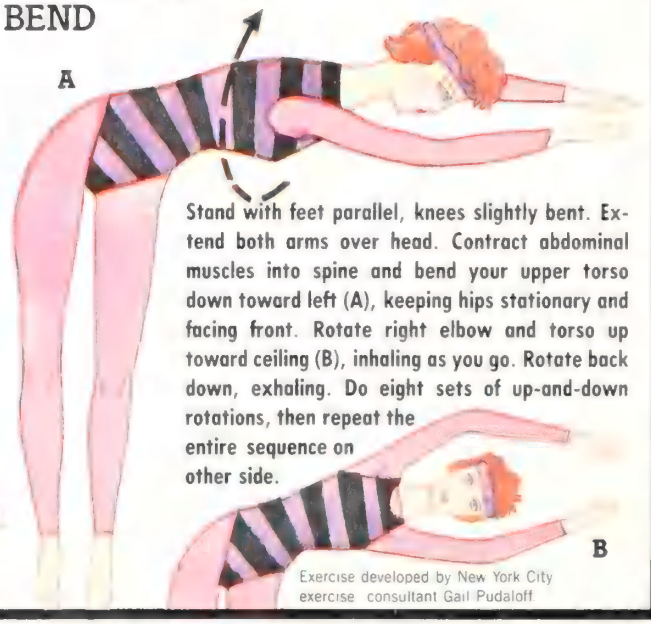
- *Two for the price of one: The new Eye Q Split/Stick, by Andrea, offers both a wrinkle stick and a concealer tucked into a single compact tube.*
- *Lip talk: Avon's Advanced Moisture Makeup Perfecting Lip Conditioner reduces tiny lines around mouth, creates an invisible barrier to prevent lipstick from bleeding.*
- *Oriental accent: Pamper your skin with exotically scented Ninja Perfumed Body Silk. It has an emollient formula that softens and nourishes. By Parfums de Coeur.*
- *Clearly a help: Vidal Sassoon's new Clear Body Shampoo and Clear Body Finishing Rinse have texture-building formulas that let fine or limp hair look its best.*

How to beat the dieting blues

Bonnie Taub-Dix, R.D., assistant chief dietician at Lenox Hill Hospital, NYC, helps get patients out of low-calorie menu ruts by exchanging foods from the same food group that have the same calories. For instance:

FOOD	EQUIVALENT	CALS.
⅓ cup cider	¾ cup strawberries	40
2 dates	10 large cherries	40
¼ cup grape juice	12 grapes	40
5 small olives	10 whole almonds	45
1 plain roll	15 corn chips	70
½ frankfurter roll	25 pretzels (3⅛" long, ⅛" dia.)	70

LOVE HANDLES BEND



Stand with feet parallel, knees slightly bent. Extend both arms over head. Contract abdominal muscles into spine and bend your upper torso down toward left (A), keeping hips stationary and facing front. Rotate right elbow and torso up toward ceiling (B), inhaling as you go. Rotate back down, exhaling. Do eight sets of up-and-down rotations, then repeat the entire sequence on other side.

Exercise developed by New York City exercise consultant Gail Pudaloff

Diane Teske Harris



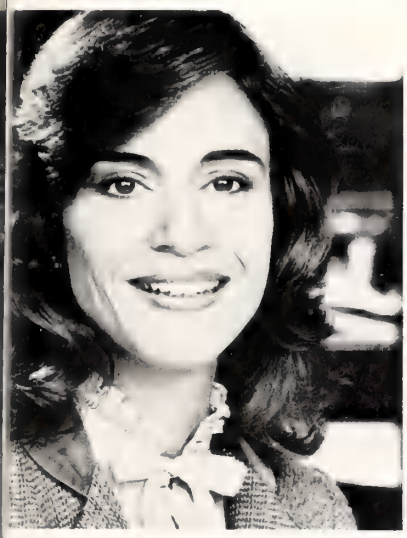
ed soap for thirty years. Switching
for seven days made me realize that
ve was much better."



"With Dove, my skin feels soft and youthful. It doesn't feel like it's almost 40 years old."



"There must be something in Dove that makes my skin more alive. It feels smoother, softer."



th Dove, I didn't have that tight, dry
ling in my face. Dove is a superlative
oduct."



"Dove cleared the dryness and flakiness I had with soap. Dove tended to almost heal my skin."



"Soap really dried my face and it felt dried up like a prune. Dove makes it feel real smooth."

Why are you still using soap when women from Philadelphia to Phoenix will tell you Dove is better?

There is no question about it. Dove® is better for your face than soap. Ten years of clinical tests have proved it to be a scientific fact.

These women proved it for themselves after giving up soap and using Dove for just seven days.

You see, soap dries your skin. It strips away your skin's natural moisturizer. It cleans your face—dry.

But Dove is not a soap. It's made quite differently with ¼ moisturizing cream. Instead of drying your skin, it keeps it softer, smoother.

Try Dove instead of soap for just seven days. And prove it for yourself:

Dove is better because it doesn't dry like soap.

¼ MOISTURIZING CREAM

white Dove

Diane Sawyer makes news



CBS-TV

The woman who explained Watergate to Nixon is still right in the thick of things. This journalist has glitter, substance and lots of drive. By Patricia Bosworth

Not long ago, Diane Sawyer was one of the keynote speakers at a luncheon in New York honoring celebrated women of the 1980s. "Ten minutes before the speeches began," recalls one observer, "Diane slipped out into the hall. I watched her standing all alone, psyching herself into readiness. By the time she faced the audience she was relaxed, funny and very articulate. What struck me most was that she was in such control, so totally prepared."

In control, totally prepared, earnest, nice. These are adjectives routinely applied to Diane Sawyer. But depending on whom you talk to—or what you read—she's also *(continued)*



In 1906, the cook at The Great Northern Lumber Camp thought it would be all right if she enjoyed a cigarette with the boys.

She soon found herself in a bit of a jam.



You've come a long way, baby.

VIRGINIA SLIMS



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1984

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

been described as a gorgeous operator, the wood nymph with a microphone, and the thinking man's Angie Dickinson.

A few short years ago, the subject of these accolades and criticisms was a rookie reporter at CBS-TV, earning $30,000 a year. Now she's the first woman correspondent on the top-rated *60 Minutes*, and she's just signed a million-dollar contract. Her swift rise as an on-the-air personality and news correspondent is unprecedented.

Diane Sawyer and I are sitting in her office at *60 Minutes*. Her books and tapes remain unpacked, and there are only a few personal touches around: a battered rag doll and a framed citation from Blistex addressed to "the most beautiful lips on television."

She is even more spectacularly beautiful off camera than she is on—her smile absolutely dazzling. But Diane is not candy-box perfect (thank goodness). She is actually faintly rumpled, the result of being up since dawn in the editing room. Her pale blond hair tumbles about her shoulders. "I hate my hair!" she exclaims when she sees me looking. "It's baby fine and lousy." She laughs merrily. With that, her left contact lens pops out and rolls onto the desk. She retrieves it, places it carefully into its tiny case, gingerly takes out the other one, puts it away and then dons huge blue-rimmed spectacles. "I much prefer glasses, anyway," she says.

Diane rises, goes to the window and stretches. She is a striking five feet nine and a half inches tall. But what has proved an asset as an adult was a problem growing up. "As a teenager, I was self-conscious about being so tall," Diane recalls. "My height made me terribly clumsy, and I was always bumping into people and tripping."

Even as a beauty queen?

"I didn't win just for looks," she answers quickly, and then goes on to explain that when she was elected America's Junior Miss in 1964, it was for college board scores, fitness, poise and performance in an interview. "And I wrote an essay comparing the music written during the Civil War . . . the differences between North and South."

Was it when she was a teenage beauty queen that she began developing her own individual style?

"But I haven't got a style!" Diane protests. "I have absolutely no fashion sense whatsoever. When my sister picks out a dress for me, then I can look chic. Otherwise . . ." Her voice trails off and she shrugs. (Indeed, it would appear that her colleagues agree. At a recent Columbia Journalism Awards ceremony, Andy Rooney teased her unmercifully about being the blond goddess with the run in her stocking.) "My so-called image is not my first priority," she maintains.

Diane's first priority is her work with *60 Minutes*. In fact, to get the job she had to confront the show's producer, Don Hewitt, and actually ask for it. Hewitt was going around telling everybody "he wanted Diane Sawyer on the show, but he never told *me*," she recalls. So one day I just asked, 'What about it, Don?' "

When Hewitt was later questioned about what took him so long to hire a woman correspondent and why he chose Diane Sawyer, he yelled, "Sex has nothing to do with it! I would have hired her if her name was Tom Sawyer, and I want you to print that!" Then, in a calmer voice, he begins to tick off qualities he admires most about Diane as a journalist. "She challenges, she moderates, she cross-examines. . . ." Another CBS producer adds, "And she can flirt like mad to get the answer she wants. If a story is frothy, for example, she has fun with her subjects—she enjoys them. She's always genuinely interested."

> "Diane can flirt like mad to get a story she wants," says one CBS producer. "She has the skill of a surgeon—she gets under her subject's skin, but without drawing blood."

And that's part of what makes Diane Sawyer so remarkable—the uncanny ability to persuade subjects to reveal themselves in very surprising ways. She's been able to tease Prince Charles into commenting on his naughty brother, Andrew (even after Buckingham Palace specifically ordered her not to ask), and to get Lady Bird Johnson to admit that LBJ had hurt her with his infidelities. "She has the skill of a surgeon—she gets under her subject's skin, but without drawing blood," says a *CBS Morning News* producer.

Diane attributes the success of her interviews to something else. "I suppose my method of work—if you can call it that—is to overcompensate. I always read the extra book, I get there earlier than anybody else and I make those extra phone calls," she explains.

Whatever the reason, Diane has already won over the television audience. And she's managed to dazzle an assortment of attractive men in her personal life as well. When she met Warren Beatty on the floor of the Democratic Convention this past summer, for example, he reportedly asked her for a date on the spot. She refused, but did accept a second invitation after meeting Beatty again at a party he had arranged to get her invited to. Since then the two have dined in New York and been seen at the theater, sparking rumors of a romance. "Warren and I are just friends," Diane protests with a laugh. "We talk on the phone a lot."

Long-time friend William Paley, the still powerful former chairman of CBS, is a frequent dining companion. And in these encounters, the thoroughness that helped make her career such a success is put to good use. Knowing that Paley is fascinated with genetic engineering, Diane prepares carefully for her dates with him by reading every scientific bulletin she can find. (Their close relationship has led to talk around CBS that one of the reasons for her rapid rise to prominence at the network is her friendship with Paley. Diane denies this vehemently.)

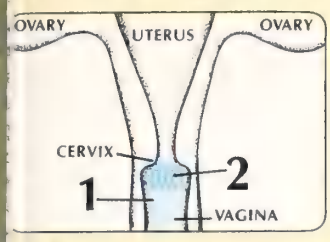
But for all the high-powered attention she gets, at the age of thirty-eight Diane remains single and has never even been engaged. "She's had dozens of wonderful men dying to marry her," complains Diane's mother. "I don't know what keeps her from making up her mind!" Diane came closest to marrying her high-school sweetheart, with whom she had an on-again, off-again relationship. But she demurred each time the subject of marriage arose and finally said no when he began to pressure her. "I love him," she told her mother, "but he kept pushing me. I simply will not, cannot be pushed."

These days, Diane is seen most often with Richard Holbrooke, an investment banker who was assistant secretary of state under Jimmy Carter. Together, they attend some of New York's most exclusive parties. "I love having Diane at my parties," coos renowned hostess Alice Mason. "She has substance and glitter." In addition, she usually adds an unforgettable spark to the social events she attends. One evening, recalls Mason, Diane buttonholed Walter Cronkite and demanded that he describe his first kiss. "Suddenly Walter was waxing sentimental and Diane kept drawing him out and he kept revealing more. It was marvelous!"

At times her astonishing questions have been known to backfire, however. During another elegant dinner, Diane reportedly went around *(continued)*

"I don't take the pill anymore."

"Since I started using Encare, I see no reason to go back to the pill. I mean, Encare has no hormones and that's important because my doctor told me to get off the pill for a few months to give my body a rest. On top of that, Encare's 2-way protection makes me feel safe.



1. Encare Contraceptive Inserts give you a precise dose of the spermicide doctors recommend most. **2.** Encare forms a foaming physical barrier against the cervix to help prevent pregnancy. I like that.

"Just remember, it's essential that you insert Encare at least 10 minutes before intercourse and that you follow the package instructions. Some Encare users experience irritation. If you do, simply discontinue use.

"Encare is approximately as effective as vaginal foam contraceptives in actual use. It's not as effective as the pill, however no birth control method is 100% effective, so talk to your doctor. If he or she has told you not to become pregnant, ask which method including Encare is best for you and discover birth control you can trust."





© 1984 Thompson Medical Co

Encare

Birth control you can trust.



For maximum relief of cramps.

Maximum Cramp Relief Formula Pamprin has as much of the same aspirin-free pain reliever as Extra Strength Tylenol.® Plus, a special cramp reliever Tylenol doesn't have. The result: maximum relief of cramps.

So why suffer from cramps when you can take Maximum Cramp Relief Formula Pamprin ...and get out there.

Available in capsules and tablets

Your period doesn't have to get

©1984 Chattem, Inc.

DIANE SAWYER
continued

her table, commanding everyone to "tell something about yourself you've never told anyone before." There was a deathly silence, and John Brademas, president of New York University and a former member of the House of Representatives from Indiana, offered, "I knew you, Diane, when you were a beauty queen appearing at a county fair and I was a fledgling congressman." Everyone laughed, and Diane changed the subject. Turning to Charlotte Curtis, the influential associate editor of *The New York Times*, she asked, "Charlotte, when did you first know you were interesting?" "The day after I was born, dear," Curtis tartly replied.

Actually, Diane's favorite parties are ones where she doesn't talk at all. ("I'm really very shy," she claims. "You can be shy and be on television—it's not a contradiction.") She especially loves the songfests held by Osborn Elliott, the dean of Columbia's School of Journalism, and his wife, Inger. "Diane has a gorgeous contralto," says a regular guest. "When she sings 'In the Still of the Night,' you're held spellbound."

"I love to sing almost more than anything else," Diane confesses with a laugh. "As a teenager, I dreamed of being Julie Andrews. I'd sing along to her records of *The Sound of Music* or *The Boyfriend*. Remember the *Unsinkable Molly Brown* song, 'I Ain't Down Yet'? I used to sing that song over and over along with the recording whenever I was depressed. It was so rowdy and inspirational—it always lifted me to the skies."

Diane Sawyer was born in Glasgow, Kentucky, but raised in Louisville, where her family still maintains a home. Her father, E.P. Sawyer, was a prominent Republican judge—a gentle, reflective man who composed country music in his spare time. Diane's mother, Jean, was—until recently—an elementary-school teacher. "Actually, she taught me in the third grade," Diane says. "I'll never forget the day she called on me, knowing that I hadn't memorized the Roman numeral for nine.

"My childhood was very happy. My sister and I were very much loved. We were hugged a lot. You're looking at a very hugged woman."

In high school, Diane grew tall and gangly. She wore glasses and was "boringly serious. My teachers loved me, which gives you a good idea of what I was like," she says. "When I wasn't invited by a boy to the senior prom, my English teacher burst into tears. But I honestly didn't care. I went to see a movie on prom night and had a marvelous time." But Diane admits that "part of me longed to be like the other girls, to wisecrack, flirt and ride in open cars, screaming with pleasure. But part of me wanted nothing to do with it, and I was something of a loner instead. I was just happy going off by myself or with my group of friends. We called ourselves 'reincarnated transcendentalists' and spent our time reading Emerson and Thoreau down by what I'm sure was a terribly polluted creek."

But the nonconformist adolescent blossomed in her late teens. "I entered America's Junior Miss contest principally because my sister had entered before me. I tended to have no independent judgment in those days. I simply did everything my sister did. When I won, it was a frightening experience."

Her newly found success, however, did not help her socially. "I felt self-conscious about being a beauty queen," she recalls. "Of course, it didn't help when I arrived at my first college mixer and heard some guy mumble, 'Is that her? She's not so great.' I absolutely froze, then ran back to my dorm and didn't have more than five dates the entire time I was in college."

After graduating, she worked in



For relief of cramps, water weight gain, and premenstrual tension.

Pamprin starts with the same aspirin-free pain reliever as Tylenol® and adds two special ingredients. The result: effective relief from the multiple discomforts your period can cause.

So why suffer from your period when you can take Pamprin...and get out there.

you down anymore. Period.

Use only as directed.

Louisville as a weather girl, then as a newscaster at a local ABC station. But when her father died in an automobile accident in 1971, Diane quit and took her mother on a long trip to help assuage their grief. Then she moved to Washington, D.C., "like Mary Tyler Moore, looking for adventure," she's confessed to friends. A call to one of her father's friends on the Republican National Committee landed her a job in the White House press office as an assistant to Ron Ziegler, Richard Nixon's press secretary. "It was not ideological," Diane insists. "I would have been just as happy working for George McGovern."

Looking back, Diane wishes she'd kept notes about what was going on. But there really wasn't time. The press office never seemed to shut down, and Diane got so caught up in her job that she didn't even furnish her apartment. "I slept on a mattress on the floor for three years," she says.

She got along well in her new job. Her looks and brains appealed to Nixon, who called her 'that smart girl.' (She met him, however, under less than impressive circumstances. "I was on my way to the Xerox machine, scissors in hand, and I bumped into him and knocked him down. Two Secret Service men grabbed me. The President was actually very funny about it . . . said I could get hurt that way.") Looking on her employment with Nixon as a graduate course, she stuck by him during the Watergate cover-up, even after it shattered into a series of ugly disclosures that rocked the entire country. "I was aware there were some very troubling things going on, but I was also aware that there was a human being in a crisis situation. I am by nature loyal, and I refused to make a snap judgment."

Part of Diane's job was to "read every newspaper and watch every TV report." She developed an encyclopedic knowledge of Watergate's intricacies, and, at one point, even thought she "might help the lawyers try to piece the puzzle together," she says.

Instead, Diane was one of the handful of aides who flew with Nixon to San Clemente on August 9, 1974—the day he resigned the presidency in disgrace. It has been assumed by some that she went to be near Frank Gannon (Nixon's favorite speechwriter), who had also been asked to work on the memoirs and who was eventually linked to Diane romantically. Diane denies it. "I did not go to San Clemente to be near Frank," she says firmly. "I barely knew him then. We'd met, but only casually. I was on the plane because the President asked me to be."

She expected to stay four months to help shape the presidential papers into a manuscript. Instead she stayed four years. Her area of expertise: Watergate. She reread everything on the subject, including transcripts of all the TV news broadcasts, interviewed H. R. Haldeman and John Ehrlichman, Nixon's former chief aides, and created a flowchart that traced the Watergate events and players and established the links between them. "This is the first time I've understood what the hell went on," Nixon exclaimed when she showed the chart to him.

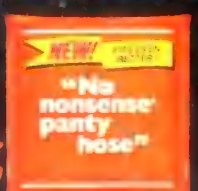
Diane says she's been asked dozens of times to write her own recollections of Nixon, but she can't. "I worked in an atmosphere of trust; it would be a betrayal," she explains. "I've read his diaries, his letters. He is such a self-consciously private person—it comes from his Quaker upbringing. When he was a little boy, he had to ask permission to hug his brother."

Colleagues assumed that Diane's long association with Nixon would hurt her career. She's proved them wrong, but it wasn't easy to make the transition from San Clemente to television journalism. In 1978, when William Small, then senior vice president of news at CBS, decided to bring Diane to Washington as a general correspondent, "He had *(continued)*



Now
No nonsense® fits
better than ever.
With new
16 point contouring.

It's here! New No nonsense® panty hose with 16 point contouring. Shapes itself perfectly from your ankle...all the way to your waist. It fits you even better than before!



that's No nonsense™

© 1984 No Nonsense Fashions, Inc.

DIANE SAWYER
continued

to fight like crazy. There was unilateral opposition to me i the network," Diane says.

However, Small persisted and wrangled her a low-lev job. "Real drudgery—fill-in radio spots at the White Hou kind of thing," Diane says. Meanwhile, colleagues like Da Rather kept complaining that she had no real journalist experience, that she'd simply been Nixon's loyal follower f eight years. But in time, she managed to impress them- simply by working harder than anybody else.

In 1981, she was brought to New York to co-anchor th *CBS Morning News*—first with Charles Kuralt, then wit Bill Kurtis. During her tenure, the show's ratings ro briefly, but then dropped this year. And behind-the-scen rumors flew that there was little love lost between the tw stars. Kurtis will say only that "Diane is one tough lady but Diane maintains that they "laughed a lot off camera."

Today more than ever, Diane's life revolves around h work—and there's a lot to do as a correspondent for *6 Minutes*. In one week, for example, she flew to Washingto to research a story, traveled to Louisiana to do some inte views for a feature on the military, then headed to Chicag to interview novelist Saul Bellow. When she finally r turned to Manhattan, she was greeted by her mother ar three aunts who'd come up from Kentucky to help her u pack in her big new Manhattan apartment.

With more than twenty stories already in the work Diane's hectic pace is not unusual these days. She and he colleagues meet whenever their frantic schedules permit t share ideas. "We sit around and ask each other, 'Where ar all the stories that have never been told? The secrets, th scandals, the corrupt practices we should be revealing?' "

Indeed, those new stories are becoming increasingl tough to find. In recent years *60 Minutes* has produced fea tures on everything and everybody from the Palestine Lib eration Organization and the Irish Republican Army t Henry Kissinger and Johnny Carson, not to mention ex posés of a health spa and a phony health clinic. But Diane determined to contribute her share of stories. And in spit of being the only woman on the team of reporters, sh doesn't plan to do what she calls "women's stories." "For ex ample, I would never interview Warren Beatty," she say with a twinkle in her eye. "If Warren says yes to us, and hope he does, Mike will probably interview him."

Is she disturbed by some of the tactics *60 Minutes* ha used to get to the heart of a story?

"Well, I think the ambush interview should be the inter view of last resort. I mean, you have to weigh the need fo tactics like that—only in a very few cases could it be just fied," she says. "But *60 Minutes* is looked upon as a kind o unofficial ombudsman, a place where things can be aire explored, and in some cases exploded." She pauses. "But w do dream of getting certain people on camera."

Like who?

"Like the people who always refuse—Princess Diana, th Pope, Pat Nixon."

Diane's schedule may be consistently packed, but she i quick to point out that "no week is typical. The only typica thing is that I never have enough time."

What about life after work? Well, she *would* like to marr someday, but has yet to find the right man. ("How does on know?" Diane blurts when discussing the subject. "I believ in lightning striking, in corny things like romance.") An at the age of thirty-eight, she still dreams of having chil dren, although she knows that time—her scarcest and mos valuable commodity—is growing short. "Sometimes I'm af raid that my work will take over my life," Diane admits "But I can't help it. I am addicted to it." **En**

Announcing the first definitive and comprehensive collection of Norman Rockwell plates ever issued . . .

THE NORMAN ROCKWELL FOUR SEASONS

Miniature Plate Collection





Shown actual size of 3¼ inches in diameter.

Limited Collectors Edition in fine porcelain and 24 karat gold.
Issue price, just $12.50 per plate.
Advance subscription deadline: March 31, 1985.

NORMAN ROCKWELL is the best-loved of all American artists. And the most widely collected. Yet never, till now, has there been a complete and comprehensive, *definitive* collection of Norman Rockwell plates.

In the great legacy of art that Norman Rockwell left as his gift to the world, the "Four Seasons" paintings which he created over a 17-year period are considered by many to be his finest work. Each is a masterpiece of gentle humor and loving insight, capturing the deepest feelings of the human heart in unforgettable images.

Now, for the very first time, every one of these marvelous works is available to you in a single, superb plate collection.

A historic, incomparable series

Each plate is of finest white porcelain, banded with pure 24 karat gold. The greatest care has been taken to ensure that Norman Rockwell's original art is reproduced with total fidelity. The priceless originals were commissioned directly from Norman Rockwell by Brown & Bigelow, and this complete collection is issued with their full authorization and approval.

The plates are produced by prestigious Fairmont China, winner of the "Plate of the Year" award in 1982 for a collector plate which increased in value by 234% in a single year. Yet the collection is most affordably priced, at just $12.50 per plate.





A handsome, custom-designed étagère of hand-finished hardwood will accompany each collection at no extra charge. This étagère is especially crafted to hold all 68 plates in the complete collection in appropriate "seasons of the year" groupings. And each collection will be accompanied by a Certificate of Authenticity.

A limited edition

The collection is available by subscription only. The plates are not sold separately, nor are they sold in even the finest stores. There is a limit of one collection per subscriber, and the subscription rolls will be permanently closed at the end of 1986, after which this edition will never be issued again. As a subscriber, you will receive your collection on a convenient and systematic acquisition plan, at the rate of one plate each month. And when your collection is complete, it will be a joyous treasure for you and your family . . . a prized and cherished heirloom for future generations.

Price guaranteed for complete collection

The $12.50 price per plate is guaranteed for the duration of your subscription, if you enter your order by March 31, 1985. Each plate is fully guaranteed and may be returned within 30 days. And you may cancel your subscription at any time on 30 days written notice.

There is no need to send any money now. But your subscription should be entered no later than March 31st.



No-Risk, Five-Year Repurchase Guarantee

We are so confident of the lasting value of this collection that we guarantee to repurchase the complete collection at its original issue price for five full years from completion, provided only that the plates are returned in their original condition.

ADVANCE SUBSCRIPTION APPLICATION

THE NORMAN ROCKWELL "FOUR SEASONS" MINIATURE PLATE COLLECTION 311

Collectors Edition

Arlington Collectors Society
Newfane, Vermont 05345-0225

Valid only if postmarked by March 31, 1985
Limit: one subscription per person

Please accept my subscription to *The Norman Rockwell "Four Seasons" Miniature Plate Collection*, consisting of 68 plates in fine porcelain and pure 24 karat gold.

I need send no money now. I will receive my collection at the rate of one plate per month, at $12.50* per plate billed in advance of shipment. I will also receive a custom-designed étagère of hand-finished hardwood, at no additional charge.

*Plus $1.00 per plate shipping and handling. Vermont residents add 4% sales tax.

Name _____

Address _____

City _____ State _____ Zip _____

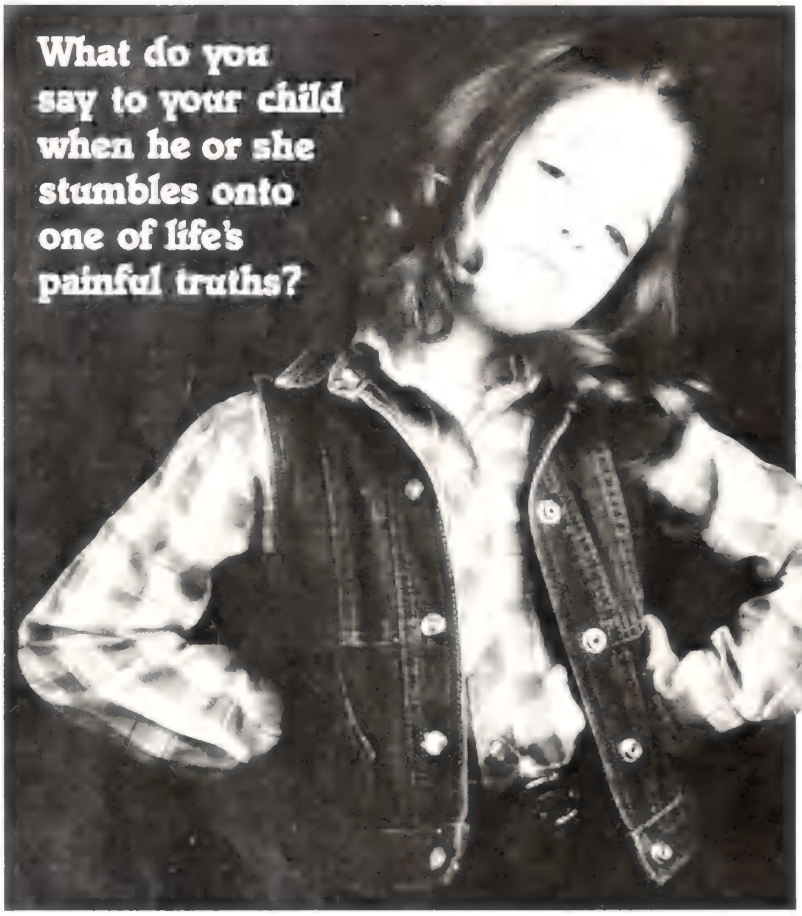
Signature _____

All subscriptions subject to acceptance

© 1985 Arlington Collectors Society Rockwell art © B&B 1953, 1956 or 1961

"Mommy, it's not fair!"

By Veronica Thomas



Paul Goode

Eight-year-old Samantha had her heart set on playing the lead in the upcoming school play. For days she talked of little else. "I'll get to wear that white sparkly fairy costume and sing the song about the three wishes and *everything*," she told her mother. But the part was given to another third grader, and Samantha's hopes were dashed. "Oh, Mommy, it's not fair!" she wailed. "Now all I'll be is one of the elves and I don't even get to say one single line by myself!"

It's not fair! That battle cry of childhood (and even adulthood) has no doubt been part of human nature since man first learned to speak. And one of the challenges of parenting is helping children cope with the inevitable injustices in life.

But in order to do so, it is essential to keep in mind that there are two different aspects of unfairness. In the first, *circumstances* seem unfair. For example, Jenny wants to know, "How come *her* piece of cake is bigger than mine?" or John complains, "Jimmy sat in the front seat last time." The second kind of inequity is more profound: Some things in life are indeed *inherently* unfair. For instance, although Mary and Nancy studied equally hard for their exam, Mary received an *A* but Nancy earned only a *C* because she has more trouble remembering complex information.

Whatever kind of problem you're dealing with, you'll have more success in getting kids to cope if you have been fairly consistent yourself in rolling with the punches. Most experts agree that the child who sees Mom and Dad coping well when things go wrong learns firsthand how to deal with some of the setbacks that life can bring. For instance, when Dad does not make a sale he hoped for, the kids sense he's concerned and upset. "Well, I am disappointed," Dad may explain, "but I have a responsibility to my company. And that means I have to keep working as hard as I can." If parents set the right tone, even a youngster prone to pointing out inequities can acquire a more positive attitude.

Still, setting an example is only the first step. When unfairness crops up for your children, you need to help them recognize the truth and to emerge feeling worthy and ready to go on. "Some things are not equal," says child psychologist Louise Bates Ames, Ph.D., co-founder and associate director of the famed Gesell Institute of Human Development in *(continued)*



Small Revolution

We started it when we created Triple Concentrated Downy.® You see, we poured all the softness and April Freshness of the regular Downy you love into this little bottle just one third the size. Then we gave this little bottle a No-Drip Cap to help keep our bottle neat. We even put a small price on it! And you still get the same Downy softness, April Freshness and static cling control, but you use only one third as much! Now, don't you think it's time you joined the Downy Revolution?



Small bottle. Easier to use. Easier to store. Yet drop for drop, you get three times the softness and April Freshness of regular Downy.



No-Drip Cap and Easy-Pour Spout. Pours neat. Stays neat. See... what's left in the cap goes back in the bottle. Not down the sides. No more sticky hands!

Join it. With Triple Concentrated Downy.

© The Procter & Gamble Company 1985.

"MOMMY, IT'S NOT FAIR"
continued

New Haven, Connecticut. "The best thing parents can do is not to deny or ignore this fact, but to make their kids aware of it in different situations," says Ames, a leading authority on child behavior and co-author of *He Hit Me First* (Dembner Books, 1982) with her granddaughter, Carol Haber.

Ames states flatly that any parent who tries to play the fairness game with a child "has had it, right from the start." In particular, she cites parents who bend over backward to keep their children happy by always being even-handed. "For instance," she says, "if it's one child's birthday, they'll give presents to the other siblings, too." But children have their own sense of fair play, and usually, reminding a child that on his next birthday he will be the only one to receive presents will quiet his complaints.

Of course birthdays and holidays are not the half of it. Siblings tend to measure their lives against one another's on an ongoing basis. "Invariably you'll find the child who feels that his siblings are being given more attention, fewer chores, nicer toys or what-have-you," says Ames. "Parents should simply say, 'We do our best for all of you.'"

Also be wary of feeling unnecessarily guilty if you can't seem to keep the children satisfied all the time. The inability to grant your children's every wish can be difficult to accept. Ames recommends making *need* rather than fairness the basis for family decisions. Thus sibling complaints like: "It's not fair, you bought her five different pens and I only get pencils," might be answered with: "When you reach the sixth grade and are allowed to use pens, I'll buy them for you, too."

Of course, at different ages "unfair" means different things to children. In their studies of child behavior, Ames and her colleagues at the Gesell Institute of Human Development have found that specific patterns emerge at various ages concerning the it's-not-fair syndrome. At two and a half, a child is preoccupied with his possessions. He is very reluctant to share his toys and will often shout, "No fair!" when pressed to do so. By five, a child is inclined to blame others for his actions, and may claim, "It's not fair," when scolded. For instance, Mike knocks over his glass of milk and tells Mom it was all Susie's fault for making him laugh.

Seven is regarded as a most difficult time, and Ames refers to it as a "paranoid age." "That's when many children complain about *everything*," she says. Parents can brace themselves for a constant bombardment of: "All the other kids pick on me." "The teacher isn't my friend." "Why do *I* have all the bad luck?" About the best thing to be said of a seven-year-old is that he will become eight—eventually.

Meanwhile, Ames suggests that parents humor their seven-year-old without necessarily giving in to the child. "Play a double role," she advises. "Don't laugh at or belittle whatever the child is complaining about. Sympathize with him." If seven-year-old Ellen is not invited to another child's birthday party, then Mom or Dad might say: "I know that makes you unhappy. It's not nice to feel left out." And according to Ames, the average seven-year-old, although quick to take offense, tends to quickly forget a slight—whether real or imagined.

Though fairness is hardly an issue for the more placid eight-year-old, a child of nine is particularly conscious of what is fair and will take it very much to heart when mistakenly blamed for something. He may also be reluctant to accept unearned praise. The big plus for the nine-year-old is that he can usually be appealed to through fairness. If Mom comes home from a hard day at work, the nine-year-old will understand that she's just too tired to read a bedtime story that night, a relief for an overworked mother. This strong awareness of what is and isn't fair continues for children throughout the teenage years, though with maturity they tend to modify their perception of fairness.

Though we know life's unfair, we hide this fact from children. But such denial is harmful.

Of course, a dark side of the it's-not-fair syndrome exists when the child's congenital makeup, either physical or psychological, is an issue. Young Billy's balking at taking out the garbage because Jane has only to clear the table is a different matter from Charlie trying to compete with his brighter brother. And what do you say to a little girl who trips over her own feet yet dreams of becoming a ballerina?

When confronted by the child who is less attractive, less skilled, less popular, many parents tend to flounder, groping for the right words of comfort. Though we all know that life's unfair, we try to hide this fact from children. Unfortunately, such denial is often more harmful to children because the rest of the world won't shield them. In fact, frequently a child is taunted by other children because he is seen as different in some way.

Such cruelty has been known to seriously undermine many a young life when a child does not have the love and support of an adult. In some instances, an adult's sarcasm reinforces the jibes. A boy with poor coordination can be made to feel irredeemably clumsy when the coach yells at him: "Hold onto the ball when you catch it, Kenny!" and his peers follow suit by chanting: "Kenny is a klutz, Kenny is a klutz. . . ." Similar punishment is meted out to a child who is shy or who blushes easily, or even worse, who stutters.

Though none of us has any control over the attributes we are born with, a child is often ridiculed because of his physical appearance. His peers find him too short or too tall or say that his ears stick out, his hair is too red, his nose is too big. In such cases, experts encourage parents to bolster their child's self-image. Honesty, combined with loving praise, can be the best prescription for your child's pain. Instead of trying to comfort your child by saying things like, "What do you care what they say?" or "Don't listen to them," greater credibility is gained if parents gently acknowledge the truth. For example, you might tell the child, "Well, your nose isn't perfect, but you do have beautiful eyes and a great smile and you know how to be a good friend. People who are worth caring about will like you for who you are."

Everyone has good and bad points, and by focusing on your child's best attributes, you can lessen the importance of other children's jibes. Let your child know that being an individual involves being different; and being different, even though difficult to some degree, is therefore essential. We each have our own contribution to offer: Jenny can draw beautifully. Ann is a whiz at math. Peter has a great sense of humor. Gary is always so thoughtful. By playing up your child's attributes and minimizing your attention on his shortcomings, you can help him realize that being the same as everyone else is neither realistic nor desirable.

Of course, there are certain cases in which a child feels being different has very little merit. For instance, a child who has a physical handicap may be made to feel different

(continued)

Gerber Nutrition Report
Answers to questions parents ask us.

Is my baby ready for family foods?

Babies' needs vary, but many family foods should not be fed during the first year. During the transitional second year baby food will continue to play an important role in the diets of most young children.

More Nutrients Per Calorie

During the first year a baby's birth weight generally triples. Because of this rapid growth, a baby requires a higher nutrient-to-calorie ratio than older children and adults. To insure the necessary nutrient level Gerber specially formulates each jar of food so that every ingredient fulfills a specific purpose. Generally, Gerber Foods provide more nutrients per calorie than many comparable adult foods.

Appropriate for Immature Digestive Systems

In addition to having high nutrient demands, a baby has not yet developed a digestive system mature enough to handle many table foods. And a baby's system cannot yet process the levels of salt and other seasonings present in many family meals.

The Proper Caloric Content

That's why Gerber is careful to offer a wide range of products that provide the caloric levels most beneficial for a baby's developing body system – without inappropriate amounts of salt and other seasonings.

The Right Variety

Gerber prepares more than 150 ready-to-serve varieties, including Strained Foods with the pureed consistency most appropriate for a beginner, and Junior Foods with the particle sizes that will help encourage your baby's maturing chewing abilities.

So with Gerber you can be sure of serving the foods best suited to your baby's still-growing needs.

If you have any questions about your child's specific dietary needs, consult your health care professional, and feel free to write us at "Ask Gerber", P.O. Box 500, Fremont, Michigan 49412.





Gerber®
Babies are our business... and have been for over 50 years.
Gerber Products Company. Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Maxi-Absorbent Protection in every MAXITHINS™ Product



Equal amounts of blue test solution were poured on pads that were cut open. The pads were then blotted. The surface of the MAXITHINS stayed drier.

Because only MAXITHINS has the Maxi-absorbent center

The blotter test proves that MAXITHINS Maxi-absorbent center locks in fluids better than the materials in ordinary pads and panty shields.



Also available in deodorant.

Each MAXITHINS product is folded an wrapped to be fresh and clean.

Maxi-absorbent protection, from the MAXITHINS family

pads & panty shields

© TAMBRANDS INC . 1984

"MOMMY, IT'S NOT FAIR"
continued

because of his physical limitations. "It isn't fair," he says, "I didn't do anything to deserve this." Parents must be supportive and help their child understand that he is, in many ways, stronger because of his handicap and can make a valuable contribution to society. Give the child incentive to keep going and to feel good about himself.

A child's self-confidence soars when he's seen by his parents as a very special individual in his own right. Yet parents don't always provide all their children with such assurance. The way in which parents love each of their children can be uneven in the same way that life is unequal. Many of us have seen cases in which Mommy's favorite can do no wrong, sometimes at the expense of other siblings. "I can always count on Amanda to help me," says Mom, implying that none of her other children would lift a finger. Fathers are guilty, too. "There's my best boy," says Dad. "David is a chip off the old block!"

When parents play favorites, the it's-not-fair syndrome can dominate a family's interaction. A smarting child is likely to lash out with: "If *he* had broken it, you wouldn't say anything." Or, "You always take *her* with you, never me." In fact, memories of parental favoritism have been known to rankle long after the child has grown up.

Although psychologists agree it is perfectly normal for parents to have a favorite child, they recommend that such preferences be played down as much as possible. While you can't always control your feelings, say the experts, you *can* do something about your actions.

Parents must keep in mind that all children are different, and therefore they see things differently. What may seem unfair to one can seem unimportant to another. In general, it has been found that a child's self-perception has a lot to do with the way he reacts to a possibly provocative situation.

"Kids can be helped to cope with the inevitable disappointments of life if parents give them a sense of self-esteem," says Jonathan Kellerman, Ph.D., a pediatric psychologist in Los Angeles and author of *Helping the Fearful Child* (Norton, 1981). According to Kellerman, a child's sense of himself is built by the messages he receives, and it is never too soon for a parent to start sending the signals. By loving, cuddling and holding their baby, parents are saying: "You're terrific. You're wonderful." Praise is the key word. "Even if a child is not a beautiful child, love can make him feel valuable," explains Kellerman.

But while reassuring words can ease a youngster's pain, parents need to accept the fact that a child may feel unhappy sometimes and that's that. "Expecting a child to be happy all the time is unrealistic," says Kellerman. "No matter what you do, there are things that happen outside the home. You can't control your kids' moods." Parents shouldn't always feel responsible when their children seem upset.

But parents should be supportive when their child has a problem. When Rick comes home and complains, "Whenever I know the answer the teacher never calls on me, but when I don't, I'm the first one she picks on," his parents might respond by saying, "I'm sorry, it sounds like that really made you upset," rather than dismissing the complaint with laughter. Usually, acknowledging the problem as a problem and giving a sympathetic answer is all the child wants or expects to hear.

However, life can also bring those unfair situations in which a parent may feel powerless. And as children grow older, their lives become more complicated and the injustices of life more apparent. What do you do when your sixteen-year-old is in tears because the boy she likes didn't ask her out? Parents should accept the fact that there will be times when they can do nothing except *(continued on page 168)*

Does your antacid measure up to Double-Strength MYLANTA-II?

MYLANTA® II	**25.4**
RIOPAN®	15
RIOPAN PLUS®	15
MAALOX®	13.5
MAALOX® PLUS	13.5
DI-GEL®	12.5
GELUSIL®	12



If your antacid doesn't work well enough for you...maybe it's not strong enough for you. Try Double-Strength MYLANTA-II. The liquid antacid that's concentrated with nearly twice the antacid medicine—for nearly twice the acid neutralizing power of any leading brand.

*Milliequivalents of acid neutralized with 1 teaspoon of liquid antacid. 21 Code of Federal Regulations 331.
Sources: *Contemporary Pharmacy Practice* 1982; 5:246-249. *Physicians' Desk Reference® for Nonprescription Drugs* 1984; Edition 5.

©1985, ICI Americas Inc.

By Beth Weinhouse

MEDINEWS

The latest findings to keep your family healthy

Hopeful new treatment for PMS sufferers

Doctors at the University of California at San Diego School of Medicine have announced a new hormonal treatment for premenstrual syndrome (PMS), an array of physical and psychological symptoms that affects from 10 to 30 percent of all women in the two weeks before their menstrual period.

The medication is a brain hormone called GnRH-agonist, which prevents ovulation. The hormone blocks the action of the hormone GnRH (gonadotrophin-releasing hormone, which stimulates the ovaries). The results of a six-month study, reported in a recent issue of *The New England Journal of Medicine*, indicate that GnRH effectively relieves the symptoms of PMS without causing serious side effects (but of course, taking this hormone will have a contraceptive effect).

But because GnRH-agonist also inhibits estrogen, the researchers feel that long-term use of the medication may not be advisable. They are conducting another study to determine whether lower doses of the hormone will also be effective against PMS.

Preparing for surgery

Twenty million Americans will have some form of elective (nonemergency) surgery this year. If you are one of these people, there are steps you can take to prepare yourself both physically and emotionally for the surgery, and to help ensure a quicker recovery. The American Society of Anesthesiologists recommends that you:

- Quit smoking, or at least cut down. Your body will need plenty of oxygen to heal itself after the operation.
- Be sure to let your doctors know if you are a heavy drinker.
- Try to lose weight, since obese patients have a higher rate of postoperative complications. But do not go on a crash diet right before surgery.
- Make sure your doctors are aware of all the medicines you take—both prescription and over-the-counter drugs.
- Ask questions of your doctors, and confide your fears to them.
- If you are having outpatient surgery, arrange to have someone drive you home from the hospital and stay with you for at least twenty-four hours.

New pregnancy tests

For the last eight years, the most commonly used pregnancy test has been the latex agglutination test—the two-minute test that can be done either in a doctor's office, with a blood sample, or with a home testing kit, using a urine sample. This test determines the presence of the hormone HCG, indicating pregnancy. But even though HCG is produced almost immediately after conception, the test is not sensitive enough to be accurate until about three weeks after conception.

"Now a whole range of new laboratory tests for pregnancy are coming on the market," says Dr. Bernard A. Eskin, clinical professor of obstetrics and gynecology at the Medical College of Pennsylvania in Philadelphia.

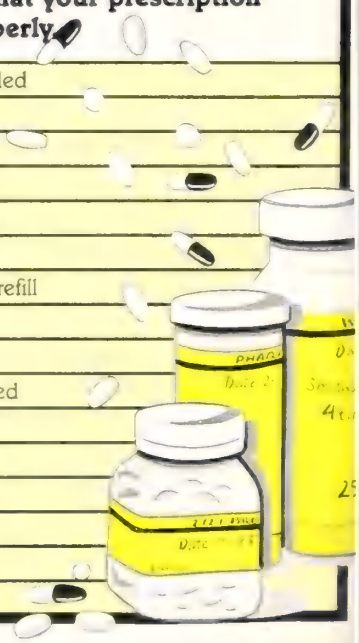
According to Dr. Eskin, there are three new tests available. Two of these tests—the beta HCG-RIA blood serum test and the ELISA (enzyme-linked immunosorbant assay) test—also work by detecting HCG in the blood. However, their greater sensitivity means they can detect HCG about a week after conception, and they also give an idea of how long a woman has been pregnant. Both tests are performed in a laboratory.

A third new test uses monoclonal antibodies to determine whether a woman is pregnant. The advantage of this test is that it does not have to be done in a laboratory—it will soon be available for physicians' offices and hospital emergency rooms—and it can detect pregnancy about four or five days earlier, and more accurately, than the latex agglutination test.

DECODING YOUR PRESCRIPTION

Knowing the meaning of these pharmaceutical phrases and abbreviations will help you make sure that your prescription is correct and that you are taking it properly.

ad libitum (ad lib)	as much as needed
ante cibum (a.c.)	before eating
bis in die (b.i.d.)	twice a day
e.o.d.	every other day
gutta (gt. or gtt.)	a drop, or drops
hora somni (h.s.)	at bedtime
non repetatum (non. rep.)	do not repeat or refill
per os (p.o.)	by mouth
post cibum (p.c.)	after eating
pro re nata (p.r.n.)	as often as needed
quaque quarta hora (q.q.h.)	every four hours
quater in die (q.i.d.)	four times a day
signa (sig.)	write on label
ter in die (t.i.d.)	three times day
t.w.	twice a week
ut dictum (ut dict. or u.d.)	as directed





How to give your children the gift of healthy teeth.

Free booklets from the Aim "library" can help your children develop better dental habits.

How do you teach your kids to *want* to take care of their teeth? How long should you keep a toothbrush? When are sweets "okay"? You'll find the answers in "A Parent's Guide to Hassle-Free Cavity Fighting."

Send for your free copy today and Aim® will also include a bonus book for your children.

You'll find it in the "Parent's Guide"

—How to manage your child's sweet tooth without being an ogre.

—What to do during pregnancy to help your child grow up with healthy teeth.

—When to start brushing your toddler's teeth—and how to get him to let you.

—How a baby bottle could be ruining your baby's teeth. And what to do about it.

Reminder: Many schools focus on dental hygiene during February, National Children's Dental Health Month. Order your books today so they'll be in your hands in time to reinforce what your children learn in school.



The "Parent's Guide" contains a wealth of information and practical advice from the people who make Aim. It was written to make it easier for parents to establish good dental habits for their children. Good habits that will last a lifetime.

These creatures are teachers

"How to" tips make dull reading for children. Enter "Tooth Wars," an illustrated adventure tale of high-tech heroes and villainous tooth invaders.

"Tooth Wars" captures children's interest while each episode makes a telling point about good dental habits.

To get your free "Parent's Guide" and "Tooth Wars" fill in your name and address and mail to:

Aim® Library, P.O. Box 4189
Monticello, MN 55365

(Offer expires Jan. 31, 1986)

Name _____

Address _____

City _____

State _____

Zip _____



Accepted COUNCIL ON DENTAL THERAPEUTICS AMERICAN DENTAL ASSOCIATION

Remember:
February is National Children's Dental Health Month.

Aim has been accepted by the American Dental Association. For a total dental program:
1. Brush often with Aim Regular or Aim Mint. 2. Floss daily. 3. Limit snacking. 4. See your dentist regularly.

RAQUEL

Celebrating the body beautiful



Eva Serenyi/Sygma

No, she's not just another fabulous face. This sexy star has beauty, brains and a bright new career as a best-selling author. By Phyllis Battelle

When she leaves her rented Manhattan apartment for a brisk walk around the city, Raquel Welch no longer bothers to hide her luminous brown eyes behind sunglasses or *(continued)*

J.P. Laffont/Sygma

With husband André, Raquel edits photos for her new book.

TAHNEE WELCH: Like mother, like daughter

An interview with Raquel's lovely look-alike daughter, who's taking a stab at stardom.

Tahnee Welch, aged twenty-three and an absolutely stunning replica of Raquel, has vivid childhood memories of her life with Mother, the Movie Star. *(continued)*

Gamma-Liaison

A new star in the making.



How to eat to your heart's content.

Doctors have found a delicious prescription for lowering your blood pressure. And it includes Mazola® 100% pure corn oil.

A recent U.S. Government study found that changing to a diet high in polyunsaturates reduced elevated blood pressure by an average of seven percent. And it reduced it in only six weeks. Those in the study enjoyed a rich variety of foods, including recipes like the ones shown here made with Mazola. Researchers chose Mazola because it's the leading oil that's the highest in polyunsaturates.

For a copy of our recipe book based on these research results, send your name and address to: "A Diet for the Young at Heart," Dept. DFY-2, Box 307, Coventry, CT 06238. It's loaded with menus and recipes that'll do your heart good.

Now try new Mazola No Stick, the only cooking spray made with Mazola pure corn oil.



Mazola®
For the young at heart.

© 1984 Best Foods, CPC International Inc.

TAHNEE WELCH
continued

"When I was only seven or eight, I'd see mobs of people streaming toward her, chanting, 'Raquel, Raquel,' trying to circle her, banging on the car windows—the kind of hysteria only rock stars get now," she recalls. "I was always concerned she'd be hurt. Sometimes they'd shove us into different cars—I guess because of kidnap threats." Later, as an adolescent, she watched her mother struggle helplessly against the tunnel vision of Hollywood promoters. "I felt very protective of her when I was growing up. I still do." Tahnee pauses. "I'd practically hiss when people I didn't trust came near," she says, smiling. "I'd think, Just leave my mom *alone!*" (Raquel was equally protective of Tahnee. "When I was thirteen, they approached Mother about having me do *The Exorcist*," Tahnee recalls. "Mom said no and told me, 'Tahnee, I don't want you to have to live *that* down the rest of your life.'")

It was not an easy girlhood, being the daughter of the world's number-one sex symbol, and Tahnee finally reacted to the pressures. At the age of sixteen, she suddenly dropped out of private school and left her lavish Beverly Hills home.

Her decision to be on her own, however, was met with heavy skepticism. "Everybody said, 'Tahnee? She's never done anything for herself. How's she going to make it?'" She made it by doing the only thing she could do efficiently. "My brother [Damon] and I always had chores at home, so I put out the word that I was a really good housecleaner, very honest, and I washed windows." That won her work at three private homes and in a beauty salon as sweep-up girl, earning a total of $100 a week. After several months she returned home because "I didn't want to lay a guilt trip on Mom. I knew she was saying, 'Oh, what did I do wrong?' when it wasn't her fault. It was just *me*."

Tahnee reenrolled in high school, but it didn't last. "I wasn't interested in school," Tahnee remembers. "I was not a very good student, and whatever we Welches do, we want to do well." So again she left home, found a job as a girl Friday in Los Angeles and paid her mother back for the school tuition for the semester she didn't complete. "That was only fair," says Tahnee.

Since then she has moved back home just once, for a brief period in 1981, while she did modeling work ("I wasn't good at it") to pay for acting classes in New York. "It killed me to shack up with Mom," she says. "It was like going back to point A." She adds, with amusement, "But that's one of my most stupid qualities—never accepting help from anyone unless I'm really forced to."

Today, Tahnee faces a new challenge. After a few years of modeling and studying acting, she is appearing in her first major film, *Cocoon*, a science fiction story in which she plays a beautiful alien who falls in love with an earthling. And in the Bahamas, on location, the word "star"—which makes her wince—is being bandied about. "I've never envisioned that for myself," she says. "When I'm asked for an autograph, I feel so embarrassed I could slide under a rock."

But there may be no way of escaping fame. Producer Richard D. Zanuck, who discovered Raquel twenty years ago and picked Tahnee for this film over two hundred other beautiful applicants, says, "I don't want to offend Raquel, who has progressed a hell of a lot over the years. But Tahnee has a basically more natural, intuitive acting talent than her mother had. And she seems very self-confident. However," he adds thoughtfully, "she is a very complex young woman."

That complexity is most obvious in her personal life. Tahnee—named for her paternal grandmother, who is part Sioux Indian—is friendly and cooperative with the crew of *Cocoon*. But no one feels close to her, and after each day's filming, she disappears into her hotel room alone. "I'm a loner, not a groupie," she says, laughing.

There's no man in her life either—at least not these days. Five years ago there was a romance. "I just adored somebody to death," she says quietly, "and I never really fell out of love. But it didn't work out." And she doesn't date. "Dating is just not a thing that makes me smile, and I don't imagine myself ever being married," she muses.

In Manhattan, where she has an apartment, Tahnee's social life consists of dressing up in her favorite clothes—"I adore vintage things from the forties and fifties"—and occasionally going with groups of young friends to movies or to downtown clubs.

The director sends a call: It's time for Tahnee to shoot a scene. "Am I going in the water? Oh, please," she says. The movie calls for Tahnee to scuba dive with porpoises. "I love it. It's the most daring thing I've done since I was little and used to climb high walls, open an umbrella and jump—certain that I would float gracefully to the ground." She grins. "I got hurt a lot."

As she leaps into the star system she dreads, Tahnee appears vulnerable. She could be hurt. However, Hollywood may have to take Tahnee on her terms. She doesn't know if anyone else can understand her. "But I work out my *own* problems. I've a long way to go before I really feel A-OK, but I've certainly gotten a lot better. . . ." **End**

RAQUEL WELCH
continued

shroud her shining dark curls. What's the point? Even at age forty-four, that sensational body—honed to perfection by diet and exercise—gives her away. "I am out all alone," she says. "It starts pouring rain, not a taxi in sight, and suddenly one will pull up to the curb and a guy steps out and says, 'Would you like my cab?' " She grins. "I tell ya there are a lot of perks to being me in New York. The people are adorable—treat me with respect, even *deference*." The lilting voice borders on awe. "I'm real here, not celluloid!"

Not only is she real, Raquel Welch is also a different woman—no less volatile but far less vulnerable—since she moved East with her third husband two years ago, selling her big Beverly Hills home, which she now calls "a glossed-over paradise, an expensive padded cell."

Reaching this happy stage in her life, however, hasn't been easy. In a twenty-year, often tempestuous career in Hollywood, making more than thirty films that were distinguished primarily by her skimpy wardrobes, Raquel felt manipulated and depressed. She went through two divorces and then began psychoanalysis "to find out why I kept making the same mistakes." All the while, she was trying to raise two children from her first marriage (her son, Damon, now twenty-four and in college, and her daughter, Tahnee, twenty-three and a fledgling film actress; see sidebar, page 44) without a father—an experience she likens to "being on top of a stagecoach with a wild team in front of you. I was being called 'the most beautiful woman in the world,' and I was so far down in my own estimation that when the critics picked on my movies, it was really too much!"

Then, in quick succession, Raquel found two sources of self-respect. She discovered yoga exercise, which she claims gave "balance" to her physical and mental energies. And more important, she met and married André Weinfeld, a Parisian writer and intellectual who saw in her what Hollywood had always ignored: an intelligent mind.

Raquel and André now share a nine-room apartment in an old but prestigious building overlooking Central Park. Raquel, greeting a visitor, has never looked more beautiful, her small-boned, perfectly proportioned frame tucked inside a leopard-print miniskirt and a white silk blouse. André, tall and thin, wears a rumpled shirt and jeans. Thoughtful, intelligent eyes dominate a craggy face that his wife aptly describes as "extraordinary—a cross between Don Quixote and Mick Jagger. From the first moment I saw *(continued)*



allie Petersen
os Angeles, CA

"I lost weight fast with Slim·Fast. It's delicious!"

Slim·Fast is so delicious, nutritious and natural, it's everything you need to lose weight fast. And now you can vary your Slim·Fast menu with luscious Chocolate Shake, tempting Vanilla Shake, rich Chocolate Pudding and creamy Hot Cocoa.

Every delicious Slim·Fast™ meal contains essential nutrition: vitamins, minerals, protein, fiber and bran.

And the Slim·Fast Diet Plan is so easy, it practically counts the calories for you.

Try all four varieties of Slim·Fast. It's everything you need to lose the weight you want...fast.



Slim·Fast...it's everything you need to lose weight.



© 1984 Solar Nutritionals Inc.



© 1985 Westwood Pharmaceuticals

RAQUEL WELCH
continued

André, I couldn't take my eyes off hin

"I fell in love with André at firs sight—of course, I *always* fall in love a first sight," she says with a laugh. Bu this man was different from the others Although Weinfeld, thirty-six, is eigh years younger than Raquel, he is th first man since her strong-willed, Boli vian-born father to take control "André," says Raquel, "is a very, ver strong man who has definitely estab lished himself as the man of the hous and in our relationship. Strong men ar a challenge to be around, especially fo someone like me, who's used to havin my own way, everything revolvin around me. So it's not always comfort able. Sometimes I have to bite m tongue. But I keep reminding myself 'That's him. He's the one I chose.' "

Friends who've known Raquel an her sometimes stormy personality ar amazed at her new sense of security i a changed lifestyle. Not that Raquel i docile; she still admits to "a very strong temper, and I'm very emotional." Bu André has given her what she's craved for so long—respect for her brain rather than for her sex-symbol image "You see, André is very French," Ra quel explains. "To the French, sex is just a natural part of life—not an iso lated, compartmentalized, sensation alized other *thing*, the way we make it in America. He's the first man I've loved who didn't wear an invisible sign around his neck saying, 'Watch out— she's mine.' I always felt owned before, but he thinks there should be freedom in love and sexuality. He's very chau vinistic. For example, he believes that in principle, every man has the right to have a mistress." With an exaggerated leer, Raquel adds, "Mind you, that's in principle only. He doesn't *have* one."

If Raquel defers to him, it is certainly reciprocal: It was André who recog nized her full potential (her academic background and super-bright 140 IQ had always been eclipsed by her beau ty) and persuaded her to take a giant step by abandoning Hollywood to star on Broadway. "I thought I had more guts than brains to try it," she says of her decision to substitute for Lauren Bacall in the hit musical *Woman of the Year* in 1982. "It changed my whole career." Her performance was a triumph to everyone but Bacall, who refused to pose for pictures with, or even congratu late, her replacement. Yet Raquel wasn't bitter about it. "All I could feel was ecsta tic about the show," she says.

The success had its dark side, how ever. During the Broadway run, Raquel discovered she was pregnant at age forty-two. She cut short her theatrical

ntract, but the strenuous dancing nd singing during the first three onths had taken their toll, and she iscarried. "It was a deep disappointent, but André says these things can started again. We're working on it a w times a week," she says, grinning.

As she talks, perched on an upholtered hassock in her spacious living oom, Raquel's face is alternately aninated and philosophical. "Thank God, have a sense of humor. And so does ndré. That's the bottom line, my savng grace, my survival in the past. You ave to find a way to laugh, because if ou don't, you become jaded and cynical and bitter—and that has never appened to me."

It could have. After spending years rying to make the film industry underand that she was not just another retty face (or gorgeous body), Raquel ealized that Hollywood didn't care a oot for her mind. "I tried at certain oints to make people like me for the easons *I* wanted but quickly learned hat you can't dictate that. If you say, 'I want you to love me for my intellect,' they say, 'Listen, I think your ideas stink—but I'd love to play tennis with you.' " She laughs wryly. "Or whatever . . . "

When she did try to overcome her stereotype as a mindless chassis, she was lambasted for her "temperament." The media and many of her peers described her as difficult to work with. "All I ever fought for was quality in my films," she says matter-of-factly. "I really felt I was being penalized for being the sex symbol *they* had created, and that made my Spanish blood boil." She pauses. "I am a very nice person with a very slow burn. You have to be extremely nasty, over a sustained period of time, to get me to crack."

When she does crack, watch out. Raquel admits that all five feet six inches of pulchritude may erupt. "When I'm angry—I call it my ferocious mood—I retire to a room somewhere, close the door and throw things. *All* my things." Her favorite missiles, she says, are mirrors. "Usually I end up throwing hand mirrors. Not big mirrors—I'm not that crazy. I like to see something shattered. I think it has to do with breaking the tension. It's not something I'm particularly proud of," Raquel adds, "but it's definitely me."

That's a side of her, however, that her husband has never seen. "I'd never dare throw things at André," Raquel says, smiling, though she freely admits she is occasionally tempted to do just that. "We all have a childhood dream that when there is love, everything goes like silk, but the reality is that marriage requires a lot of compromise. We give each other plenty of space. . . . "

The two met *(continued on page 179)*



EXPERT OPINION

What to do if someone's choking

Each year, nearly 10,000 Americans choke to death. Yet most of these deaths could be avoided if people knew what to do in such cases. To find out, we asked Martin Donner, M.D., director of the Johns Hopkins Swallowing Center at Johns Hopkins Hospital in Baltimore. By Charles Salzberg

Q: What exactly is choking?

A: Choking is interference with breathing. When a person doesn't chew a piece of food well, or, as is often the case with a small child, he puts a small solid object into his mouth, he may not be able to swallow it. If this food or object slips into the trachea (or airway) instead of into the esophagus (the path right next to the airway leading to the stomach), it becomes lodged there, preventing air from passing through. This obstruction triggers a spasm in the muscles of the larynx and the person chokes.

Q: Where is choking most likely to occur?

A: In restaurants. That's why choking has been called "café coronary": "Café" because it often occurs in a restaurant rather than at home; "coronary" because the victims look as if they are having a heart attack. They turn red or blue and are unable to breathe or speak. (Not being able to speak is the most obvious sign that someone is choking.) In a restaurant, people are more easily distracted—by the environment, the company of friends or, perhaps, alcohol. Whatever the reason, they either do not chew their food carefully or they talk and eat at the same time.

Q: What should you do if you see that someone is choking?

A: Act fast: If a person is unable to breathe, he will die within one and a half to two minutes. Perform the Heimlich maneuver (see box) to increase the pressure in the lung and airway and eject the lodged food. If this fails to work, the American Red Cross suggests you bend the victim forward and hit him hard on the back between the shoulder blades. (Never slap a choking victim on the back while he is sitting upright or you may force the food farther down the throat.)

Q: What if a child is choking?

A: Children can choke not only on food (the worst culprits: peanuts, hot dogs, grapes, mandarin oranges, popcorn) but also on small objects (the eyes of a teddy bear, marbles, beads, small plastic toys). A good rule of thumb: Until a child's back molars come in, around the age of two, don't give him any food that doesn't melt or crumble in his mouth. If an infant or child is choking, turn the child upside down and slap him firmly on the back (see box).

Q: What if you choke when you're alone?

A: Try to cough. Coughing is a protective reflex, and it may dislodge the food. You can also perform the Heimlich maneuver on yourself by making a fist, thrusting it into your upper abdomen and squeezing as hard as you can. Or throw yourself forward over the back of a hardback chair or over a sink; the force of the blow may dislodge the food.

Take a course in cardiopulmonary resuscitation so you know what to do if a victim stops breathing (check your local Y or contact BABY-LIFE, 344 E. 78th St., N.Y., NY 10021, 212-744-0805).

FACTS TO FILE



Heimlich maneuver

Stand behind the choking victim. Place the thumb side of your fist against the victim's abdomen, slightly above the navel but below the rib cage. Grasp your fist with your other hand. Press into the victim's abdomen with a quick, upward thrust. Repeat if necessary. Call 911.

Choking infant

Hold child so he straddles your forearm, with his head lower than his trunk. Be sure to support the head and neck. Give four back blows with the heel of your hand, then turn the infant, rest him on your thigh and quickly administer four chest thrusts (not abdominal thrusts, which can damage internal organs in infants and children).

If the child is too big to straddle your forearm, position him across your thigh while you kneel. Use back and chest blows, as with an infant, until the foreign body is dislodged. With any choking victim—adult or child—never try to remove the object with your fingers unless you can see it clearly or you may push it even farther down the throat. Call 911.

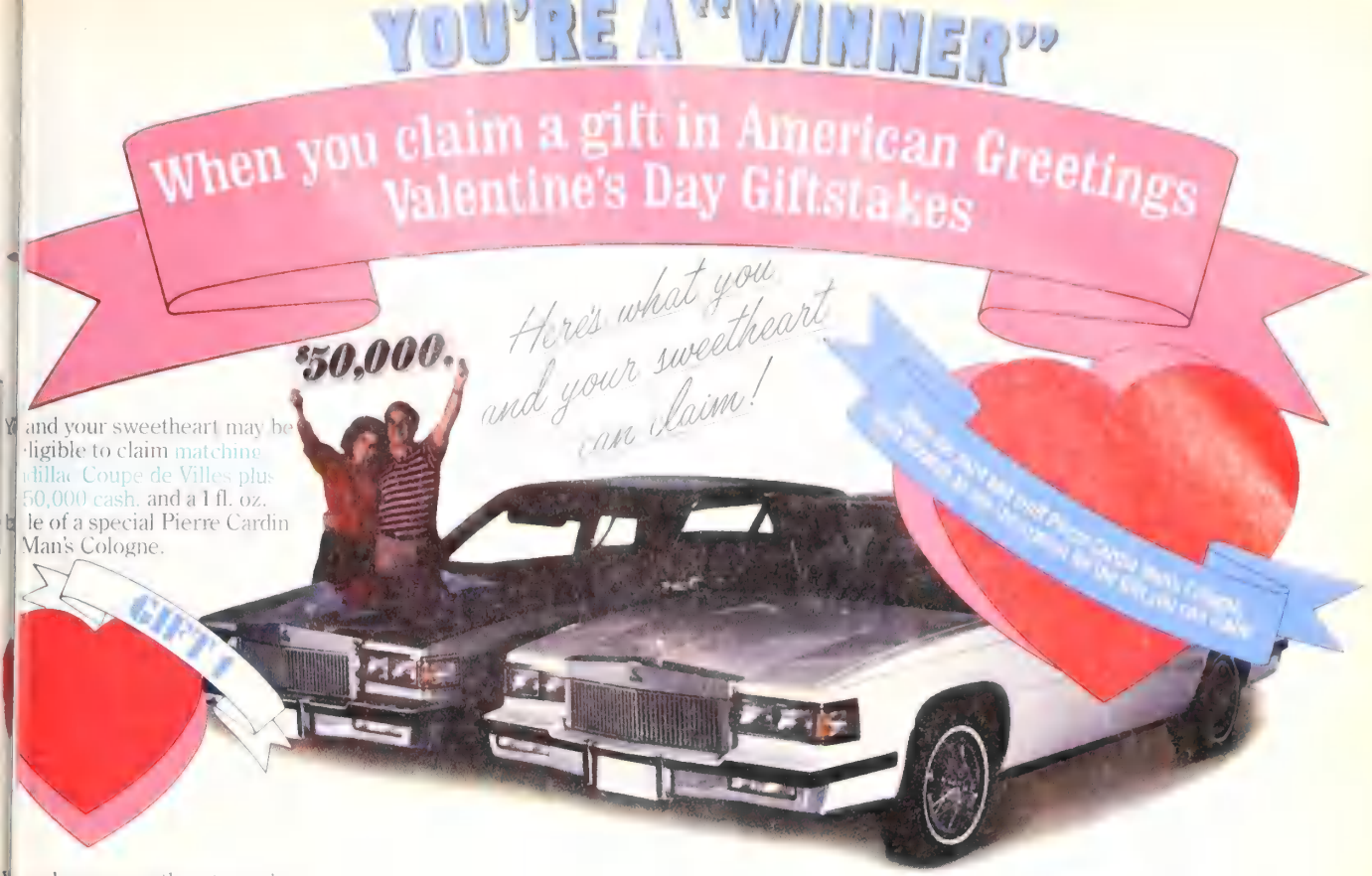


American Heart Association

YOU'RE A "WINNER"

When you claim a gift in American Greetings Valentine's Day Giftstakes

Here's what you and your sweetheart can claim!

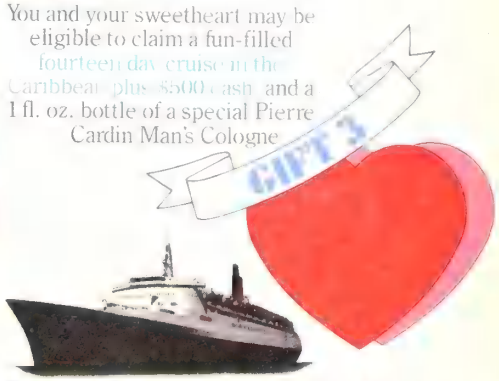


and your sweetheart may be ligible to claim matching dillac Coupe de Villes plus 50,000 cash, and a 1 fl. oz. le of a special Pierre Cardin Man's Cologne.

and your sweetheart may be gible to claim a fourteen day d tour of Europe's romantic itals plus $1,000 cash and a oz. bottle of a special Pierre Cardin Man's Cologne.



You and your sweetheart may be eligible to claim a fun-filled fourteen day cruise in the Caribbean plus $500 cash and a 1 fl. oz. bottle of a special Pierre Cardin Man's Cologne.



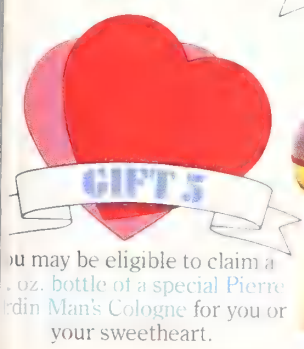
1 and your sweetheart may be gible to claim matching Rolex d and stainless steel watches and a 1 fl. oz. bottle of a special Pierre Cardin Man's Cologne.



2nd chance to enter

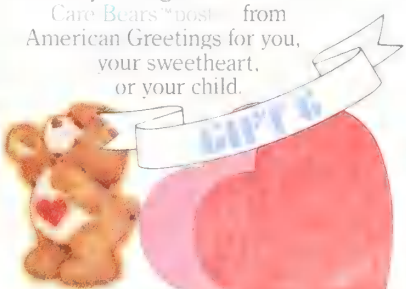
When you match your symbol at your participating American Greetings Card Department and find you are eligible to claim Gift 5 or 6, you have another chance to win one of any major Gifts that are unclaimed. For your second chance to enter, see details at the display in your participating American Greetings Card Department. **No purchase necessary to enter 2nd chance sweepstakes.**

Hurry to your American Greetings Card Department and match your symbol.



u may be eligible to claim a . oz. bottle of a special Pierre rdin Man's Cologne for you or your sweetheart.

You may be eligible to claim a Care Bears "poster" from American Greetings for you, your sweetheart, or your child.



AMERICAN GREETINGS
The right card for that special person

erican Greetings with Rose design and Care Bears TM are trademarks of © MCMLXXXIV American Greetings Corp.

Purchase necessary to determine which Gift you can claim. There are 17 major Gifts available and thousands of 5th and 6th Gifts available. You may receive an additional Official Giftstakes Gift List, full list of symbols, rules, complete Gift descriptions and a Second Chance entry by submitting a self-addressed stamped envelope to American Greetings Giftstakes Request, PO Box 4996 Blair 98009. Residents of the State of Washington need not affix postage to self-addressed envelope. Limit one request per envelope. Request must be received by March 4, 1985.

THE SECRET OF Self-esteem

In the fifties, a husband and children were supposed to make a woman feel good about herself. Then in the sixties, women learned that a job was crucial to their well-being. Now a team of sociologists shows that self-esteem doesn't depend on any single attribute, but rather on achieving a balance in life.

By Rosalind C. Barnett, Grace K. Baruch and Caryl Rivers

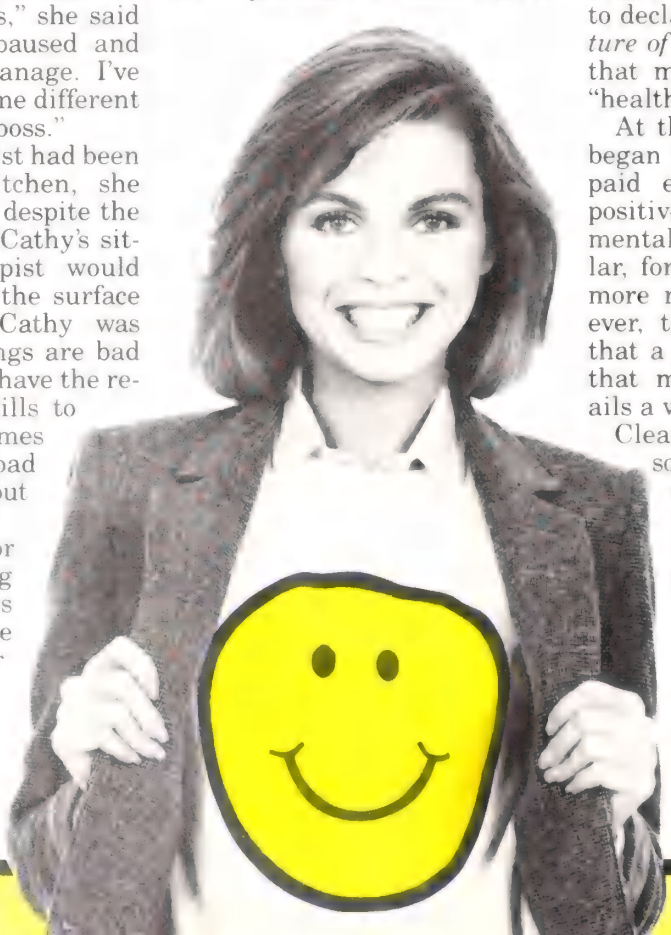
Cathy sat in her neighbor Miriam's kitchen and told her tale of woe as Miriam poured her a second cup of coffee. Things weren't going well at work, Cathy said. There were daily hassles from a supervisor, and the working conditions were far from ideal.

"It's not a great situation. In fact, it really stinks," she said finally. Then she paused and added, "But I'll manage. I've been thinking of some different ways to handle my boss."

If a psychotherapist had been sitting in that kitchen, she would have smiled, despite the seeming gravity of Cathy's situation. The therapist would have seen beneath the surface and heard what Cathy was *really* saying: "Things are bad now, but I'm okay. I have the resources and the skills to cope, even when times are tough. I feel bad about the situation, but I feel good about *me*."

For Cathy and for the rest of us, feeling good about ourselves may, in fact, be the cornerstone of our total well-being. The world may go awry, but that does not necessarily spell disaster. The woman who likes herself and is proud of herself probably will not be plunged suddenly into depression or despair when problems arise.

But how does a woman get that feeling? This question has been the focus of much scholarly debate in recent years, and the pendulum of expert opinion has reversed its direction. Traditionally, of course, women were to fulfill all their psychological needs by becoming wives and mothers. By doing for others, they were supposed to be satisfied with themselves. Then, in the seventies, the statistics rolled in like a tidal wave, detailing the high rates of depression among married women at home. One noted sociologist, Jessie Bernard, went so far as to declare in her book, *The Future of Marriage* (World, 1972), that marriage was actually a "health hazard" for women.



Tom Arma

At the same time, new data began to emerge showing that paid employment had many positive benefits for a woman's mental health and, in particular, for her self-esteem. These more recent studies led, however, to the simplistic notion that a job is a panacea for all that mentally or emotionally ails a woman.

Clearly, it's time for a more sophisticated look at self-esteem. It's time to stop thinking that a job is a magic carpet to feeling good about oneself and that the woman at home must be plagued by a low self-image. Most of us now know that just being in one role or another doesn't guarantee you will feel good about yourself most of the time. It's important *(continued)*

ORANGE YOU SMART



FOR DRINKING FLORIDA ORANGE JUICE.

You can't get too much of a good thing when it's Florida orange juice. It's filled with great taste, Vitamin C, potassium and minerals. And it's low in sodium. So drink up. Because there's nothing smarter than a glass of 100% pure orange juice from Florida.

Florida Orange Growers

Natural Florida Proud of Citrus 1985



Meet your new favorite recipe for chicken

Introducing The New Shake 'n Bake®.

We made it crispier.
We made it more delicious.
You're going to make it a lot!

The Complete Recipe for Success.
Also try our new recipes for crispy pork and fish.

GF
GENERAL FOODS

Available in limited areas.
© 1984 General Foods Corp.

SELF-ESTEEM
continued

ow just what it is about having a good job or a lousy or about being a homemaker, that helps or hinders a an's self-esteem.

woman also needs to look at how being a parent can er good feelings about herself or undermine them, and e choices she can make to take control of her life

rst of all, what exactly is self-esteem? We all know, in a ral way, that it's feeling good about ourselves, feeling g and able to cope with problems. It's also directly ed to other qualities that make for good mental th—the capacity to cope with stress, reduced vul- bility to depression and physical illness, the ability to rm well on a job, to take risks. But when we took a e scientific look at self-esteem in our major study of the -being of adult women, which was funded by the Na- l Science Foundation and which resulted in our book *rints* (New American Library, 1984), we found that esteem depended on very specific circumstances.

rhaps our most important discovery was that for ien, a complete sense of well-being derived from two rate spheres. One sphere of well-being is composed of eeling of being in control, experiencing little anxiety or ession. This sphere, which we called "Mastery," was t often tied to the doing and achieving side of life.

e other sphere of well-being was something we called asure." Women high in Pleasure felt satisfied with their s, happy and optimistic. This side of well-being was ely concerned with intimate relationships with others.

e found in our study that a woman could be high in tery and low in Pleasure, or vice versa. For example, a an who has just been promoted on the job might be ng very strong in Mastery, but if a good friend has just , the Pleasure side of her life might be low. Conversely, a an who has just taken leave from a challenging job to e a baby might be experiencing intense Pleasure, while Mastery side is on the back burner for a while.

's critical for women to understand this two-sided psy- ogical phenomenon if they want to be in charge of their -being. It's easy for women to find their lives lopsided— n all their energy directed toward one side or the other. l this leads to feelings of unease that they can't really ntify, much less correct.

ake the case of Amanda, who has burned up the fast lane high-tech corporation. She's now well placed in middle nagement, ready to make the big leap forward. Why, she nders, does she have this sense of "Is this all there is?"

manda's problem, of course, is that by being so narrowly sed on her job, she has let her relationships with men women go by the board.

he might decide just to dig in and work harder. Or she ht be tempted to simply junk the career and go in search fulfillment." But to abandon the Mastery side of life and only Pleasure would be making the same mistake—in erse—that she made before: putting all her eggs in one ket. Women need to nurture *both* sides of their well- ng, not flip-flop from one side to the other.

n the other hand, there is the woman who had decided ut aside the pursuit of self-development and to be Mrs. fect—no ring around the collar on her husband's shirts, odium nitrate or other possible carcinogens in her kids' d—yet she can't escape a sense of nagging unease about own worth. Betty Friedan found these women by the ndreds when she was doing her research for *The Femi- e Mystique* (Dell, 1977). They had neglected the Mastery e of life—and no matter how much they tried to love their e more or to be better wives, nothing helped. They were king at the wrong side of life. It's like *(continued)*

Comfort stride

The comfortable light support panty hose from No nonsense.



Personal Lubrication

A need many women have but few talk about.

Many married couples occasionally experience personal dryness caused by everyday tensions and stress. This often leads to the need for additional lubrication.

That is why you should know about K-Y* Lubricating Jelly from Johnson & Johnson.

Water Soluble, Non Greasy

K-Y* Jelly is water soluble. This means it is not greasy or sticky. It also means it doesn't leave any build up or residue behind. In fact, K-Y* Jelly washes off easily and completely with plain water.

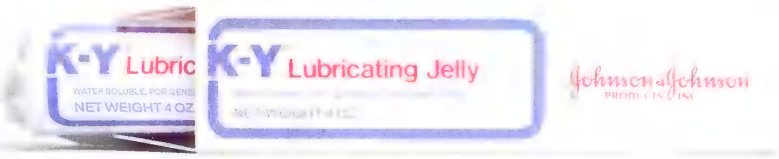
Like Natural Lubrication

K-Y* Jelly is clear and light—much like your own natural lubrication. This is a major reason why it is used by millions of married couples.

Safe

K-Y* Jelly is used by doctors throughout the country whenever a lubricant is needed for internal examinations. It has been extensively researched and tested to insure that it will not harm delicate human tissue. So you can trust it.

Get the preferred personal lubricant.



*TRADEMARK © J&JPI 1983

SELF-ESTEEM
continued

pumping air into the right tire when the left one is flat.

So, keeping Mastery and Pleasure in mind, we'll ask the question, "How does a woman get self-esteem?" The answer lies not simply in living a particular role—worker, homemaker, parent—but in understanding the elements in those roles that can directly contribute to self-esteem or sabotage it.

Let's turn first to paid work, because it is becoming an increasingly important part of a woman's life. Not only are women entering the job market in record numbers but also, as was shown in *The Inner American* (Basic Books, 1981), a twenty-five-year study by Joseph Veroff, Elizabeth Douvan and Richard Kulka, their commitment to work has increased to the point where it is nearly as great as men's.

It's easy to see why work so often enhances a woman's self-esteem: A paid position offers goals, visible rewards for getting a job done, feedback about one's performance and a structure to one's commitments.

And indeed, the data about women and work are impressive. At the University of Michigan, sociologists James McRae and Ronald Kessler tracked the "gender gap" in mental health and found that women traditionally reported more psychiatric symptoms than men. Now the gap is closing, and this is due, they say, to women's entry into the work force. In our study of adult women, we found that all the groups of working women were higher in self-esteem than homemakers.

But let's move in for a closer view. Are any and all jobs good for women? The answer is no. It also matters what *kind* of job a woman has and whether it is tailored to her needs and abilities.

Our study showed that a job that enhances self-esteem is challenging, has a variety of tasks, offers the opportunity to make decisions and fits one's skills. For example, Jennie, thirty-six, a high school principal, talks about the parts of her job that build self-esteem: "I see students grow, I see creativity. I can be creative about developing programs, that sort of thing. I also enjoy the administrative side, keeping things organized and developing policies."

Of course, this cluster of job attributes, as we call it, is a subjective concept. Work that one woman might find tedious and dull might be exciting to another. High-prestige jobs may typically offer more challenge, but some women find satisfaction in unexpected places. Esther, forty-two, has been a typist for thirteen years and likes her job. Organizing the material so it can be typed quickly and catching errors are skills Esther is proud of. She's her own boss, and the bulk of her work is typing books or theses for doctoral candidates. "I love it," she says. "The subject matter is always interesting. I feel I'm getting a real education."

Both Jennie and Esther find enough challenge in their jobs to bolster their self-esteem and overall sense of Mastery. That's not the case with Robin, who has a college degree but a tedious—for her—job as a secretary in medical sales. She says, "It's frustrating, knowing what I'm capable of doing. But I don't have the credentials right now to get the kind of job that would make me want to leap out of bed in the morning." We found that women who were trapped in dull, dead-end jobs suffered from diminished self-esteem.

But the truly damaging situation, we are learning, is to have a job in which there are intense demands and little autonomy. A major study by Dr. Robert Karasek, an industrial engineer at the University of Southern California, shows that workers whose jobs offer high psychological demand but little decision-making power—telephone operators, assembly-line workers—are subject to more extreme stress than other workers are.

This is critical information for women because of the scare stories about women and stress now cropping up in the media. Women can be frightened away by a job that seems too demanding—without looking at the "power" end of the scale. One woman who was working as a secretary at a university nearly turned down a promotion to a job as a program director because she was afraid it *(continued*

Fact:

Abby and Lisa," the 1984 irst plate in a landmark se- ies from Edwin M. Knowles China, cost $29.50 when it was issued. It re- ently traded at $70.00—an ncrease of 137% in less han a year.

Fact:

"The Cardinal," first plate in the newest Knowles plate series, is available now for $19.50.

You can draw your own conclusions from the facts above. We at the Bradford Exchange have already drawn ours. As the world's largest trading center for collector's plates, we think "The Cardinal" could go up in value just as dramatically as other first issues from America's oldest name in fine china.

Consider the evidence.

It's a genuine work of art.

"The Cardinal" is fully certified in the limited-edition plate collection by prize-winning wildlife artist Kevin Daniel. Each plate is hand-numbered, and the edition is strictly limited to one hundred firing days.

It's an authentic work of nature art.

"The Cardinal" is the first collector's plate ever issued under the sponsorship of *Encyclopaedia Britannica*, which has subjected Kevin Daniel's art to tests of accuracy and authenticity.

And it's likely to increase in value.

Knowles first issues are magic on the collector's plate market. In fact, all Knowles first issue plates on the secondary market now trade at an average of more than three times issue price.

Of course, not all plates go up in value; some go down. But all the evidence points to a possible early sellout of "The Cardinal." So place your order today, while it's still available at the original issue price of $19.50—before it's had a chance to increase in value.



"The Cardinal" by Kevin Daniels

First issue in the Encyclopaedia Britannica Birds of Your Garden series from the Edwin M. Knowles China Company

On fine Edwin M. Knowles china.

Diameter: 8½ inches (21.6 cm). Bradex Number: 84-K41-12.1

Complete the Buy-Order Form and mail with your check or money order to:
The Bradford Exchange
9345 Milwaukee Avenue
Niles Chicago, Illinois 60648

Risk nothing with the Bradford Exchange 365-Day Guarantee.

At any time within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a check for everything you've paid, including postage, without the necessity of a resale transaction.

Receive a special gift when you order.

You'll receive a *free* copy of *Plate World* magazine when you place your buy-order for "The Cardinal." It's the definitive word on the fine art of plate collecting, filled with the kind of valuable information you'll need to buy and trade plates.



© 1984 BGE

Buy-Order Form 368-F89503

The Bradford Exchange
9345 Milwaukee Avenue
Niles Chicago, Illinois 60648

YES. Please enter my Buy-Order for "The Cardinal" by Kevin Daniel, first plate in the Encyclopaedia Britannica Birds of Your Garden series.

I wish to order ☐ ONE plate ($19.50)*.
Limit: one plate per customer.
☐ My check or money order, payable to The Bradford Exchange, is enclosed.
Please charge my account: ☐ Visa ☐ MasterCard

Card No. _____ Exp. Date _____

Interbank No. (MasterCard only) _____ Signature _____

*Illinois residents add $1.37 sales tax.

Please print
Name _____
Address _____
City _____ State _____ Zip _____

Please respond promptly—because plates are produced in a limited edition, we can guarantee availability at issue price only until the edition is sold out. We'll ship your order in four to six weeks. You'll also receive a free copy of *Plate World* magazine. 640

would be too stressful. But a co-worker pointed out that in her current job she was chained to the desk all day. With the new job, she could leave to pick up her children at school and no one would question her. In addition, she would be free to work at her own pace, and the money would be better. She took the job. She works hard, but no longer feels she's at the end of someone's leash—and she feels very good about herself.

Jobs that offer a combination of high demand *and* high control are often good for mental health. Women can tolerate demands from many areas of their lives as long as they have the resources and flexibility to meet them. The combination of roles—wife, mother, worker—is, more often than not, good for women. In fact, the women in our study who had the most self-esteem were married women in high-prestige jobs who had children.

But there's another issue that's important. It's not only the kind of work a woman does that affects her self-esteem but also her approach to work, regardless of whether she's a paid worker or a homemaker.

In 1983 psychologist Abigail Stewart, of Boston University, with Janet Malley, designed a study based on psychologist David Bakan's notion that there are two basic—and different—styles of human behavior. One, which they refer to as "Agency," is assertive and goal-oriented and concentrates on the "I" rather than the "we." The other style, which they term "Communion," involves being in harmony with others in one's actions, caring and feeling for the group rather than the self.

Stewart and Malley have begun to look at the mixture of the two styles in the lives of recently separated working mothers. They rejected the notion that they would find managerial behavior at work and sharing behavior at home, since their own lives were not that easy to categorize. In their own work, they found that collaborating on papers and advising students demanded closeness and caring, while writing and analyzing data were task-oriented and managerial. Home life offered a mix as well. "As we thought of our family lives, we could see elements of 'I' (scheduling medical appointments, choosing schools, handling crises) and 'we' (taking walks to look at spring flowers, reading stories, confidential chats at bedtime)."

They hypothesized that their subjects could be divided into three groups: those who were giving and caring both at work and at home; those who were task-oriented in both spheres; and those who showed a combination of both styles.

If a woman constantly emphasizes the "we," she may risk stress, burnout and low self-esteem. For example, there was Annette, a classroom teacher of elementary school children. She was in her early thirties, separated from her husband, and had two young children. When Stewart and Malley first talked to her, she was spending most of her time at home relating to her children—reading stories, settling disputes, playing games.

Annette saw herself as constantly living for others and was angry, fatigued and feeling a great deal of stress and loss of control. At work, Annette felt she was always on call for others, even in her free time. "It's crazy. I get one free period a day, and I spend it running around talking to teachers . . . it's exhausting."

Annette's job didn't offset the constant giving of herself at home; it only added to her sense of being out of control.

But when the researchers talked to Annette a year later, she was feeling better. She had taken a new administrative post in which she would still have contact with students but would not be always on call. "I can see how people get burned out," Annette said. "I knew I couldn't take it forever."

> **"Many women have grown up with the idea that somebody else—a man—will give them self-esteem. It's scary to take charge."**

Unlike Annette, Michelle, twenty-three, stressed the managerial approach at both work and home. It wasn't surprising that Michelle felt she always had to handle things. She was not living with her husband and had responsibility for her two toddlers. She worked nights at a routine technical job, leaving for work at three in the afternoon. A relative cared for the kids in the afternoon and put them to bed. Stewart and Malley say, "She organized everyone else's time and arranged for their separate well-being, but she spent very little time in shared activity."

Michelle was spending so much time trying to keep everything on track that she had little time for openness an intimacy. She missed work fairly ofte and suffered from headaches—but ir sisted she was functioning well. Phys cal illness and denial of problems ar both common to people who feel the have to manage everything.

By contrast, the women in the stud who balanced managerial and sharin behaviors in their lives—either on th job or at home—seemed much better o in terms of their self-esteem and the general feeling of well-being.

The concept of a "balanced" life ma be particularly valuable to housewive It can be hard to get a sense of indepen dent action from work at home—be cause such work offers little oppor tunity for feedback and the standard of performance aren't clear. Is you house clean? How clean? Are your kid doing well? But does that mean the are as well-mannered as Little Lor Fauntleroy or that they aren't sniffin glue or stealing from the five-and-dime

For the homemaker, it's not onl what she does inside the home that critical for a healthy ego but also he outside activities. Volunteer work i often prescribed as a good channel fo her energies. But, as with a paid job the nature of volunteer work is critica The "match" of that work with wha she does at home is the key. If woman's home life is primarily giving sharing and nurturing, a volunteer jo that is just more of the same may no enhance self-esteem. Reading to tod dlers at the library story hour may b less helpful for her self-fulfillment thar running for a school committee or get ting involved in an artistic pursuit.

In the past, women at home who didn feel great about themselves tended t shoulder the blame, thinking, There something wrong with me. Today the may feel compelled to run out and get job, believing that will fix everything But as we've seen, it may not be so. Th homemaker, like the working woman should take time to look at her life an analyze which areas are problematic.

A first step for women is to realiz that they must have primary respon sibility for their self-esteem. We hav found, in our clinical practice, that thi is often very hard for a woman to do Too many women have grown up with the idea that somebody else—a man—will give it to them. It's scary to tak charge because often when you do, you have to make demands—on your hus band and your children. You have t decide to control your own life and re sources. And homemakers, because they are not bringing in an income, can find that difficult. One practical step for such women might be to consider their work at home as a job and to insist on control of a certain portion *(continued)*

Announcing an original porcelain sculpture by one of America's most talented portraitists of animals

SLOWPOKE!

BY DEBBIE BELL JARRATT

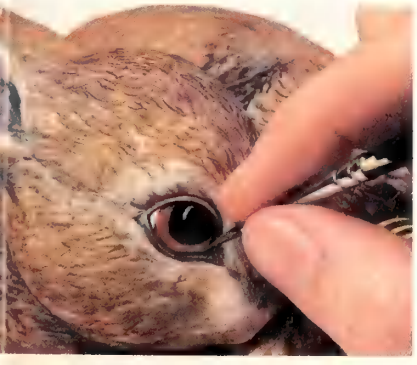
First in a new collection of delightful baby animal sculptures—available exclusively from The Franklin Mint.

Finely crafted and individually hand-painted.
Imaginative, charming art at the attractive price of $45.

For the first time, the celebrated nature artist Debbie Bell Jarratt has accepted the commission to create a collection of porcelain sculptures of baby animals.

Slowpoke!, portraying a mischievous rabbit and a funny little snail, is the first work in this enchanting collection. It is crafted in fine porcelain, painted by hand, and is being offered at the attractive price of $45—which may be paid in three convenient monthly installments of $15 each.

With her unique ability at capturing whimsy, Debbie Bell Jarratt portrays the pink-nosed rabbit in a situation that's quite amusing. He's just finished romping across the fields where he passed a tiny snail with no trouble!) along the way. Confident that he's left the snail *far, far* behind, the rabbit turns to look back. But lo and behold, there's the snail *right next to him* —looking him square in the eye as if to say "Who's calling *who* a slowpoke!"





© 1985 FM

SHOWN ACTUAL SIZE

This charming porcelain sculpture will be created to the highest standards of workmanship under the supervision of Franklin Porcelain, a division of The Franklin Mint. And each sculpture will be *individually hand-painted*. So, every feature and detail of Debbie Bell Jarratt's engaging art will be perfectly captured. The rabbit's soft, furry coat and long ears, the little snail's curly tail—and even the bemused expressions in the faces of *both* baby animals.

Each imported sculpture will be accompanied by a Certificate of Authenticity stating that it is an original work of art by Debbie Bell Jarratt, crafted in fine porcelain and painted by hand.

When you display *Slowpoke!* in your home, it will delight your family and your friends. More than a conversation piece, it will be one of your favorite little possessions—to enjoy, to show and to treasure.

To reserve your sculpture of *Slowpoke!* just mail your order to The Franklin Mint, Franklin Center, PA 19091, by February 28, 1985.

THE FRANKLIN MINT

RESERVATION FORM

SLOWPOKE!

BY DEBBIE BELL JARRATT

Please mail by February 28, 1985.
Limit: One sculpture per person.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please accept my reservation for *Slowpoke!* by Debbie Bell Jarratt. This original sculpture will be crafted in fine porcelain and will be individually hand-painted for me.

I need send no money now. I will be billed in three equal monthly installments of $15.* each, the first payment due before the work is sent to me.

**Plus my state sales tax*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____



SELF-ESTEEM
continued

of the family income, as if it were a salary. There's nothing more demeaning than having to ask for money to buy presents or to go out to lunch.

Some homemakers are also reluctant to ask their husbands for help with household chores or child care because they don't want to interfere with his "important" work.

Yet new research shows that women whose husbands help in child care have a higher self-esteem than those whose husbands do not and are less likely to suffer from depression.

Why is this? We believe that it's because the man who cares for his children in more than a perfunctory way sends a powerful message about the status and importance of that work. In our society, the prestige of an occupation rises when men get involved in it. So when a man joins his wife in child care, he is saying that this shared work is important and not beneath him. It helps her to feel good about what she does as well.

But it's not only a man's participation in parenting that affects a woman's self-esteem; it's also her own style of parenting. We found that "mothering" seemed to come in two basic styles. One type of mother is like thirty-four-year-old Ellen, who says, "The kids are my life. That's it in a nutshell. I do things for my kids, and I live for my kids." Such women are so attached to their children that the children's lives are nearly their lives as well.

More autonomous or independent mothers, in contrast, seem to enjoy their children as separate individuals: They like seeing them change and grow, and they focus on the children as individuals, rather than on the parent-child connection. As one such mother says, "I've learned to let the kids know that I have to do things for myself. I see a lot of women wrapped up in their kids in a negative way . . . it's as if when they lose their kids they lose themselves."

The totally involved style of mothering depresses a woman's self-esteem—and it diminishes the Pleasure side of life as well. If you have to have the constant approval or presence of your children to feel good about yourself, your self-esteem is on rocky ground. And it's hard to enjoy your children when everything they do is so vital to how you feel about yourself.

Perhaps the most important realization for a woman—be she a homemaker or employed in a good job or a marginal one—is that she can take positive steps to enhance her own self esteem. If she feels eaten alive by demands, she can right the balance by paying attention to the Pleasure and Mastery elements in each situation. If her job is depressing to her self-esteem she can take positive steps to change the work conditions that are most stressful—for example, in a boring routine job she might ask for additional responsibilities. If there truly seems no way to change her situation, she can start looking for a more satisfying position elsewhere. She also can reexamine her involvement in parenting—and her husband's involvement. Often, just the decision to take control can lead to an immediate surge of self-esteem.

As one woman says, "One of the things that has been happening to me recently is a sense that I have a great deal more control over my life. I feel more in touch with the factors in myself that cause things to happen. I like that feeling."

A woman's self-esteem is a legitimate concern, not just a selfish whim. Learning to balance Pleasure and Mastery, work and play, the "I" and the "we" in all areas of our lives—this is the key to creating within each of us an unshakable core of well-being. **End**

Now for the *First Time*, Japanese Cloisonne and Precious Metals Enrich a Limited-Edition Plate

In a strictly limited edition honoring Japan's most beloved festival flower.

Featuring a painstakingly hand-crafted image, created using an ancient Japanese process.

Combining the jewel-like enamels of Japanese cloisonne and 23K gold on porcelain for the first time ever.

More than any other people, the Japanese pay tribute to nature's flowers – through folklore, literary symbolism, and by honoring them with elaborate festivals and ceremonies.

Perhaps the most spectacular of all annual flower celebrations is the fall festival dedicated to the chrysanthemum. This lovely and abundant flower symbolizes longevity and the coming of autumn.

And now, in tribute to the annual festival which honors this elegant flower, The Hamilton Collection presents "Chrysanthemum" – a first-issue plate which marks an historical premiere for the limited-edition world. For *never before has there been a limited-edition collector plate crafted of true Japanese cloisonne* – a treasured art practiced in Japan for nearly 400 years.

The traditional, step-by-step method of creating Japanese cloisonne begins with the affixing of a background of silver foil and fine sterling silver wires to a metal disk. The wells between the wires are filled by hand with the finest enamels, which upon firing are transformed into the jewel-like translucent cloisonne surface.

Skilled artisans carefully polish and fuse the disk to a fine, porcelain plate body and encircle it with a wide band of 23K gold. A rich blue border further enhances the central image – achieved by firing precious metal oxides to the plate in a technique called luster decoration. An outer band of 23K gold adds a final touch of elegance.

The inspired combination of Japanese cloisonne, lusterware and fine porcelain makes "Chrysanthemum" one of the most striking limited-edition collector plates ever introduced. In addition, this plate marks a "first" in limited editions and is therefore likely to sell out promptly – just as other important premiere plates of crystal and jasper ware have sold out.

Thus, you are urged to acquire "Chrysanthemum" promptly – especially since its edition limit is just 10 firing days, due to the extensive handcraftsmanship involved. The plate is numbered on its reverse and accompanied by a same-numbered Certificate of Authenticity.

As an owner of "Chrysanthemum," you will win the right to own all seven subsequent Japanese cloisonne plates in a collection entitled *Flower Festivals of Japan. But you will never be obligated to buy another single plate.* And, by ordering now, you will win the right to own all the issues at the same, guaranteed price of $45.00, and pay only half that amount before delivery – with the remainder due upon receipt.



Shown smaller than actual size of 6" in diameter

Furthermore, you will risk nothing by ordering "Chrysanthemum" under the Hamilton Collection *100% Buy-Back Guarantee.* Enjoy the plate for 30 days before deciding whether to keep it. If you should return it during that period, you will receive a prompt refund of everything you have paid.

As an important "first," demand for "Chrysanthemum" is likely to be heavy among plate collectors. And a plate of such jewel-like beauty is sure to inspire competition among Japanese art enthusiasts, as well. *Thus, because of the limit of 10 firing days, orders can be guaranteed only if postmarked by the final date shown on the Reservation Form.* To avoid disappointment, send in your order today to: The Hamilton Collection, 9550 Regency Square Blvd., P.O. Box 2567, Jacksonville, FL 32232.

FINAL POSTMARK DATE:
February 28, 1985

Please accept my order for "Chrysanthemum," first issue in the *Flower Festivals of Japan* collection. Hand-numbered with numbered certificate. 6" diameter, $45.00 each; payable in two equal installments with the first installment due prior to shipment and an invoice for the second installment accompanying shipment. I am under no obligation to purchase any further plates.

I prefer to pay the first installment for my plate as follows:

☐ *With this order.* I enclose $22.50* by check or money order.

☐ *By credit card.* Charge $22.50* to my credit card as follows (Check one only):

☐ Visa ☐ American Express
☐ MasterCard ☐ Diners Club 50088

Full Acct. No. _____

Exp. Date _____

Signature _____
Charge orders must be signed to be valid

Name _____

Address _____

City _____ State _____ Zip _____

All orders are subject to acceptance by The Hamilton Collection. Please allow six to eight weeks for delivery. Shipment to the U.S. and its territories only.

*Florida residents add $1.13 sales tax; Illinois residents add $1.58 state and local tax.

© 1985 HC

The Hamilton Collection
9550 Regency Square Boulevard, P.O. Box 2567
Jacksonville, FL 32232

SHAPE UP YOUR MARRIAGE

Thirty days to a more passionate lovelife



Start now for the best Valentine's Day ever! By Carol Botwin

Diane and Tim have been married for twelve years. Their sex life is perfectly adequate—and that's the problem. It is *merely* adequate. Lately, Diane has begun to wonder if everything is really all right, and she can't help feeling that there should be more to sex than the routine she and Tim have fallen into—doing the same things in exactly the same way every time. "Passion—that's what I'm missing," she says frankly. "I wish that Tim and I could feel the way we did in the beginning of our marriage. Where has all the romance gone?"

Many wives—and husbands—feel the way Diane does; they secretly yearn for a better sex life. One study of happily married couples, published in the *New England Journal of Medicine*, emphasized "the high frequency of sexual complaints" even among wives who considered themselves part of a well-matched twosome.

Unfortunately, couples who think their sex life could be improved upon rarely realize it is within their immediate power to do something about it. Yet, says Harold I. Lief, M.D., professor of psychiatry *(continued)*

Cameron Wasson

Who makes the moistest, tastiest chicken ever? Best Foods, Lipton and you.

Now you can bake up an exciting, new chicken dish that promises a delicious surprise in every bite. Lipton® Onion Soup makes the crispiest onion coating. Best Foods® keeps the inside juicy and tender. Together, they make the tastiest chicken ever. It's so easy, why not ask Best Foods and Lipton to dinner tonight?



Moist 'n Crispy Onion Chicken

1 envelope LIPTON® Onion Recipe Soup Mix
3/4 cup fine dry bread crumbs
1 (2 1/2 to 3 1/2 lb) broiler-fryer chicken, cut in parts
1/2 cup BEST FOODS® Real Mayonnaise

Place Onion Soup Mix and bread crumbs in large plastic food bag and shake to blend. Brush chicken on all sides with Mayonnaise. Place one piece of chicken in bag at a time; close tightly and shake till coated. Place chicken on rack in broiler pan. Bake in 400°F oven 40 to 45 min. or until golden brown and tender. Serves 4.

For extra oniony chicken: Use 2 envelopes of Lipton Onion Soup Mix and reduce bread crumbs to 1/3 cup. Proceed as above.

© Thomas J. Lipton, Inc. 1985
© 1985 Best Foods CPC International Inc.

at the University of Pennsylvania School of Medicine, "Couples can handle a lot of things themselves without recourse to professional help." You *can* turn your lovelife around yourself, providing you and your spouse have a firm, loving commitment to each other and you don't expect magic. "You can't just sit there and hope things will improve by themselves," adds Maj-Britt Rosenbaum, M:D., director of the Human Sexuality Center at Long Island Jewish-Hillside Medical Center. "You have to be willing to put time and energy into it."

But before you begin our sexual self-improvement program, some precautions are necessary. "You may experience some problems as you progress," warns Edward L. Parsons, M.D., clinical assistant professor of psychiatry at New York Hospital-Cornell Medical Center in Manhattan. "Although you may not recognize it as such, what you are feeling is anxiety—a frequent reaction when people start to do things differently, try new things, or make themselves more vulnerable to a partner"—all things you will be doing.

Surprisingly, therapists find that such negative reactions can produce positive results if you pay attention to what is going on and try to recognize when you are building a roadblock. Here,then, is a concise four-week plan to add passion to your marriage.

WEEK ONE

Your goal: A deeper understanding of your needs and motivations—and those of your husband.

Allot time each day to explore your motivations. "If you want a better sex life," says Shirley Zussman, Ed.D., director of the Association for Male Sexual Dysfunction and former president of the American Association of Sex Educators, Counselors and Therapists, "you have to ask yourself, 'What is getting in the way of my enjoyment?'" It could be something in your partner's behavior, or you may be unhappy yourself. "Be specific," says Lief. "Identify and label the problem so you can do something about it."

Lief divides the most common sexual problems into three categories: In the first are what he calls "concerns"—concerns about normalcy, body images and secrets in your marriage.

For instance, many women wonder if it's "normal" to want sex more often than their spouse does, not to have an orgasm all the time, or to be able to reach orgasm only through manual stimulation of the clitoris. Body images can also interfere—if a woman thinks she is too fat or too thin to be attractive to her husband or if she considers some part of her body ugly: "My breasts are too small," "My thighs are too big." Secrets in the marriage—feelings of boredom or revulsion during sex or even fantasies of other men—play a part, too.

The second category of potential pitfalls Lief calls "difficulties"—that is, anything that might create problems between you and your husband, short of actual sexual dysfunction. For example: Your husband might want oral sex, while you consider it repulsive. You might like sex in the morning, he prefers it at night.

The third category comprises actual sexual dysfunctions: lack of desire, loss of excitement before reaching orgasm or the inability to climax although you remain excited. Such dysfunctions should be treated by professional sex therapists, but Lief's other two problem areas can be tackled successfully in your first week.

You can turn your lovelife around, providing that you and your spouse have a firm, loving commitment to each other and you don't expect magic.

Get to work on your body image. A wife who thinks her thighs are too big may pull away when her husband tries to caress them. An overweight woman may refuse to appear nude in front of her husband, even though he finds nudity a turn-on. Check your feelings with your spouse, because "there is a tendency to project one's own self-dislike onto a partner," says Lief.

If a woman is overweight, she can of course try to lose weight. Or she can switch her focus: She can stop being obsessive about how awful she looks and concentrate instead on what is attractive and good about herself—her smooth complexion, her amiability, her intelligence. The same is true if her husband is overweight. She should stop remembering how wonderful he *used* to look and focus on his good qualities now.

Important: If you plan to improve your body image by dieting, make sur your decision is based on the fact tha *you* want to feel better about yoursel as part of your sexual overhaul. Rosen baum points out that choosing to los weight for a spouse always generate some anger at the partner, which in th long run can make things worse.

Start talking about sex. This is at th heart of your sexual-improvement pro gram. Don't be afraid to share you wild erotic fantasies. This can be turn-on for both of you rather than th turnoff that your guilt about them ca create. Abandon the idea that if you husband really loved you he would au tomatically know what you want o need. Spouses cannot read each other' mind. You have to tell your husban that you need more stimulation before that you yearn for a hug and an affec tionate word after sex. Refrain from ac cusations in your sexual discussions Try to use only sentences beginnin with "I" . . ."I need," "I want," rathe than "You never. . . ."

"Taking a long walk can also be ver effective," says Lief. "It's often easier t discuss your sexual problems when yo don't have to look each other in the eye." Sex therapists find that taking a partner's hand and guiding it to show him what you want is an ideal form o sexual communication, particularly i your husband reacts negatively to ever mild verbal suggestions.

Spend time thinking about your rela tionship. Do you have some smoldering resentment toward your husband? Un expressed anger is one of the chief rea sons that spouses lose sexual interes in their mate. Power can also be a sex ual issue. If your partner clearly domi nates you, or vice versa, you are likely to have sex less frequently than if there is a more egalitarian relationship. Un covering these feelings may take some effort, but unless you resolve them passion will continue to elude you.

Try to remember what messages about sex were given to you as you were growing up. Too many women were told that sex was "dirty," that nice girls don't have or enjoy sex. Unless these early messages are erased, some women, without understanding why, find it difficult to let go or enjoy sex.

Improve your sex education by reading good, up-to-date books and articles about sex. Begin a campaign of reading to replace sexual myths with facts. Reliable information about sex will not only reassure you that you are really okay but can also do away with unrealistic expectations—for instance, the false notion that every encounter should be a peak Technicolor experience. A good sex education should include facts about aging and how it can affect one's sexual

(continued)



How to make great orange juice even better.



You start with the great taste of MINUTE MAID® Frozen Concentrated Orange Juice. Then you add crystal clear water that's been filtered through the Instapure® Water Filter by Teledyne Water Pik.

The result? Delicious.

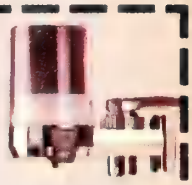
By the way, you'll also get a $5 refund when you buy an Instapure® Water Filter and three cans of MINUTE MAID®. And that makes great taste a great deal.

MINUTE MAID®. We know how to get the best out of an orange.

Get a $5.00 refund when you buy 3 cans of MINUTE MAID® Frozen Concentrated Orange Juice and 1 Instapure® Water Filter by Teledyne Water Pik.

$5.00 MAIL-IN CERTIFICATE

Hurry, offer expires March 31, 1985!



To get your $5.00 refund, please enclose the following: This required mail-in certificate • The plastic opening strips from three (3) 6, 12, or 16 oz cans of Minute Maid® Frozen Concentrated Orange Juice (any type) • The proof of purchase cut from the box of Instapure® Water Filter by Teledyne Water Pik (model F-IC)

Mail to: $5.00 Refund, P.O. Box 7752, Maple Plain, MN 55393

Name _____

Address _____

City _____ State _____ Zip _____ (required)

Please allow 6-8 weeks for processing. Offer good in U.S.A. only. One response per family or address. No duplication or mechanical reproduction of required mail-in certificate or proof of purchase allowed. Offers submitted without this form or by clubs or organizations, etc. not accepted. Mail plastic opening strips and proof of purchase per U.S. Postal regulations. Offer void where taxed, prohibited or otherwise restricted. Not responsible for lost or misdirected mail. Offer fulfilled by: P.M.D., 5130 Industrial Drive, Maple Plain, MN 55393



© 1984 The Coca-Cola Company

"Minute Maid" is a registered trademark of The Coca-Cola Company.

Why faces need Basis®



Basis Soap cleanses facial skin gently and thoroughly. And, because it's formulated with emollient oils, it keeps skin soft, smooth and supple. Basis is natural—contains no detergents or harsh ingredients. No wonder it's recommended by dermatologists. Look for Basis in the specialty soap section of your favorite store. The basis for clean, soft facial skin...is Basis.

BDF●●●●

Beiersdorf Inc., Norwalk, CT 06856-5529
© 1984 Beiersdorf Inc.

SHAPE UP YOUR MARRIAGE
continued

performance—for instance, that a man may need more direct stimulation of his penis to achieve an erection as he grows older, or that a middle-aged woman may be more interested in sex than a younger one.

WEEK TWO

Your goal: To evaluate yourself and learn to dress seductively again!

Present the sexy you. Start thinking of yourself as Potential Sex Partner as well as Wife, Mother, Housekeeper, Career Woman. Try to remember the type of clothing your husband responded to sexually during your courtship—if he loved sweaters or ankle-strap shoes, then add some to your wardrobe. One wife, who hadn't worn perfume in years because she considered it an unnecessary luxury, discovered when she received some as a gift that the fragrance made her feel delicious and desirable again. Other women report that rubbing lotion on their bodies every day serves as a constant reminder of their sexuality. Making a better sexual presentation also means taking a cold look at what you wear to bed. The rumpled nightgown that keeps you warm does not make you—or your husband—think sexually. Buy a new negligee—the kind you may have chosen as a newlywed.

Create some surprises in your relationship. Sex often improves as soon as spouses begin to work at making the marriage more interesting. One way to eliminate boredom, says Fred Gottlieb, Ph.D., director of the Family Therapy Institute of Southern California, in Los Angeles, is to create a series of surprises for each other. "The surprise can be anything," says Gottlieb, "as long as it's unpredictable." One husband came home with tickets to a new hit show. A wife had her hair cut in a flatterin new style after wearing it the same way for fifteen years.

Pay attention to your environment. Does your bedroom look like a place to make love? Revamp the room so it has sexual possibilities. Attractive new sheets, low lights, a radio for romantic music, lots of pillows, all add a sexual aura to a bedroom. Children are notorious sexual inhibitors, so physical reminders of them should be banished—no toys, no forgotten rattles or school books. A lock on the door will keep children from barging in, and the radio turned up loud will prevent others from hearing the sounds of lovemaking. An inexpensive telephone attachment will turn off the bell temporarily, and a pact between spouses can make the bedroom out of bounds for any thoughts connected to work or other worries.

Shape up your sexual muscles. Kegel exercises—the same ones you might have used during pregnancy—can help you tighten vaginal muscles. Locate them by purposely trying to stop your urine from flowing when you go to the bathroom. Tighten and relax these muscles, working up to fifteen times or more each morning to strengthen them. Try tightening sexual muscles during intercourse—many men find the "grabbing" motion very exciting.

Learn how to fantasize. If this is difficult for you, try to figure out why. Do you feel that you will not be able to control yourself, that having fantasies will lead you to act them out? Realize that everyone has the capacity to fantasize—you may dream about a new job, for instance, not about sex. You need, then, to direct your mind to sexual concerns. Try to create a fantasy. "When you are feeling very relaxed, lie on your bed and dream about something you would like to be doing—maybe lying on the beach," says Shirley Zussman. "Think about the feel of the sun on your skin. Or about an early love." Zussman suggests that you may have more success initially if you mentally remove yourself from the present and think instead of romantic times in your past. Once a woman is able to conjure up fantasies of the past she then can often do so in the present.

Accent the positive in your marriage. If you concentrate on each other's faults, you create a negative climate for sex. Instead, tell your partner about his positive qualities. Ask him directly what he likes about you. "I have seen couples change the whole climate of their

(continued on page 164

HOW I BECAME A HAPPY CAT.

(WITH A LITTLE HELP FROM MY FRIENDS)



"It all happened the day my mommy brought home Happy Cat® brand cat food. That's when I got to meet my little friends. They told me the taste of Happy Cat would make me happy. Boy, were they ever right! Happy Cat is so moist and meaty tasting, every little bite fills my tummy with joy. And Happy Cat stays moist in the bowl, too. So I stay happy until the very last piece is gone. And that's what I call a happy ending."

MAKE YOUR CAT A HAPPY CAT.



Purina

Helping pets live longer, healthier lives™

® ©Ralston Purina Company, 1984

Women getting ahead

Get the most out of your job and make the most of yourself with these answers to your questions on working life.

By Shirley Sloan Fader

YOUR PRIVACY

I told just two friends in my office about my marriage problems. Suddenly, everyone at work knew all the details. How do I find out which one talked?

It's possible that both of them gossiped. But that doesn't matter much because tracking down the culprit won't erase the information from everyone's mind. All you can do is protect yourself. The surefire rule for guarding your private life at work is never to mention anything that you wouldn't want everybody to know.

JOB OPPORTUNITIES

Won't all the new automated machines and computers likely to eliminate most secretarial jobs?

Just the opposite. The United States Department of Labor expects the number of secretarial jobs to increase significantly throughout the 1980s. As a major business publication recently explained, "It's going to take a lot of people [that is, secretaries] to make all those trillions of dollars of machinery work effectively."

NO COLLEGE DEGREE

I'm very insecure about my chances for career advancement because I didn't go to college. I'm thirty-four and a sales manager with complete jurisdiction over nine stores. I do high-level work, including hiring, firing, settling claims and setting projections. There's no way to move up here because the only person above me is the owner. If I leave the company what are my chances of being hired elsewhere and given the opportunity to advance?

Stop worrying about the lack of a diploma. Anyone like you who has shown that she can produce will find that most employers are enormously impressed by proven ability. Start by preparing a strong résumé that indicates what you're responsible for and what you're accomplishing. Answer advertisements. Then find out from friends, the Yellow Pages or the want ads which personnel-placement companies in your area fill positions like the ones you're interested in. Of course, once you've actively begun to search for a new job, you may find a few employers who will insist on a college degree. But most will welcome your time-tested experience and may even prefer it to paper credentials. In addition, now and in the future, you can take part-time college courses to fill any knowledge gaps you're aware of.

MORE EXPENSE MONEY

I'm constantly having to make work-related expenditures that I don't get paid for. Is there anything I can do?

If your boss isn't reimbursing you for expenses, point out that most other employers do. A recent survey of a cross section of North American companies reveals that over 90 percent reimburse employees for meals for business guests, tips, wear and tear on an automobile used for business, tolls, parking fees and taxi fares. Eighty percent reimburse for meals away from the office, even if a business outing is for a day or less. And about half the employers will pay for your drinks and laundry when you're traveling on business.

EXTRA SEVERANCE PAY

My company suddenly announced that they were moving to another state and that we were all fired. Don't they have to give us extra severance pay?

According to current law, your employer doesn't owe you extra pay. The matter, however, is being fought in courts across the country by individuals like you who were fired. Also, forty states and several cities have introduced—but not yet passed—bills that would require employers to give you advance notice of closings, extra severance pay and continued health insurance. So if you're in favor of such laws, let your representatives know.

Job/Career News

Dieting at your boss's expense. Watch for company-financed diet programs (such as Diet Workshop or Weight Watchers). It's "one of the fastest-growing employee benefits," says a recent *Wall Street Journal* report. Held at lunchtime or after work, such programs usually consist of six to eight weeks of group sessions. Sometimes the employer pays the entire cost. Other companies make partial payments but may reimburse you for your share as you reach weight goals.

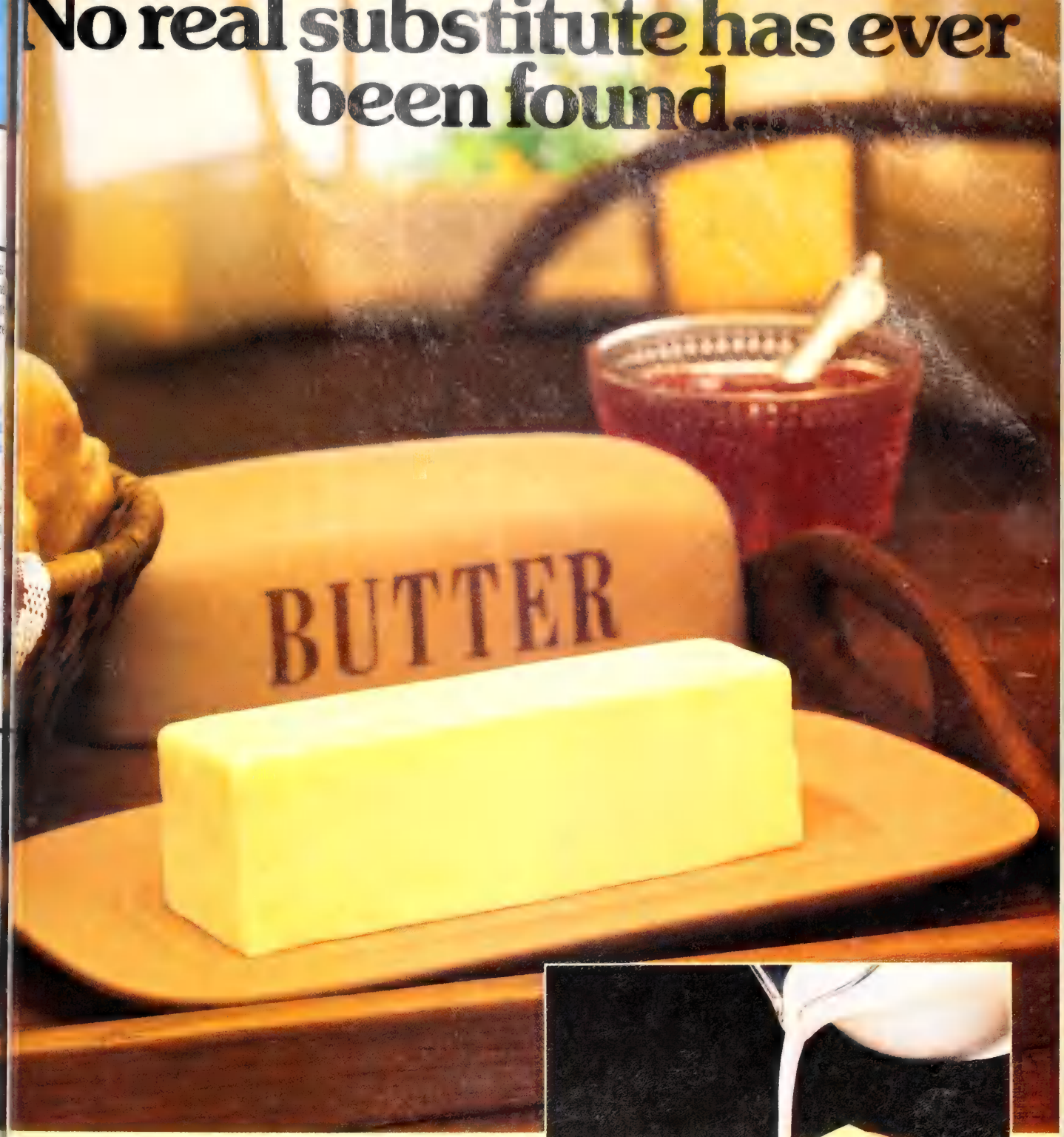
Health scholarships. If you're a woman over age twenty-five, you may be eligible for a $250 to $1,000 scholarship for tuition, books and education-related expenses. Applicants must be enrolled in vocational or academic study programs to enter, reenter or gain advancement in a health-care career. For an application and additional information, write: New York Life Foundation Scholarship, Business and Professional Women's Foundation, 2012 Massachusetts Ave. N.W., Washington, DC 20036.

Moving along. Last year, 10 percent of all company-paid relocations were for women—up from just 1 percent a decade ago. If you or your husband are anxious to *avoid* being asked to move to another city because of your job, think twice before taking jobs with business-machine makers, energy companies, retailers with many store outlets, and aerospace or electronics firms. They have the highest number of employee relocations.

Extra birthday present. You can look forward to more job satisfaction with each year of your life. A major survey recently discovered that though 80 percent of Americans are satisfied with their jobs, the older people become, the more likely they are to be in the "satisfied" group.

Sitting pretty. If you do desk work, you can prevent varicose veins and other circulatory problems in your legs by making sure that the edge of your chair doesn't cut into your thighs. Other good tips on keeping fit while at work are available in *Do It at Your Desk, An Office Worker's Guide to Fitness and Health*, by Shelley Liebman (Berkeley, $2.95). **End**

No real substitute has ever been found...





When it comes right down to it, no real substitute has ever been found for the pure, natural, wholesome taste of real butter. Or for bringing out the very best flavor in foods.

So come on home to the good taste of real butter.

Come home to the good taste of real butter.

REAL

National Dairy Board



A winter bread basket

Fend off the cold with a warm slice of these hearty breads.

By Bert Greene

It may be the dead of winter, but one bite of these spice-laced breads will give you a warm glow all over. Whether they're made with apple butter or Mexican hot sauce and cheese, these zesty breads taste so good your family will clamor for them all year.

APPLE BUTTER AND HONEY WHOLE WHEAT BREAD

- 3½ cups whole wheat flour
- 2 to 2½ cups all-purpose flour
- 2 packages active dry yeast
- 1 tablespoon sugar
- 2 cups warm water (105°F.–115°F.), divided
- ¼ cup butter or margarine, melted
- ½ cup apple butter
- 2 tablespoons honey
- 1½ tablespoons salt
- Cornmeal
- 1 egg beaten with 1 teaspoon water

In medium bowl combine all the whole wheat flour and 2 cups all-purpose flour; set aside.

In larger bowl dissolve yeast and sugar in ½ cup warm water; let stand 10 minutes. Stir in remaining water, butter, apple butter, honey and salt. Beat in flour, a cup at a time. On floured surface, knead dough until smooth, about 10 minutes. Shape into ball and place in a greased bowl, turning to grease top. Cover lightly; let rise in warm, draft-free place until doubled in bulk, about 1½ hours.

Punch down dough; knead briefly. Shape into 2 loaves. Cover and let rise again 1 hour. (If using a baking sheet, sprinkle lightly with cornmeal and let dough rise on sheet.) Preheat oven to 425°F.

If using a tile baking surface, sprinkle lightly with cornmeal; transfer bread to tile surface. Brush loaves with egg mixture. Bake 10 minutes. Reduce oven temperature to 375°F.; bake until loaves sound hollow when tapped lightly, 20 to 25 minutes longer. Makes 2 loaves, about 30 slices per loaf, 60 calories per slice.

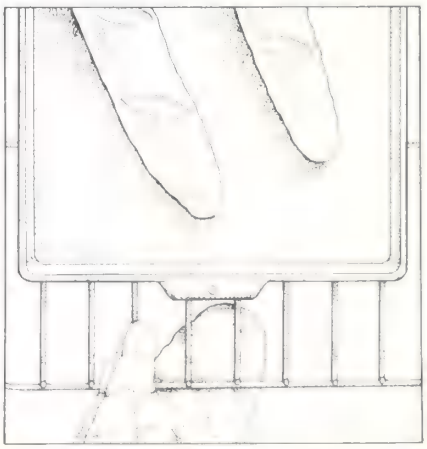
ONION PROSCIUTTO BREAD

- 1 package active dry yeast
- ¼ teaspoon sugar
- 1⅔ cups warm water (105°F.–115°F.), divided
- 4 to 4½ cups all-purpose flour (about 1½ lbs.), divided
- 2 teaspoons salt
- 2 tablespoons olive oil
- 1 large onion finely chopped, (about 1½ cups)
- 1 garlic clove, minced
- ¼ pound thinly sliced prosciutto, chopped (about 1½ cups)
- Cornmeal
- 1 egg yolk
- 2 teaspoons water

In medium bowl dissolve yeast and sugar in ⅓ cup water. Whisk in 2 tablespoons flour and let mixture stand until bubbly, about 10 minutes.

Add remaining water to yeast mixture. Stir in salt and 3 cups flour or enough to make a soft dough. Turn onto a well-floured surface; let rest 3 minutes. Knead until smooth and elastic, adding more flour if needed, about 10 minutes. Let rest 3 minutes. Knead 1 minute longer and transfer to a lightly greased bowl, turning once to grease top. Cover; let rise in warm, draft-free place until tripled in bulk, about 2½ hours.

Meanwhile, in large skillet heat oil over medium-low heat. Add onion; cook 1 minute. Add garlic; cook 3 minutes. Stir in prosciutto; set aside.



Glenn Wolff

Punch down dough. On lightly floured surface, roll into a circle about ½ inch thick. Spread onion-prosciutto mixture over dough. Fold into thirds. Then fold top third over the center; cover with bottom third. Turn dough over and place in lightly greased bowl. Cover and let rise 1 hour.

Turn dough out onto a floured surface; let rest 3 minutes. Knead briefly; roll out and repeat folding. Place dough on a baking sheet sprinkled lightly with cornmeal. Form a 14-inch loaf. Cover with a flour-rubbed towel and let rise until doubled in bulk, about 1 hour.

Preheat oven to 400°F. With a sharp knife, make three diagonal slashes across top of bread. Combine egg yolk and 2 teaspoons water; brush mixture over loaf. Place a roasting pan half-filled with water in bottom of oven. Place bread, still on baking sheet, in top third of oven. Bake 30 minutes. Remove pan of water from oven; continue baking 25 minutes. Makes 1 large loaf, or thirty ½-inch slices, about 95 calories per slice.

SPICY TEXAS CORN CAKE

- ½ pound chorizo (Spanish) sausage, chopped
- 1 onion, finely minced, (about ¾ cup)
- 3 tablespoons butter or margarine, softened
- 3 eggs
- 1 cup sour cream
- 1 can (7 oz.) Mexican home-style salsa (about 1 cup)
- 1 can (3½ oz.) jalapeño peppers, minced
- 1¼ cups cornmeal
- ½ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 cup milk
- 8 ounces Monterey jack cheese, grated
- 1¼ cups corn kernels

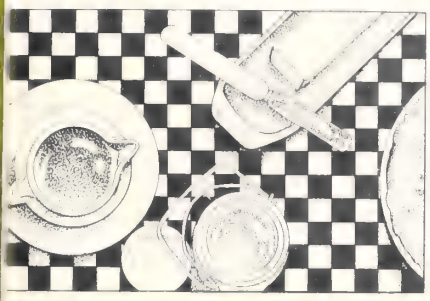
Preheat oven to 350°F. Grease a 12x2-inch round baking dish. In large skillet cook sausage over medium-low heat until lightly browned and all

grease has been rendered. Transfer with a slotted spoon to a dish. Pour off all but 1 tablespoon drippings from skillet. Add onion; saute in drippings until lightly browned. Set aside.

In large bowl beat butter or margarine and eggs until smooth. Beat in sour cream. Stir in onion, salsa and minced jalapeño peppers.

In medium bowl combine cornmeal, flour, baking soda, baking powder, sugar and salt. Add to sour cream mixture. Stir in milk with a wooden spoon. Stir in cheese, corn and sausage. Pour batter into baking dish. Bake 50 to 55 minutes, until toothpick inserted in center comes out clean. Let stand 5 minutes before serving. Makes 10 to 12 servings, about 440 calories each per 10, about 335 calories each per 12.

OLD VIRGINIA SPOON BREAD



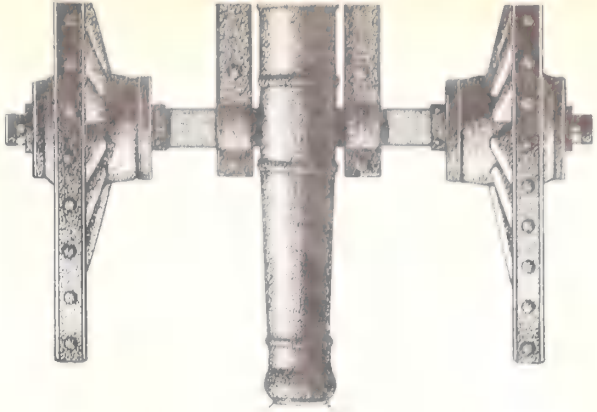
2⅓ cups light cream
¼ cup butter or margarine
3 teaspoons sugar
1 tablespoon honey
½ tablespoon salt
1 cup white cornmeal
4 eggs, separated
1 teaspoon baking powder
Pinch of ground white pepper

Preheat oven to 375°F. Butter a 2-quart casserole or soufflé dish. In medium saucepan combine cream, butter or margarine, sugar, honey and salt. Cook over low heat until butter melts. Do not boil. Slowly add cornmeal. Cook, stirring constantly, over low heat until thick. (Again, be careful not to boil.)

Transfer cornmeal mixture to a large bowl. Beat in egg yolks, one at a time, beating well after each addition. Add baking powder and pepper.

In small bowl beat egg whites until stiff. Fold into cornmeal mixture. Pour into casserole. Bake 35 minutes until puffed and golden. Serve immediately with butter, syrup, honey or just salt and pepper. Makes 6 to 8 servings, about 480 calories each per 6, about 360 calories each per 8. **End**

Bert Greene is a food writer living in New York City. His latest book is Greene on Greens (Workman Publishing, 1984).



TODAY'S
VALLEY FORGE

YOU WON'T FIND IT
IN THE HISTORY BOOKS

If you visit Valley Forge expecting history, you'll find it. But that's not all you'll find!

Today's Valley Forge is also night club revues and dinners-for-two. It's blooming flowers and Bloomingdale's. It's an Amish fair and a Music Fair.

Great Old Cannons, Too.

No stay in Valley Forge is complete without a visit to our historic national park. See, we haven't forgotten what made us great. We just want you to know that now, we're even better.

Today's Valley Forge is city sizzle at country prices. And it's smack in the middle of everything! For complete vacation information about Today's Valley Forge, call anytime, day or night:

1-800-841-8000, Ext. 23. (in PA or out of state)

Or write: Valley Forge Country
Convention and Visitors Bureau
P.O. Box 311
Norristown, PA 19404

You've got a friend in Pennsylvania

Travel talk

Whether you're going around the world or just around the corner, here are up-to-date travel tips to help you get where you want to go and have the best time while you're there.

By Linden Gross

SKIERS: NOW IS THE TIME

If you're like most downhill skiers, you probably hit the slopes for a week at Christmas or Easter. The problem, of course, is that's exactly when everyone else has decided to go skiing, too. The result: long waits at the lift lines and hills filled with hordes of people who must somehow manage not to plow into one another.

It's not hard, however, to avoid the above scenario. Instead of automatically scheduling your next ski vacation for Easter week, plan to go between now and the end of February. And don't be afraid to try for last-minute reservations. You'd be amazed at what's available this time of year at ski areas all over the country.

If you can't get away that quickly, head for the snow-covered hills the week *after* Easter. Though most people assume that ski season has ended by then, it's actually one of the nicest times to go—there's usually plenty of sunshine and warm weather as well as lots of good snow.

So much for when to go. The next question is where. That answer is simple: This year, Aspen—with its four interconnected ski areas—stands out as one of the best places to take advantage of the nonpeak ski season. Not only are current price wars making air travel to Colorado an all-time bargain, but also during the last three weeks of January, the first week of February and the second week of April (the one that follows Easter), Aspen's lift tickets will be discounted by as much as 28 percent. That means that skiers buying a six-out-of-seven-day lift pass will be able to ski for just $16 a day, as opposed to the usual daily rate of $24. And you don't get just one mountain for that price, you get three: steep and fashionable Aspen mountain itself; gentle, family-oriented Buttermilk; and the newly developed and varied Snowmass, which is bigger than Aspen and Buttermilk combined. For an extra dollar a day, you can also ski the long runs at Aspen Highlands.

And Aspen offers more than just downhill skiing. There are free cross-country ski trails just outside of town as well as in Snowmass. You can even ski the six kilometers (roughly four miles) between the two if you have the energy and the snow skills.

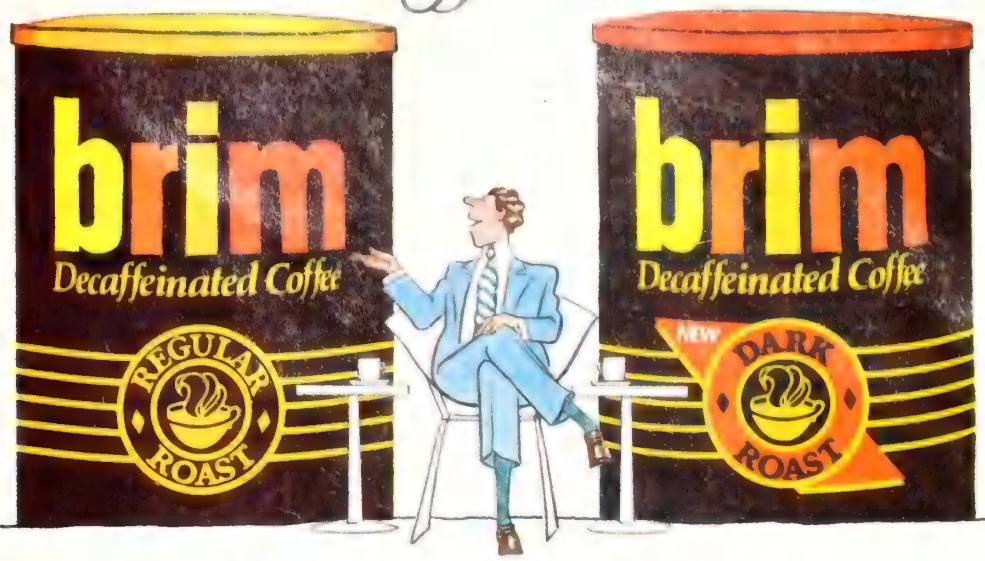
For those who want to enjoy the out-of-doors but find the idea of skis—any kind of skis—unappealing, there are other activities to try, such as snowshoe expeditions, hot-air balloon rides, and snowcat or dogsled tours through the wilderness.

In the evenings, this mountain resort becomes surprisingly cosmopolitan. There are eateries and night spots for almost every pocketbook. And between January 16 and February 22, the Snowmass Repertory Theatre makes its debut with performances of *Crimes of the Heart*, *Private Lives* and *Amadeus*.

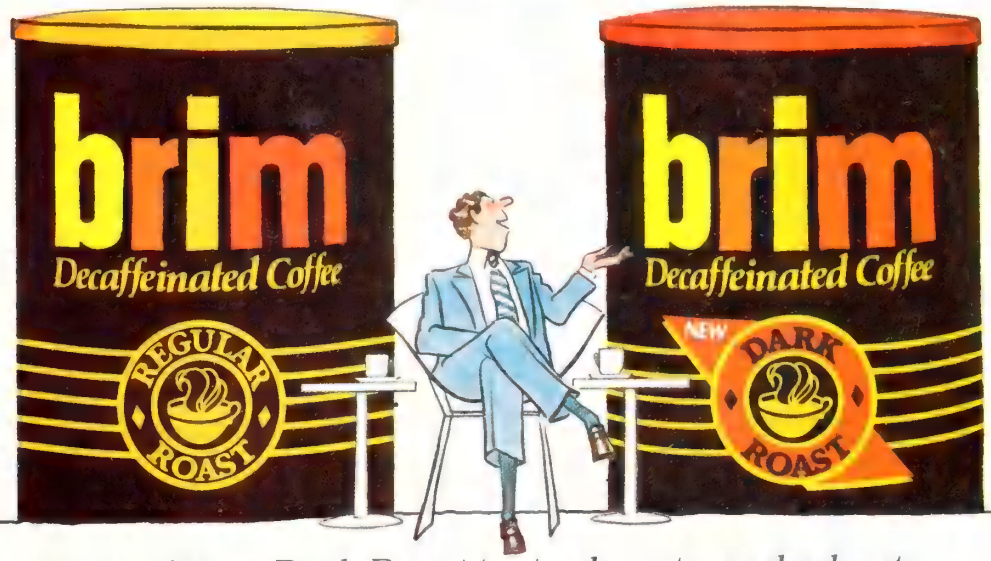
Of course, after a hard day in the snow, you may just want to spend an evening by the fire, resting your bone-weary body. A tip: If intense relaxation is a priority, consider staying in Snowmass. Just a hop, skip and a free shuttle ride away from Aspen, Snowmass boasts twenty-three heated swimming pools and twenty-two hot tubs that are free for guests. Whether you stay in a condominium or the lodge, you'll have a hot *(continued)*



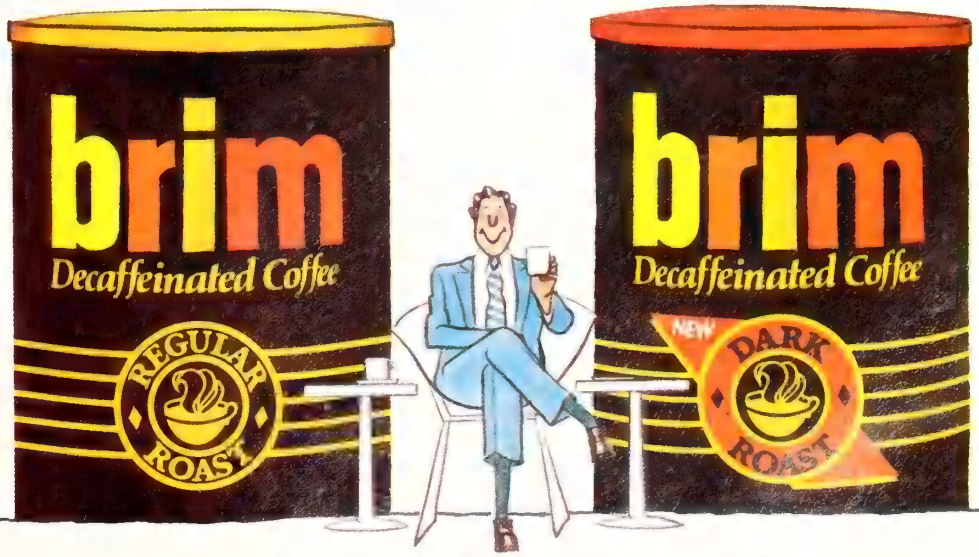
Now Brim offers you a choice



Regular Roast tastes smooth and rich.



And New Dark Roast tastes hearty and robust.



Available in Auto-Drip® and Percolator grinds.

© 1984 General Foods Corporation

GF GENERAL FOODS

So fill your cup to the rim with Brim.
Regular Roast or New Dark Roast.



Now, one dramatic cream can give you 24 hours of comprehensive care.

"Les Originelles" Fonction 24

Beneficial to all skin types. It works by day to provide surface smoothing, protection, moisture and a 100% vegetable oil that acts as a sunscreen. Plus, it helps makeup last longer than you'd dare expect.

At night, this light and luxurious cream works deep within skin to combat dryness, premature aging and less-than-intriguing little lines. Brings extra bloom and vitality to even dry and delicate complexions.

Fonction 24 – skincare expertise that works for you 24 hours a day.

Stendhal
PARIS
Superior skincare with a French accent.

Neiman-Marcus

TRAVEL TALK
continued



tub and a pool right outside your door. Luxuriating in those warm bubbles will be a great way to soothe the sore muscles you may have after a day on the slopes, and a dip in the pool will fill you with renewed vigor.

For reservations and more information about staying in Snowmass, contact the Snowmass Resort Association, P.O. Box 5566, Snowmass Village, CO 81615, 303-923-2000. To stay in Aspen, contact the Aspen Resort Association, 700 Aspen St., Aspen, CO 81611, 303-925-9000.

MAKING SENSE OF THE METRIC SYSTEM

Contending with a foreign currency when you're traveling abroad is tough enough for most of us. Throw in an unfamiliar system of measurement as well, and even a seasoned traveler may become a little flustered. If you intend to travel outside the United States, you'll need to know the metric system. You can make your life a lot easier by keeping these shortcuts to approximate conversions in mind.

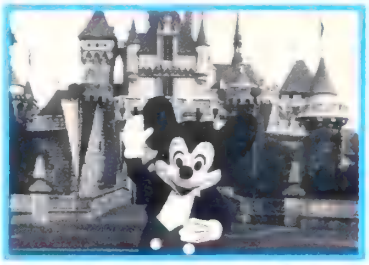
- Since one kilometer is ⅝ (or .621) miles, multiply the number of kilometers by .6 to get the total in miles.
- To figure out how many pounds instead of kilograms the suitcase you're bringing back home weighs, just double the number of kilograms, since one kilo is 2.2 pounds.
- Meters are easy. One meter equals 39.37 inches, or about 3 feet. Just think of meters in terms of yards.
- Finally, to find out how cold it really is when all the weather readings are given in Celsius, simply double the Celsius figure and add the number 32.

EVEN BABIES NEED PASSPORTS

Planning to go abroad with your young children? You'd better allow enough time to get each family member—no matter how tiny—a passport of his own. It used to be that young children could simply be included on their parents' passports. But no more. Every United States citizen—no matter how small—is now required to have a passport when traveling abroad, and it will take anywhere from two weeks to two months to obtain the passport once you've filed for it.

To obtain passports for the young members of your family, you'll need a birth certificate and two identical glossy (black and white or color) 2-by-2-inch photos for each child. Find a photographer who specializes in passport photos—vending machine prints are generally not accepted. Then, head to your county courthouse or to a United States post office that accepts passport applications. (Not all post offices handle passport applications, so call first.) You'll be asked to complete an application and to pay $27 for each child's passport. The document will be valid for five years.

HAPPY BIRTHDAY DISNEY-STYLE



This year Disneyland—the California original—will be thirty years old, and the Magic Kingdom plans to celebrate the event all year long. Daily parades, nonstop special events and plenty of celebrity entertainment are just the start of the giant birthday party. The highlight of the festivities, however, is the stupendous twelve-month giveaway that's just getting under way.

To commemorate its thirty-year history, Disneyland will be awarding gifts to every thirtieth, three hundredth, three thousandth, thirty thousandth, three hundred thousandth and three millionth guest entering the park. Prizes range from commemorative Disneyland passports to General Motors cars. In addition, an extra-special prize will be awarded to Disneyland's two hundred fifty millionth guest. What that will be, however, and how many millions have already filed through the park's gates, remains top secret. **End**

ANTHONY RICHARDS Dept.2/5
6836 Engle Road, P.O. Box 94510, Cleveland, Ohio 44101

STYLE	QTY.	SIZE	CUP	PRICE
#666—Bandeau B/C—$7.95 D—$8.95				$
#405—Longline B/C—$9.95 D—$10.95				
Ohio residents only, add 6.5% sales tax				
Add postage, handling & insurance				$ 1.00
Total amount enclosed				$

CHARGE TO MY ☐ MASTERCARD ☐ VISA

Acct. No. _____ Exp. Date ___/___

PRINT NAME _____

ADDRESS _____

CITY _____ STATE _____

SIGNATURE X _____ ZIP _____ (Your present zip code)

SATISFACTION GUARANTEED 5-017-5BPB

New "POSTURE BRA"

Improves Your Posture Instantly



LOOK AND FEEL YEARS YOUNGER!

A pretty camisole bra with a light, lacy look that makes your bust shapelier. Unique criss-cross back design of Lycra® powernet gives extra support, helps keep back straight, holds shoulders back without binding. Wide camisole straps ease shoulder strain, give extra support. Soft shaping in undercups lifts, separates, adds shape to your bust. Ideal for the full-figured woman. Convenient front closure. White nylon and Lycra® . Sizes 34-44 B, C—just $7.95; Sizes 34-44 D—just $8.95. **Also available in longline style.** Sizes 34-44 B,C—just $9.95; Sizes 34-44 D—just $10.95.

© 1984 ANTHONY RICHARDS

SALE PRICED! $13.88



Pamper yourself in our sumptuous satin robe with fine trapunto trim. Fashioned of lustrous Arnel/nylon satin, our classic robe is machine washable for easy care. Sizes S-M-L-XL. Add $2.00 for Extra Large.

Matching Slippers-$3.95

Slipper sizes: S(5½-6½), M(7-8), L(8½-9), XL(9½-10).

Both robe and slippers available in Champagne(13), Burgundy(37) and Royal Blue(88).

ANTHONY RICHARDS Dept.2/5
6836 Engle Road, P.O. Box 94510, Cleveland, Ohio 44101

STYLE	QTY.	COLOR	SIZE	PRICE
#689—Satin Robe "Sale" $13.88				$
#641—Slippers just $3.95				
Please add $2.00 each for Extra Large				
Ohio residents only, add 6.5% sales tax				
Add postage, handling & insurance				$ 1.75
Total amount enclosed				$

CHARGE TO MY ☐ MASTERCARD ☐ VISA

Acct. No. _____ Exp. Date ___/___

PRINT NAME _____

ADDRESS _____

CITY _____ STATE _____

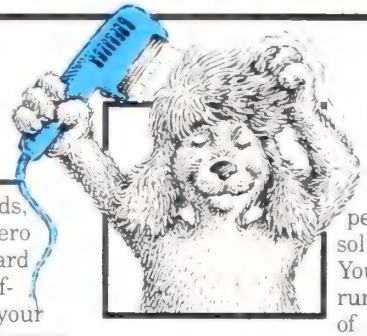
SIGNATURE X _____ ZIP _____ (Your present zip code)

MONEY BACK GUARANTEE 5-017-5BSR

Pet News

How to winterize your pet, and more. By Roberta Grant

COLD-WEATHER TIPS FOR PETS



Winter's biting winds, frozen slush and sub-zero temperatures can be hard on pets. The ASPCA offers these hints on how to keep your pet happy and healthy until warmer days arrive.

- Although most people let their cats wander in and out of their homes, it's important to keep your cat inside in cold weather. Dogs, too, should be allowed outside for only as long as they need to relieve themselves. Both cats and dogs can easily freeze or become lost or hurt under the wheels of a skidding car. Also, beware of the dangers involved in letting your dog romp off his leash. He can lose his scent on snow and ice and become disoriented, or he may panic during a snowstorm and run away.



- Buy your dog a warm sweater that fits snugly around his body, especially his vulnerable belly. This is a particularly sensible purchase if you own a small, short-haired breed, as they are particularly sensitive to cold weather.
- Never leave your pet alone in a car during cold weather. It's as cold inside as outside, and your pet could literally freeze to death.
- When your dog comes in from the cold or the wet, take the time to wipe his legs and stomach thoroughly. Check his sensitive footpads for encrusted snow or ice. Your dog may also walk through salt or other chemicals, which could hurt him if he licks his feet. Remember to wash your own hands thoroughly after cleaning your pet's paws.
- Resist the urge to clip your dog's hair. Your pet needs every bit of warmth he can get. To keep his coat healthy and shiny, brush it daily instead of clipping him.
- Bathe your pet only when absolutely necessary. Your cat or dog runs a good chance of catching a cold anytime he gets wet. If your dog must be bathed, make sure he is thoroughly dry before you take him outside. You might consider using a blow-dryer (with caution) to help speed up the drying process. A professional dog groomer is also an option to consider.
- Wait until warmer weather arrives before you begin to train a young puppy to relieve himself outside. Puppies cannot take the cold well and are difficult to train outside in the winter. In the meantime, paper-train him inside your home.
- Make sure your pet sleeps away from drafts and preferably off the floor. A basket or a cardboard box with a soft blanket in it will help keep him warm. A doghouse is usually not a good shelter against the cold for your dog.

PUTTING PETS TO SLEEP

Deciding to put your beloved cat or dog to sleep can be a difficult, even agonizing, decision. Your veterinarian can help by thoroughly examining your pet and giving you a professional opinion of its physical state and whatever pain it might be suffering. If you decide to terminate your pet's life, see that it's done in the most humane fashion possible. The best method, although slightly expensive ($25 to $50), is to have your veterinarian inject the animal with sodium pentobarbital, an anesthetic that puts the pet smoothly to sleep.

Taking your failing pet to an animal shelter is no guarantee that the animal will be gently disposed of. You should find out what type of euthanasia they practice, since many shelters use crude and inhumane methods.

Courage, compassion and truthfulness are required to explain to your children why you are putting your pet to sleep. Tell the child that death is a natural part of the life cycle. It is perfectly appropriate to hold a memorial ceremony for your pet and to reassure your child that now the animal is free from pain and at peace.

According to Roger Caras, author of numerous books on pets and wild animals, some people feel that time should pass before replacing a pet, lest the child decide that loved ones can be replaced like broken toys; others feel an immediate replacement is in order to take the child's mind off the loss. All the experts stress that it's important not to hide your own emotions from the child. Teaching a child to handle a personal loss such as the death of a pet will teach her much about the value of relationships while they exist.

BIRD FEEDERS FOR A BUCK

Americans spend over $54 million each year on backyard bird feeding stations. Now the Fish and Wildlife Service has a way for you to build your own winter feeding station for next to nothing. Designs for two separate feeders utilize plastic soda pop bottles and other household materials and each can be easily constructed in less than an hour. The first feeder will draw chickadees, nuthatches and cardinals, while the other is popular with goldfinches, wild canaries, pine siskins and redpolls.

"With a little ingenuity," says Robert A. Jantzen, Fish and Wildlife Service director, "anyone can bring wildlife to the back doorstep."



To receive the bird feeder building instructions, write to: U.S. Fish and Wildlife Service, Publications Unit, 18th and C Sts. N.W., Washington, DC 20240.

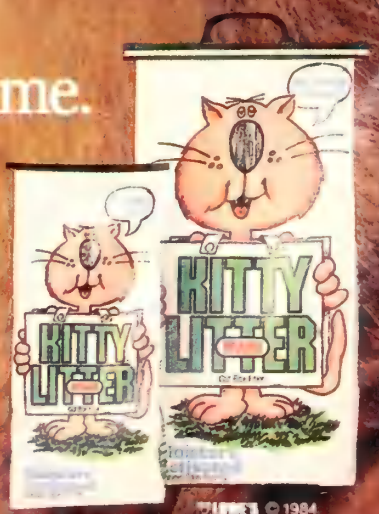
Without Kitty Litter® Brand, cat box odor can be a crying shame.

If you're unhappy about how the cat box smells, just think how your poor cat feels.



What you both need is moisture-activated Kitty Litter Brand. Because only Kitty Litter Brand eliminates odor instantly. Moisture activates a patented deodorant that works like no other. It eliminates every trace of odor right then and there.

So do something nice for yourself and your cat. Get the one brand that eliminates odor instantly. Kitty Litter Brand.



There's only one Kitty Litter® Brand.

The one that's moisture activated.

© 1984



Count your pleasures.

The calories, of course. Always under 300.

But the biggest pleasure of Lean Cuisine® is the taste. So delicious, so delightful, you'd think it was fattening.

And you get that taste in more than a dozen excitingly different Lean Cuisine entrees. To keep you from feeling bored or deprived.

Lean Cuisine entrees. From Stouffer's.®

So many pleasures.

So few calories.



Lean Cuisine.® From Stouffer's.®

It's not just the calories that count. It's the taste.



Beauty symposium

By Wendy Korn

Top doctors and beauty experts answer your toughest beauty and grooming questions. Turn the page for their up-to-the-minute advice.

Herbert Schulz

HALSTON III™. Light Support Ultra Sheer Pantihose.

Support yourself in style. Because there's nothing more beautiful than a confident woman



© 1984 JCPenney Co. Inc.

Available at most large stores and through the JCPenney catalog.



Your trickiest beauty problems—solved!

So you want flawless skin? Healthy hair? Long, strong nails? Here, looking-good tips for a new, prettier you!

Q ***I'm only thirty-four, but I've already started to get fine lines around my lips that make me look much older. Is there anything I can do about them?***

A These are natural expression lines that everyone develops as they age, but they can occur prematurely, especially if you smoke. To soften lines, apply a rich moisturizer several times a day and wear a sunblock around your lips when outdoors. In some cases, a plastic surgeon or a dermatologist can ease the lines with a chemical peel or collagen injections. To keep lipstick from bleeding into the lines, you can use a commercial lip fixer, or try this method: First, coat lips and surrounding skin with foundation to provide a "canvas" for lip color. Brush on translucent powder to set, then outline lips with a lip pencil in a shade close to your natural lip color. Fill in with lipstick.

Q ***I've lost weight and I'm in great shape but I still have a little tummy and saddlebags that won't budge. I've heard about a process called liposuction, which vacuums out fat. Does this really work?***

A Lipo-suction is a new, still-controversial technique that has been successful in removing fat cells from localized areas. Patients should have good skin elasticity and be at their ideal weight, though they may have accumulations of fat that remain unaffected by exercise or diet. For the procedure, a doctor inserts a thin hose through the skin and vacuums out tunnels of fat. Since the skin must have sufficient elasticity to shrink back to a smaller size once the layers of fat are removed, this technique works best on the thigh and upper leg or under the chin rather than on the stomach, where the skin tends to be looser. Lipo-suction is a serious medical procedure. Be sure to find a physician skilled in its use. It is also costly: Suctioning a small area (under the chin, for instance) can cost $1,000. Suctioning a thigh or leg: $2,000 to $4,000. The fat cells that are removed will not grow back, although other cells in the area may enlarge if you gain weight.

Q ***After I had a baby, I noticed a few spider veins on my legs. Why did I get them and will they ever disappear?***

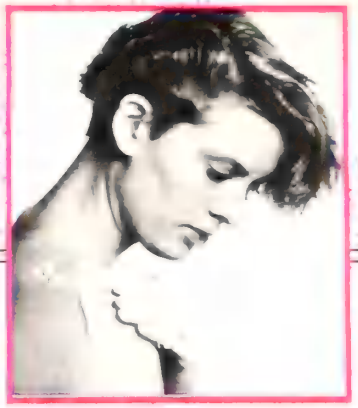
A Spider veins develop when the veins in the legs lose their natural elasticity and stretch. Standing in one place for long periods of time, pregnancy or other weight gain can increase the pressure of the blood through the veins, causing them to expand. Spider veins won't disappear, but they can be removed by injection of a concentrated saline solution that tightens the veins, or by cauterizing the vein with an electric needle. You can try to prevent spider veins in the first place by wearing support hose and, when standing for long periods, taking occasional breaks to walk around or elevate your feet.

Q ***When I wake up in the morning, my eyes are very swollen. How can I reduce the swelling—or prevent it altogether?***

A You may not be removing your makeup thoroughly before bed or you may be applying eye cream too close to your eyes. Remove all makeup and traces of cleanser before you go to sleep (oily cleansers can clog hair follicles, causing them to swell). To reduce swelling, place cold chamomile tea compresses over your eyes for five minutes. If puffiness persists, you may have a sinus problem. Try sleeping with a window open and with your head elevated. Since dry winter air can aggravate the problem, consider investing in a humidifier.

Q ***I perspire profusely, especially under my arms, and my clothes are always soaked. Is there anything I can do?***

Beauty symposium



A Some people naturally perspire more than others. To reduce wetness, keep your skin cool and dry: Shower daily and sprinkle on baby powder or talcum. Use an antiperspirant with aluminum chlorohydrate to block wetness; keep underarms hair-free. Clothes that are loosely woven of all-natural fibers will permit sufficient airflow so perspiration evaporates faster. You might also consider wearing a sheer cotton undershirt—buy it in the lingerie department of your favorite store—to absorb perspiration before it soaks through your clothes.

Q *I used to wear red nail polish all the time. Now I want to wear pale, translucent colors, but my nails have a dark orange stain that shows through. Can it be removed?*

A Perhaps—and of course the discolored nail will eventually be replaced with a new nail. If the stain is superficial, you could try lightly buffing it. For tough stains, see a professional manicurist who can safely scrape the nail surface. While you wait for the stain to grow out, you can still wear the translucent colors if you first apply a coat of cloudy nail enamel in white or beige. To prevent further discoloration, always wear a base coat with any shade of nail enamel.

Q *Whenever I shave around my "bikini line," the area becomes irritated and itchy. How can I get a smoother shave?*

A Be sure to lubricate the area and shave in the direction of hair growth. Finish with a light dusting of powder. However, since the skin in this area is extremely sensitive—more so in some women than others—waxing may be a better option for you. You could have a professional waxing (cost: about $15, and it should last several weeks) to see if you like the results. At-home waxing is effective for upper thighs, though it can be difficult to apply the warm wax higher up near the bikini line.

Q *I just turned thirty-two, but I'm already developing crow's feet around my eyes. Is there any way to get rid of them or prevent more lines from forming?*

A Try applying eye cream every morning and evening after you wash your face to soften and plump out the lines. To camouflage: With an eyeliner brush, paint a thin line of white foundation over crow's feet. Cover with regular foundation. Always apply a sunblock around your eyes whenever you go outdoors, and wear sunglasses in direct sunlight to prevent squinting, which contributes to your lines. Crow's feet can't be eliminated totally, but they can be softened with an eye- or forehead-lift, or a chemical peel. Consult an accredited plastic surgeon to see if these techniques would work for you.

Q *Why doesn't my fragrance last? I spray on plenty of cologne, but the scent is invariably gone within the hour.*

A Fragrance lasts longer on some people than others, depending on body chemistry, skin type and so on. The key to making fragrance last is to layer one scent in its different forms and apply it to pulse points, where the body heat generated by blood flow intensifies the scent. For example, bathe with bath beads or scented soap. Then, while your skin is still damp, apply scented body lotion; follow with scented talc. Next, spray on cologne or eau de parfum. For evening, dab perfume on pulse points, too.

Q *I hate the large pores on my nose and cheeks. How can I make them less noticeable?*

A Try using an astringent or toning lotion every morning. The alcohol in these products slightly swells the skin surrounding the pores so they temporarily seem less noticeable. If your pores are oily or clogged, try a facial scrub once a week, followed by a five-minute mask. You might also consider an oil-free foundation plus a dusting of loose translucent powder to reduce the shine. The only permanent correction for large pores is dermabrasion, which removes the top layer of skin, but this technique is successful only on the nose, where the abundance of oil glands will help rejuvenate the skin after the operation.

Q *I have to wear eyeglasses with thick lenses, and they make my eyes look terribly distorted. Is there a special way I can apply makeup so my eyes look more normal?*

A If you're nearsighted, your glasses will make your eyes look smaller, so your makeup should be applied more heavily. Try clear pastel shadows in a matte finish (avoid frosts and dark, muted, neutral colors). Apply a light color to lids, a deeper color in the crease, blending it up toward the browbone. If you use eyeliner, keep the line very thin, close to upper and lower lashes, and smudge to blend. Apply a few coats of lash-thickening mascara. If you're farsighted, your glasses will magnify your eyes, so makeup should be understated and blended carefully. Best: muted, neutral eyeshadow colors (mauve, brown, plum) in a matte finish over lids and crease, with color blended subtly toward the browbone. Line eyes with a soft, neutral, smoky pencil, then smudge to blend. Use a non-lengthening mascara, then comb lashes to separate and remove mascara clumps. Note: With so many varieties of contact lenses on the market, you might be able to be fitted with lenses, even if they never worked for you in the past. Consult an ophthalmologist or optometrist, who can tell if the newer lenses will successfully correct your vision problems.

Q *I have fair skin and very dark hair on my arms. Is there anything I can do so that I'm not embarrassed to wear short-sleeved clothing?*

A Bleaching the hair is probably your best choice, since shaving, waxing and depilation can leave the arms hairless and sometimes unnatural-looking. However, the key to effective bleaching is in the timing, so be sure to run patch tests on a small area of your arm for four minutes, eight minutes and twelve minutes (don't repeat patch tests in the same place). This way you can see which resulting shade looks most natural. Your goal should be hairs that are nearly colorless, not platinum blond.



"First I changed my body, then I changed my mind."

About food.

About eating.

About when I really needed it and when I didn't.

I used to think dieting was about limits.

Now I see it's about *opening up* new worlds.

I can eat good, healthy food, lose weight, and *not feel hungry* on the Diet Center program.

With daily counseling and good personal follow-up, I know I can do what I set out to do.

I'm more confident, more in control.

I started out to change the shape of my body.

I know now I'm changing the shape of my whole life.

DIET CENTER®

Lose weight
without losing your mind.

all the Weight Loss Professionals for your first free consultation. Look under "Diet" in the white pages of your phone book.
1900 locations nationwide.

Beauty symposium



Q ***Every few months, I get terrible cold sores around my mouth. What can I do?***

A You can't permanently cure cold sores (also called fever blisters) since they are caused by the herpes simplex virus, which can lie dormant in your body for months, even years, only to be triggered by physical or psychological stress. However, you can speed up the healing process—which can take ten days to two weeks—by carefully dabbing on a drying agent, such as calamine lotion, several times a day. Since the condition can be exacerbated by exposure to ultraviolet rays, wear a sunblock around your lips whenever you're in the sun. Cold sores, incidentally, differ from canker sores: The latter are inflamed ulcerated spots inside the mouth that can be caused by many factors, among them illness, tension, poor dental hygiene or even an injury from a toothbrush.

Q ***What can I do about an unattractive wart on my face? Are those over-the-counter removal preparations safe?***

A They are, but not for facial warts. If you remove a facial wart on your own, you run the risk of scarring, since most over-the-counter products are too imprecise for use on sensitive facial tissue. Have a doctor remove the wart by cauterizing it with an electric needle or by freezing it off with cryosurgery. You will have a tiny scab, which will heal in a few days, and which should leave only a faint scar, if any.

Q ***I've heard that a natural bristle hairbrush is best, but they're so expensive. Are they really worth the money?***

A With today's carefree hairstyles, a brush is generally used only to detangle the hair, so natural bristles (made of boar's hair or horsehair) aren't necessary, though they can add volume to fine hair. In fact, an all-natural bristle brush may actually damage fragile hair, and it can make oily hair more so since it absorbs the hair's natural oils and redistributes them along the hair shaft. The less expensive vent (short, round-topped bristles set on a plastic base with open holes) or the Denman (rubber or nylon bristles set into a rubber cushion base) may be better for you, because each has greater spacing between the individual bristles, which separates hair strands and adds fullness to the hair.

Q ***Recently I've noticed a few dark hairs on my chin. Why am I suddenly getting them—and how can I get rid of them?***

A Such hair growth is activated by hormonal changes that occur throughout a woman's life. These changes are most likely associated with a decrease in estrogen—due to any number of factors, among them childbirth and aging. But the good news is that just about any method of hair removal will work well on the chin. You could carefully pluck the hairs (unless they grow from a mole, in which case trim or wax them or you risk infection). You could also try depilation or bleaching (if hairs are not too numerous). Electrolysis is the only permanent method of hair removal. Cost: approximately $15 to $30 for a half-hour session. Keep in mind that the growth of new superfluous hair can occur throughout your life, even after electrolysis, and since each hair shaft grows at different rates, those that were dormant (and thus not visible) at the time of electrolysis treatment may surface later.

Q ***How can I prevent the tips of my fingernails from flaking and peeling?***

A Fingernails become dry and brittle from excessive use of water and cleaning agents, from using your nails as tools, or from changing nail polish too frequently (nail enamel removers dehydrate the nails). To relieve brittleness, wear rubber gloves for wet work, and don't remove nail polish more than once a week. In addition, soak fingertips in warm water for ten minutes before bed, then massage a rich moisturizer into nails. Repeat daily until brittleness subsides, then repeat twice a week. When your nails peel, don't pull or file the pieces, since this further thins the nails. Instead, seal the flakes by brushing on a liquid nylon nail wrap (a clear base coat with fibers), let dry and apply a second coat.

Q ***I have a port wine stain birthmark on my face, and when I was young, I was told it was permanent. Has anyone developed a technique that could help me?***

A Yes—it is now possible to remove most port wine stains, which are caused by an abnormal growth of blood vessels in one area. The most promising method is argon laser therapy, a technique that eradicates the nest of fine blood vessels by the use of a laser beam. Cost: approximately $200 to $300 for each square inch that is removed. You should consult an accredited plastic surgeon experienced in this technique to see if it is indicated in your case.

Q ***I haven't gained weight, but I'm starting to develop a double chin. Are there exercises I can do to get rid of it?***

A As the skin under the chin loses its elasticity, it can droop, creating a double chin. While exercises won't correct this problem, good posture will make it much less noticeable (holding your head forward and slouching accentuate a double chin). A new plastic surgery technique called lipo-suction, in which a doctor actually vacuums out excess fat from an area, may reduce a double chin. If you're interested in surgical correction, you should consult an accredited plastic surgeon.

Q ***Since I'm really pretty flat-chested, can I get away with going braless?***

A You shouldn't—gravity will still take its toll since the breasts themselves contain no muscles. Totally dependent for support on the skin's fibrous elastic tissue, breasts will indeed sag if you don't wear a bra, especially during exercise, when the constant movement causes even greater pulling on the breast tissue.

Q ***My upper eyelids are very fleshy, so my lids are barely visible. Are there any makeup tricks to correct this?***

A You can make your fleshy upper lids recede somewhat with make-

Dole FRUIT 'N JUICE

PINEAPPLE STRAWBERRY ORANGE

100% natural Dole® Fruit 'N Juice Bars
Real crushed fruit, real juice, too.
What a refreshing way to eat fruit.



INTRODUCING



© CASTLE & COOKE, INC. 1983



up. Try brushing dark brown or gray matte powder eyeshadow up from the crease of your eye, over the fleshiness to the browbone. Blend smoothly and concentrate color at the fleshiest part of the eye. Avoid frosted or shiny eyeshadows and don't apply highlighter to the browbone. Lash-lengthening mascara will focus attention elsewhere, too. You might also consult a plastic surgeon to see if an eye-lift is indicated for you.

Q ***Recently I've noticed vertical ridges along my nails—what causes them and is there anything I can do to fix them?***

A Vertical ridges occur naturally with age, just like wrinkles. You can try smoothing the nail surface by applying a ridge-filling base coat under your polish or by lightly buffing the nails. (Don't buff more than once every few weeks since this will thin out your nails and cause them to break.)

Q ***The lines on either side of my nose and mouth are very deep, and they make me look older than I am. Is there any way to soften them—and stop them from getting deeper?***

A The best treatment for paranasal lines is to keep the skin well moisturized so it's soft and supple, and to wear a sunblock whenever you go outdoors. Injections of liquid collagen will soften the lines, but the results last only six months to two years, after which the treatments must be repeated. White foundation, smoothed on with an eyeliner brush and carefully blended with fingertips, followed with your regular foundation, will help camouflage the lines.

Q ***My makeup always goes on streaky. Although I apply powder eyeshadows and blush with good brushes, I still have trouble blending the colors properly. Any tips?***

A You're probably applying makeup to what makeup experts call raw skin. You need to wear a light layer of moisturizer and a sheer coating of foundation as a base for powders to go on without streaking. When applying powder with a brush, tap the brush to shake off any excess, brush on a thin layer of color, then lightly buff with a clean, dry sponge to blend. Then, if you still need more color, apply another sheer layer of powder and blend.

Q ***I have brown hair with red highlights, and I'm thinking of using henna to make it redder. Is this a good choice?***

A Very popular several years ago, henna is no longer recommended by most hairdressers since it is very drying and can leave hair brittle. Henna is also unpredictable in the way it imparts color, sometimes leaving an orange tint on gray hairs, and it can also lessen the effect of a perm. A better option: a non-peroxide, semi-permanent haircolor in a reddish tint, which will give you more predictable results without drying your hair.

Q ***I love the look of nail polish, but I've been told that I'll harm my nails if I continue to wear it all the time since nails need a rest. True?***

A Contrary to what many people think, it's not necessary to give nails a breather from nail enamel. In fact, the enamel actually protects nails so they don't break so easily.

Q ***I'm troubled by a few unsightly nostril hairs. What can I do about them?***

A You can safely trim nostril hairs with a fingernail scissors, but never pluck them. Plucking is extremely painful and can irritate delicate nasal membranes.

Q ***I color my hair at home, and the product directions advise a skin patch test before each use. Is this really necessary? I've been using the same product for years and I've never had a bad reaction.***

A You should continue to do a patch test in the crook of your elbow every few times you color your hair. It is possible to develop an allergic reaction to a substance that didn't affect you in the past.

Q ***I was ill for a few weeks, and now I have thick horizontal ridges across my nails. Why did these occur, and are they permanent?***

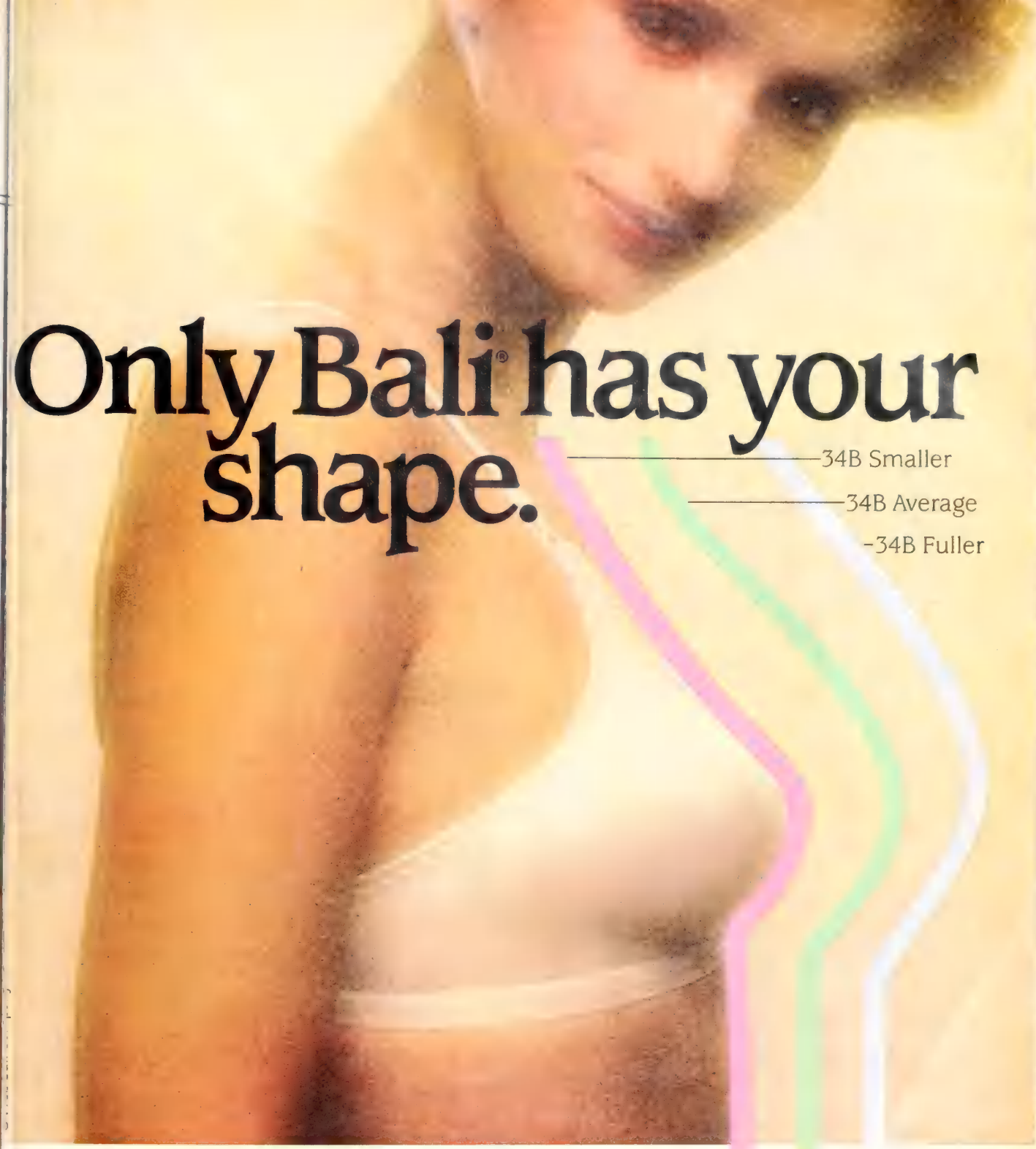
A Horizontal ridges occur from an injury or an "upset" at the nail matrix—the growth center of the nail—due to high fever, a virus, surgery or anesthesia, or even from excessive pushing back of cuticles. Many illnesses temporarily cause the nail matrix to produce a thinner nail than usual, and you may not notice this until weeks or months later—when that portion of the nail grows. The ridges will grow out as normal nails grow in. Meanwhile, use a ridge-filling base coat under your polish to smooth the nail surface.

Q ***Although my feet are always clean, they smell when I take off my shoes. What can I do to stop the odor?***

A You might be suffering from a condition called bromidrosis, which occurs when the airflow around the feet is blocked. This in turn triggers the growth of odor-causing bacteria and fungi. Keep your feet as dry as possible, and sprinkle absorbent powder (not cornstarch, since many organisms thrive on it) on your feet and inside your socks and shoes. Also, wash feet with an antibacterial soap and always wear light socks made of all-natural fibers and shoes with either ventilation holes or natural-fiber insoles. If the skin is uncomfortably irritated, see your doctor; you may have a chronic infection or athlete's foot.

Q ***I'm black and I wear my hair naturally curly, but it's so dry and brittle that it breaks easily. Are there any treatments that would help me gain better control in styling?***

A Curly hair is naturally dryer than straight hair, and since black hair tends to be very coarse, natural scalp oils aren't evenly distributed along the hair strands. Try deep-conditioning your hair with hot-oil treatments at least once a week or as needed. Apply instant conditioner after each shampoo, and keep brushing and the use of heat appliances to a minimum to ensure greater manageability.



Only Bali® has your shape.

34B Smaller

34B Average

34B Fuller

)ther bras fit just your size.
Bali knows it takes more than size to t a woman's breasts. It also takes hape. The fact is, women who wear the ame size bra can have different breast hapes, from smaller to fuller.

•ali fits your size and breast shape.
Bali adds a whole new dimension) the way a bra fits. Because Bali bras re designed to fit your size and unique reast shape.

'he Bali Fit Dimension.
Here's how it works. Bali bras come in Smaller, Average and Fuller shapes. This means if you're a 34B, you can choose 34B Smaller. Or 34B Average. Or 34B Fuller.

Every Bali package is color-coded.
Pink for Smaller shapes, green for Average shapes and blue for Fuller shapes.

Find the Bali shape that's right for you.
You'll discover the fit dimension no other bra even mentions. Shape. Because only Bali has your shape.



THE FIT DIMENSION BY BALI.

Beauty symposium



Q ***I cringe when I have to shake hands because my palms are always sweaty. Why does this happen?***

A Although sweaty palms can have a psychological origin—for instance, when you're tense or nervous—some people do have very active sweat glands in this area, causing the palms to be continuously damp. You can apply antiperspirant to palms every morning to reduce wetness; or see a dermatologist, who can prescribe a concentrated aluminum chlorohydrate preparation—it's very effective, and it needn't be applied daily.

Q ***My teeth are so stained that even a professional cleaning doesn't help. What caused the discoloration in the first place and will it ever go away?***

A Stains on teeth can be caused by smoking or simply by aging (as the outer layer of enamel wears thin, the tooth acquires a dark cast). If the stain is light brown or orange, it may react well to a professional bleaching in which a dentist applies a concentrated hydrogen peroxide solution to the teeth for few minutes. (Do not do this yourself.) You may need to have the process repeated five or six times, and there is no guarantee that the stain won't recur, but it may lighten considerably. Dark gray or black stains don't respond to bleaching, but you should consider bonding: the dentist molds a thin tooth-colored layer of composite resins over the tooth, then files and contours the layer. Bonding costs anywhere from $150 to $600 a tooth, and the results, which should last three to eight years, are remarkably natural.

Q ***My pierced ears often become irritated. What's the best way to clear up the inflammation?***

A You may be allergic to the nickel used in making many earrings. (Even gold earrings, if they're less than 24K, contain nickel alloy for strength.) A doctor can do a patch test to determine exactly what is causing your problem. Meanwhile, a mild irritation should respond well to an over-the-counter 1 percent hydrocortisone cream, applied several times a day. If the skin is infected, however, apply hydrogen peroxide and an antibiotic ointment several times a day, and consult your physician if the infection doesn't clear after four days. Some new earrings are being made with stainless steel or plastic posts, which can be less allergenic.

Q ***I'm very busty, and I've developed grooves in my shoulders from my bra straps. Since I can't go braless, is there any way to prevent the grooves from becoming deeper?***

A Shoulder grooves can develop if you're hiking your bra up too high, or if you're wearing the wrong size bra or one that does not provide sufficient support. However, if your breasts are extremely large, sometimes even a well-fitted bra may not be able to remove the stress on the pads of fat over the shoulders. You might consider breast reduction: a major surgical procedure but not an uncommon one. Consult an accredited plastic surgeon. Expect a hospital stay of two or three days to a week, followed by a week-long convalescence. Cost: $3,500 to $6,000, depending on your doctor and the extent of the surgery.

Q ***A few years ago I injured one of my toes, and now the nail is deformed. Is this permanent or can it be corrected?***

A Your injury left a scar on the nail matrix (which determines nail shape), producing a deformed nail. Depending on the extent of the damage, a doctor can surgically remove the scarred portion of the nail root so the nail grows in normally.

Q ***I'm thinking about having my eyelashes dyed. Is the process really safe?***

A Eyelash dyeing is safe if done by an experienced professional, who will place a cotton shield over your upper and lower lids so that only the eyelashes are exposed to the chemicals. Dyeing, which makes lashes darker but not thicker, lasts about eight weeks, costs $15 to $20. It's a good idea for women who are allergic to, or have trouble wearing, mascara.

Q ***The skin under my wedding band is always red and irritated. Does this mean I'm allergic to my ring?***

A More likely you have "wedding band dermatitis"—a common irritation that develops when the skin under a ring is chronically moist. Many women are reluctant to remove their wedding bands, but—at least until the irritation clears up—you really should take off the ring whenever you put your hands in water and before you go to bed. Dry the skin carefully before replacing your ring. If the irritation persists, apply a mild over-the-counter .5 percent hydrocortisone cream to the skin; it should clear in a week.

Q ***My lips become very irritated and cracked in the winter. Is there anything I can do to soften them?***

A For starters, you should never bite or pull dry skin flakes from lips. Instead, carefully trim excess skin with a sharp manicure scissors. To heal chapped lips, apply medicated lip balm or petroleum jelly before bed and wear creamy lipstick or lip gloss whenever you go outdoors to keep lips moist; curb the temptation to lick lips when they feel dry.

Q ***Whenever my skin breaks out, I put on vitamin E cream—but the blemish doesn't seem to heal any faster. Why not?***

A That's because, contrary to popular thought, there is no scientific evidence that proves—or even hints at—vitamin E's ability to heal blemishes, erase scars, prevent wrinkles or fulfill other lofty promises. Vitamin E oil offers the same softening benefits of any other lubricant, no more. One caveat: Some people may be allergic to vitamin E, and in that case, application can worsen skin problems. Always try a small amount of any new skin product on your wrist first to see if a reaction develops.

Q ***Back in the sixties I tweezed my eyebrows pencil-thin. Now that I'm trying to grow them in, I have sparse spots***

It's not only the colors you choose, it's how you choose to apply them.



The same color, applied with a used applicator (right), and with a new Q-tips® Cosmetic Applicator (left).

Introducing Q-tips® Cosmetic Applicators.

Even the cleanest, freshest makeup color can turn mucked-up and muddy when applied with a used foam applicator.

Choose new Q-tips® Cosmetic Applicators and keep every color, from petal-soft pink to deepest purple, fresh and beautiful.

The secret? A soft surface that's virtually fuzz-proof. And a special contoured design that holds its shape. Just right for application and blending.

But, best of all, once they're used, you just toss Q-tips® Cosmetic Applicators away. So *each* time your colors look just like the *first* time—fresh, true and beautiful.

© 1984, Chesebrough-Pond's Inc.

Beauty symposium



Q ***where the hairs won't grow. Any suggestions?***

A Usually, plucked hairs grow back in, but sometimes regular plucking destroys the hair follicles. However, you can easily fill in brows with an eyebrow pencil in a shade that matches your brow color.

Q ***Every winter I get red, scaly patches of skin on my forearms. What is this condition and how can I treat it?***

A You probably have a form of nummular dermatitis triggered by dry air and friction from clothing. To relieve the inflammation, take quick showers or baths (skin loses its natural oils the longer you soak) and wash with warm (not hot) water and mild soap. Apply a rich moisturizer to still-damp skin. Avoid wearing rough, scratchy fabrics that can aggravate your condition, and if the problem persists, see your dermatologist.

Q ***Brown age spots are appearing on my face and the backs of my hands. Do those lightening creams work?***

A Over-the-counter bleach creams usually take several months to achieve any results—and even then, the results may not be satisfactory. The age spots you have are harmless, but if they disturb you, a dermatologist can remove them with a weak acid peel. Meanwhile, wear a sunblock to prevent the development of more spots.

Q ***Perfume makes me break out in a rash, but I love to wear it. Are there any that are non-allergenic?***

A Though it's rare for a person to be allergic to all fragrances, give yourself a patch test before trying a fragrance. (Get a tester sample from a department store and apply a tiny dab behind your ear three times a day for two days.) If there's no reaction, it's safe to use the fragrance on your skin. If your skin is so sensitive that most products produce a rash, consider body lotion, powder or bath gels in your favorite scent.

Q ***My blush and lipstick develop an orange cast after a few hours, no matter what the original shade was. How can I get the color to stay the same as when I applied it?***

A Makeup colors can change as they become warmed by your natural skin oils. To counteract, wipe skin with an astringent to remove excess oils, then apply a sheer coating of non-oily foundation. Apply all makeup as usual, but dust on translucent powder to seal.

Q ***I have a few dark hairs around my nipples and between my breasts. Is it safe to remove them, and if so, how should it be done?***

A You can safely use any method of hair removal around the nipples. Electrolysis is effective for permanent removal; plucking is a good temporary option. Holding skin taut, carefully pluck in the direction of growth. If plucking is too painful, trim hairs with a manicure scissors.

Q ***Since I've been taking birth control pills, I've developed brownish patches on my face. Will they disappear?***

A Those patches are caused by excess skin pigmentation, triggered by the hormonal changes associated with birth control pills. The darkness will fade after you stop taking the pills, or a dermatologist can treat it with a light acid or bleaching cream.

Q ***My hair is naturally blond, and after swimming at my health club, I've noticed that it looks greenish. What's causing this discoloration?***

A The green tint in your hair is caused by the copper plumbing in the pool, which can leave a metallic residue in chlorinated water and, with repeated exposure, can tint light-colored hair—whether it's processed or unprocessed—green. Consult a professional haircolorist about neutralizing the green tint with a semi-permanent haircolor in a subtle reddish-blond shade. Also, wear a bathing cap and shampoo hair right after exposure to chlorine.

Q ***I've had a half-inch-long scar on my upper lip since I fell off my tricycle as a child. I've tried camouflaging it with makeup, but I'm not happy with the results. Can the scar be corrected?***

A A scar cannot be totally eliminated, but it can sometimes be "refined" so that it becomes less noticeable. To do this, a plastic surgeon removes the scar and replaces it with a thinner one. Depending on the exact location of the scar, it can sometimes be refashioned so it falls into the natural lines or folds of your face.

Q ***My cuticles are dry and ragged. How can I make them look more presentable?***

A Your cuticles are probably dehydrated. Try massaging a mild hand cream into cuticles before you go to bed and after your hands have been in water. Trim excess hanging skin with a cuticle scissors, but never cut the cuticles themselves. Use a liquid cuticle remover to remove excess skin.

To prepare this article, the Journal *spoke with the following nationally known experts:*
DOCTORS: Gerald Imber, M.D., *attending plastic surgeon, New York Hospital-Cornell Medical Center;* ***John A. Grossman, M.D.,*** *chairman, division of plastic surgery, Rose Medical Center, Denver;* ***Stephen Kurtin, M.D.,*** *professor of dermatology, Mt. Sinai School of Medicine;* ***John F. Romano, M.D.,*** *clinical instructor of medicine, New York Hospital-Cornell Medical Center;* ***Richard K. Scher, M.D.,*** *director of the unit for diagnosis and treatment of nail disorders, Brown University;* ***Irwin Smigel, D.D.S.,*** *president of the American Society for Dental Aesthetics.*
BEAUTY PROFESSIONALS: Adrien Arpel, *president, Adrien Arpel Cosmetics;* ***Gloria Disanza,*** *director, product evaluation salon, Clairol;* ***Kathryn Klinger,*** *president, Georgette Klinger, Inc.;* ***Estee Lauder,*** *chairman Estée Lauder, Inc.;* ***Diego Messina,*** *consultant, Gillette;* ***Moi,*** *president, Moi Cosmetology, New York City;* ***Michael Trotzko,*** *creative beauty director, Merle Norman Studios.*



New Duncan Hines® Frosting. It's so smooth and creamy - we should have called it Icing.

Because now, it's made with pure, rich vegetable shortening to flow, to glide, to spread, to taste so deliciously Duncan Hines.





1984 The Procter & Gamble Company

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

Q Whenever I walk down a flight of stairs I picture myself falling. I go extra slowly to be safe, but I can't shake that image. What does it mean?

If the possibility that you have a balance disorder due to a neurological problem has been ruled out, let's consider the variety of psychological meanings attached to the fear of falling. Often, irrational fears indicate aggressive or sexual thoughts that are the source of tremendous inner conflict. Thus a fear of falling may be symbolic of blocked sexual excitation that has acquired a painful or frightening character. Alternately, you may be feeling a desire to abandon yourself to sexual experience but at the same time a fear that it would throw your life out of control. The third possibility, a wish to be punished for angry thoughts or deeds, may have to do with conflict surrounding some destructive impulse toward a particular person.

Whatever the unconscious reasoning behind your fear of falling, you must first of all guarantee your physical safety by holding onto a guardrail as you descend. Secondly, you would do well to consider professional counseling. It's important to get to the root of this problem, since these kinds of fears have a way of expanding into many areas in a person's life.

Q I was promoted recently and now I'm my friend's boss at the insurance company where we both work. I'm finding it difficult to give her instructions, and we don't go out for lunch the way we used to. What's causing this tension between us and what can I do?

Unless your friend is supremely self-confident, she may be experiencing anxiety that you will push her away now that you have a more powerful position at work. You, in turn, may be worried that your friend will exploit the friendship to her professional advantage.

The best thing would be to sit down and discuss the change between you. Perhaps your friend is having difficulty understanding why you were promoted instead of her. She may be unwilling to see that your promotion was based on merit; she may be envious or resentful of your good fortune. Perhaps she feels you owe her something because of your friendship. It is important to clarify that while you want very much to continue the friendship, you cannot allow personal considerations to influence your professional decisions. Then, if you are aware of your friend's feelings and realize that they will most likely pass, perhaps you will be able to soften the blow by telling her that while you may now be in a position of professional authority, you still have the greatest respect and love for her as an individual.

Q I'm a big-busted twenty-two-year-old, and I get embarrassed when people stare at my chest and make jokes about it. How can I become more self-confident, and what can I say to put these rude people in their place?

Breasts symbolize the essence of female sex appeal in our culture; the larger a woman's mammaries, the more sexual power she supposedly has. Most men's ideal fantasy involves a large breasted woman, but what is tantalizing in fantasy can provoke fear in reality. Men who are insecure about their manhood or their own sexual prowess will perceive a large-breasted woman as exciting yet threatening to their masculinity. Thus, they will feel compelled to defend themselves by denigrating her.

In terms of what to reply to the hecklers, my advice is to ignore them completely. Knowing that they are more likely afraid of you than anything else should give you the confidence to tell yourself, "That's *their* problem."

Unfortunately, very large breasts are a physical reality and can become a preoccupying for the woman herself as for the men who ogle her. Large breasts can be uncomfortable and can prevent a woman from presenting herself in a way that reflects her inner being. If you feel this way about your breasts, you might want to consider breast reduction. Many women have profited both physically and psychologically from such an operation. If, however, you are happy with your natural endowments, then by all means ignore the heckler and look for the man who appreciates you as a person.

NEWSBREAK

SPEEDY HELP FOR THE BLUES

Psychologists at Northwestern University in Illinois have determined that specific doses of psychotherapy can provide rapid improvement for a variety of emotional ills. Psychology professor Kenneth I. Howard has developed a mathematical model that indicates that well over half the people who are suffering from depression can improve with four to eight therapy sessions. The model also shows that 64 percent of those who enter therapy for any reason usually show significant improvement after thirteen sessions. Says Dr. Howard, "We can say with relative certainty that twenty-six to fifty-two sessions of psychotherapy provide a sufficient dose for most emotional ailments. Our dose-response model should aid health-care insurers in establishing consistent guidelines for the amount of therapy needed to bring improvement to people suffering from most types of emotional distress."

Whirlpool washers and dryers help lighten your work load.

irlpool® washers and ers are designed to make ndry day less of a chore... l make your world a little ier.

Let us tell you how.

A variety of cycles or a variety of fabrics.

Rest assured that every irlpool washer is designed e tough on dirt, yet gentle today's fabrics. We have a le for per- nent press t helps vent inkles. A tle cycle delicate knits. An adjust- e water level control that s you use *only* the right ount of water and energy. n controls that allow you select the right water perature, and agitation l spin speeds. And on our dels with Solid State trols, you can do it all he touch of a finger.



We have self-cleaning lint ers that do this messy job you. Even washers that pense bleach and fabric teners automatically, at right time, and in the nt way.

Dryers that take it easy on your clothes...and you.

Whirlpool dryers offer a variety of features that can make the other half of laundry day easier, too. There's a Tumble Press® setting that helps cut down on ironing. A special setting for your washable knits. And because there are so many different fabrics, Whirlpool dryers are available with up to four different temperature levels.

Sizes and capacities for any size home.

Different families have different laundry needs. That's why Whirlpool washers and dryers are available in a wide variety of styles. We have washers that can handle *up to 18 lbs.* of heavy fabric and denim. And a Thin Twin® laundry system that's small enough to fit into a standard-sized closet...and still do a big job.

A promise of quality that we stand behind.

Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise that we're proud of, and we support it with helpful programs that include our toll-free, 24-hour Cool-Line® service.* To us, it's just another way we can save you some time...and make your world a little easier.

*Call 800-253-1301.
In Alaska and Hawaii, 800-253-1121.
In Michigan, 800-632-2243.

Whirlpool
Home Appliances

Making your world a little easier.



WAR TORN!

The story of two women



Jan Goodwin. Inset photo by Ken Silverman.



Ken Silverman

Top: Sameen with her son Khalid. Inset: Editor Jan Goodwin with guerrillas in front of a captured Russian tank. Above: A live 500-pound bomb remains unexploded in the basement of the home of these two children.

PART ONE OF A TWO-PART SERIES

What happens to a woman and her family when their world is devastated? We know this special report will move you very deeply.

BY JAN GOODWIN

We sat cross-legged on the dirt floor of the simple one-room mud house. Her clothes were tattered, patched and muddied. As we talked, biting insects bloodied my arms and legs; a chicken that had been scratching in the corner hopped onto my notebook before exiting from a window with neither glass nor shutters.

Despite the desperate poverty of Sameen's life, there was grace and dignity to her every movement. Her slim, tall figure made her seem more like a model than the peasant her garb suggested. As she prepared tea for me, she laced it with honey she could ill afford and I didn't want, but she did it anyway. It was a gesture of hospitality, and Sameen had nothing else to offer a guest.

"I was not like this before the war," said Sameen, twenty-six, brushing her purple tunic with her hand as if to rub off the dust. "I wore Western clothes, had my hair styled regularly. Now look at me. Today I live in purdah—I cannot go out unless I am covered by a veil. Before, we had a beautiful house, and *(continued)*

KENMORE AND NEW BOUNTY MICROWAVE...



Get cooking with this hot new combination and open the door to great tasting food.

Kenmore Auto Recipe 300 ® Microwave Oven takes the guesswork out of cooking with 300 recipes preprogrammed into its multi-stage memory. A few touches and the oven does your thinking for you! How's that for convenience? Let Kenmore Auto Recipe 300 bring out the gourmet in you with less time and effort than you ever thought possible.

Wrapping up this hot new combination is new Bounty Microwave. It's the first paper towel specially made for microwave use—with natural fibers and no artificial colors.

New Bounty Microwave gives you better-tasting rolls, Danish pastries, bagels, sandwiches and other bread products. The secret? Wrapping foods in new Bounty Microwave before heating. They taste so much better than unwrapped.

New Bounty Microwave absorbs excess moisture so foods don't get soggy. Yet it holds in essential moisture so foods don't dry out. Result? Delicious! And, like regular Bounty, it's the quicker picker upper.

So get cooking with Kenmore and New Bounty Microwave—a hot new combination that has great taste all wrapped up.

Bounty has agreed with Sears to place Bounty Microwave coupons in Kenmore ovens and to feature them in Bounty Microwave advertising. Bounty Microwave is not available in all areas. If you have any questions about Bounty Microwave, please call us toll free at 1-800-543-0480 (Ohio residents call 1-800-582-0490)

Kenmore / Bounty

© 1984 Procter & Gamble

now . . ." Her voice trails off, and my eyes follow hers around the empty room, with its cracked and flaking mud walls. "Here there is no electricity, no bathroom or running water, no kitchen, just an outside cooking fire." There is also no furniture in the room, unless one counts the rolls of bedding Sameen has arranged against the walls for guests to lean against. "I miss my books," Sameen, who has a bachelor of science degree, says quietly. "But more than wanting books for me, I want them for my children. I want my children to have an education; I want them to have a future."

Both Sameen's and her children's futures are questionable. Innocent victims in a fiendish war, they fled their native Afghanistan three years ago. Today, home is a refugee camp in Pakistan's North-West Frontier Province. There the struggle to survive is different but just as unremitting as the war-torn country they left behind.

As we sat sipping our tea and talking, and as the heat of the day grew more intense—it would reach 120°F. before mid-afternoon—I pondered the events that had placed both Sameen and me in this alien place, she permanently, me temporarily.

It was Christmas Day five years ago when the Russians invaded Afghanistan. As much of the world celebrated a day of peace on earth, the Soviets rolled their tanks over Sameen's country, just as they had over another neighbor, Czechoslovakia, eleven years before. And the same Soviet general who had planned and commanded the Czech invasion was called in to mastermind the Afghanistan takeover. But unlike Czechoslovakia, the Russians didn't control the country in days, nor did world headlines scream their outrage. Few people knew. Even fewer cared.

What began that December day in 1979 has been dubbed a "war without law," a war of systematic genocide. Says Karen McKay, director of the Committee for a Free Afghanistan in Washington, D.C., "Of the original population of about fifteen million people, more than five million have been forced to flee to other countries as refugees, three and a half million to Pakistan [the largest single group of refugees in the world] and another million and a half to neighboring Iran. An estimated two million people have died in bombings, mass executions, chemical weapons attacks [the cheapest form of mass destruction known to man], or by starvation and war-induced disease. Says a former Afghan judge, Omar Babrakzai, "It is as if Afghanistan is a laboratory for the Soviet military to learn their trade. Every single weapon in the Soviet arsenal, with the exception of the nuclear bomb, has been unleashed on us." And it was from this horror that Sameen, her husband, Faiz, a former civil servant, and their two children fled.

In that uprooting, Sameen not only was torn from a life that had been good to her, and from aging parents she adored but who were too frail to travel, but also was plunged into the world of purdah, an anachronistic existence that she still hasn't come to terms with. Purdah literally means "behind the curtain"; it is a world of seclusion from men other than one's husband; it is a world viewed from behind a veil, all too often an all-enveloping *chador*, a garment that makes women resemble small, mobile tents. For Sameen, purdah meant giving up her twentieth-century lifestyle, with its freedom of choice, for a subservient, restrictive one in which even a visit to a friend or the market requires permission. Afghanistan is Muslim, and like much of the Christian world, it is undergoing a return to traditional values, in some cases to fundamentalism. By pure luck of the draw, the camp to which Sameen and the members of her family were relocated is a strictly fundamentalist one ruled by mullahs, Muslim priests who interpret the Koran quite rigidly.

For all the cultural differences separating Sameen and me, she should have seemed as alien as the environment in which we met. And yet she didn't. As I listened to her story, I realized that it would be easy to be friends with this warm, intelligent young woman. There were more similarities than differences between her values and mine, and despite the pain of her last five years, Sameen still had a ready smile and a sense of humor. It wasn't hard to picture her having supper at my home or worrying about P.T.A. schedules. And yet, before I had made this trip, it had been very hard for me to picture Sameen's world of war: to understand that while I was waiting in a supermarket checkout line, she was waiting for the next helicopter gunship bombing attack; or that while she was worrying about her children stepping on a mine, I was watching a friend's child dance in a ballet recital.

Sadly, Sameen's story is not an unusual one. Millions of other women are trapped in living nightmares, fearful of their families' futures in the more than thirty wars currently being waged around the world. The Afghanistan war, however, is different from the others. This is the only country battling the world's most powerful army, in a David-and-Goliath struggle that few believe the Afghans can win. But they do it with a courage and determination that has kept Russian troops fighting there longer than they fought the Germans in World War II. And that was why I was reporting on this war. I didn't understand why this small nation's brave battle for survival wasn't better known, why the atrocities being carried out there—which rival those Pol Pot inflicted on Cambodia—are not decried. Neither does Sameen, who asked me, as would many Afghans on this trip, whether the world had forgotten her country.

"For two years I watched the fighting in my city," recalls Sameen, whose home was in Kabul, the nation's capital. "I could see the bombing from our windows. I saw soldiers shoot to kill at students as they demonstrated against the Soviet takeover of our country.

"For two years my husband and I heard the horror reports coming in from around the countryside," said Sameen. The Russians, angered by the defiance of the Afghans, turned loose the might of their highly *(continued)*





Ken Silverman

Abdul, eight, recently lost both his legs to a mine, but he'd rather show off what he can do than worry about what he can't. "Watch me stand on my hands," he boasts.

At thirteen, Kashar has been head of his family for two years. "The Russians killed my parents in a bombing attack. I was unable to feed my family, so we came to the refugee camp."









NATURALIZER

Fits the way you live!



sophisticated military force against a Resistance made up mostly of peasants. Atrocity after atrocity was reported. Incidents that recalled the My Lai massacre occurred daily: 105 unarmed men and boys hiding in an irrigation canal were slaughtered; 2,500 occupants of a small town were executed; adolescent boys were thrown from helicopters because they were believed to be Resistance fighters or to know where the guerrillas were fighting. The hellish accounts go on and on.

In the capital, Sameen and Faiz began to hear stories of girls kidnapped from school and disappearing, or of women dragged from their homes, raped and then murdered. "You listen to these reports and you like to think they aren't true. But then they touch your family," Sameen said quietly. "It happened to my cousin, a teacher. We never saw her again." It was then that Faiz insisted they leave Afghanistan.

"When we left, I couldn't bring myself to lock up the house. To do so would have made it seem so final." The memory of that day in 1981 still brings tears to Sameen's eyes. "We took nothing with us, no clothes, no possessions, just what we were wearing. We couldn't anyway—I had to carry Khalid, who was only one year old, and my husband carried Najeeba, who was then aged three. We had to travel at night so the Russians wouldn't see us."

Kabul is approximately one hundred miles from Pakistan's border, but because of the difficult terrain and the steep mountains that must be crossed on foot, it is a journey of seven to ten days.

"We were about halfway to the border, near Paktia, when a local man invited us to spend the night at his house. I was so exhausted, I could have wept with gratitude. Shortly afterward, he went out. Minutes later, another villager came by to warn us that our host had been making money by betraying to the Russians families like ours who were trying to leave. We just didn't know who we could trust anymore."

The following morning, five local Resistance fighters offered to escort the family to the border. "We left in two cars, but we hadn't gone far when the first car hit a small mine. The explosion badly damaged the car, but no one was hurt. After that, it was decided it would be safer to continue on foot. The rest of the trip was like a never-ending bad dream. When I wasn't afraid one of us would step on a mine, I was afraid I would stumble on the trail and drop my baby over the mountain."

Throughout the journey, Sameen sustained herself with thoughts of the refugee camp. She was prepared for hardships, but she was also expecting freedom—freedom from fear, freedom from restriction. Unfortunately, she would find neither at the camp. "Living in purdah is difficult for me," said Sameen, who before the war had enjoyed an equality she rarely questioned. "Perhaps if you are born to it, it is easier, but I wasn't. Even the little everyday things like fetching water are more difficult. The path to the well is very steep and I've fallen many times. Wearing a veil, I cannot see properly.

"There are also many things I can no longer do. Last year, for example, I tried to start a school here. Our camp doesn't have one, and I wanted my children to be able to read and write. [Sameen's third child, Javaid, was born in the camp two years ago.] I also thought it would be a way of putting my education to good use." No sooner had Sameen started the school than the outraged mullahs closed it down—Islamic fundamentalism forbids women to work or girls to be educated. For several months, Sameen and her family were ostracized by the other refugees.

THIS CABINET ISN'T FULL.









The camp that is home to them and ifteen thousand others is set in a vasteland that local people have never been able to farm. Long-term residents are housed in adobe homes identical to Sameen's, newcomers live in tents. Both are equally sweltering in Pakistan's heat and humidity. When kerosene supplies are interrupted, as they often are, refugees must cook with firewood, which is in short supply. Young children must often walk five to six miles a day in the deforested area in search of enough twigs to cook the one meal a day on which most families exist. Water, too, is often in short supply, particularly in the summer when wells run dry. The water allocation is supposed to be twenty liters per person, but it is rarely that much because there is a shortage of water tankers to distribute it. And twenty liters for all your needs—to drink, cook, bathe and do laundry—is soon put into perspective when you realize that fifteen liters of water are expended every time a toilet in America is flushed.

Not surprisingly, health problems and sickness in the camps can be severe. Cholera and typhoid outbreaks occur occasionally. Tuberculosis is common, as are malaria and dysentery, and young children frequently die from malnutrition and gastrointestinal problems.

American relief agencies such as the International Rescue Committee do what they can, but it is never enough. The Afghan refugee population in Pakistan is the same as the population of a country like New Zealand or Ireland. "But their morale is high," says the U.N. High Commissioner for Refugees. "They tell you they have never been defeated as a nation and that they never will be." To give strength to those words, many husbands settle their families in the refugee camps and then go back to join the Resistance—as Sameen's husband has done.

What is life like for men like Faiz—armed all too often with outdated weapons—who pit themselves against the modern Soviet army which is equipped with helicopter gunships and high-altitude bombers more advanced, more lethal, than those we used in Vietnam? And what is life like for the villagers who support them, who feed them? To find out, I went into Afghanistan with one of the Resistance groups to visit Paktia, the same area that Sameen and her family had crossed to reach Pakistan. I wanted to see firsthand this war of which I had heard so much but of which there had been so little in our media back home. And I wanted to see the country that Sameen loved and longed to return to and that Faiz thought was worth dying for.

My journey began in Peshawar, a Pakistani city close to the Khyber Pass, which before the war had been the main route into Afghanistan. "Be ready at seven tonight," said Wakil, my freedom fighter contact. A discreet knock at my hotel door that evening set my taut nerves tingling. "Come quickly," said Wakil, gesturing me into a darkened jeep. He explained that there would be a permanent group of five men assigned to me throughout the trip. "These men are your bodyguards," he cautioned. "Your life depends on them. Do exactly what they tell you, when they tell you." Three of the five were Wakil's nephews—serious, bearded young men who did not seem pleased to see a female reporter. "What if she can't keep up?" one asked. His words fell like a gauntlet at my feet.

During the nine-hour drive to the border, I learned that these three—Hamed, Tor and Fareed—were only eighteen, nineteen and twenty-one respectively. They had joined the Resistance three years ago when all three were still in high school. And as they talked about those days, they became the sons of *(continued on page 170)*

SEE.







Tupperware Modular Mates® containers let you make the most of the space you have.

The wide variety of shapes and sizes are stackable.

So you can custom design your own storage system.

And the patented Modular Mates Seals come in four colors to match your kitchen.

Modular Mates. Only from your Tupperware dealer. Look for us in the White Pages.

Tupperware®

One fresh idea after another.

Tupperware Home Parties © 1985 Dart Industries Inc.

SUPER QUICK MEALS

Easy as 1-2-3

Romantic chicken dinner with a sweetheart of a cherry dessert

By Jan T. Hazard, Associate Food Editor



Irwin Horowitz

CHICKEN BREASTS AMANDINE

In large skillet melt 1 tablespoon butter. Add ½ cup sliced almonds and cook until golden; set aside. In dish combine ½ teaspoon each salt and rosemary, ¼ teaspoon pepper and ¼ cup flour. Coat 2 whole chicken breasts that have been skinned, boned and halved. In same skillet heat 1 tablespoon butter and 1 tablespoon salad oil. Cook chicken about 7 minutes per side. Sprinkle on toasted almonds.

FUSS-FREE RISOTTO

In saucepan bring 1½ cups water to a boil. Stir in ⅔ cup long-grain rice. Reduce heat; cover and simmer 15 to 20 minutes. Stir in 2 tablespoons butter, ⅓ cup half and half cream and ½ cup grated Parmesan cheese. Add salt to taste.

QUICK CHERRY CRISP

Preheat oven to 450°F. Spoon 1 can (21 oz.) cherry pie filling into a 9-inch pie plate. In bowl combine ¾ cup all-purpose flour, 3 tablespoons brown sugar and ¼ teaspoon cinnamon. With pastry blender, cut 6 tablespoons butter into flour until mixture resembles peas. Sprinkle over filling. Bake 15 minutes. Reduce heat to 375°F.; bake 10 minutes. Serve with whipped cream.

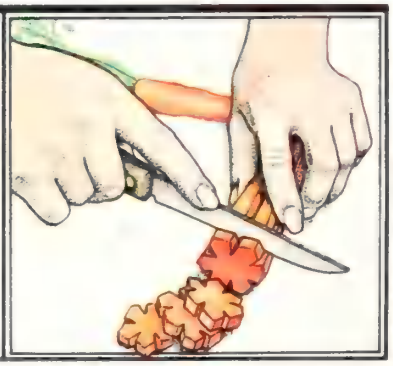
HELPFUL COOKING HINT

Slices of uncooked bacon will separate easily if you first remove the inner packet from the cardboard and roll it, unopened, back and forth.

—Ms. F.L. Moe, Northbrook, IL

HOW TO CARVE CARROT BLOSSOMS

Start with a chunky—not long and tapered—carrot; peel and remove top so you start with a flat end. Cut out five or six lengthwise, V-shaped wedges. Then cut into ¼-inch crosswise slices. Perfect as a pretty garnish for salads or main courses or an interesting, fun way to serve an everyday cooked vegetable.



Glenn Wolf

HOW TO MAKE GOOD CASSEROLES GREAT



Durkee Real French Fried Onions.
Nothing else adds that crunch... that savory onion flavor!



Broccoli Tuna Roll-Ups

1 can (10¾ oz.) condensed cream of mushroom soup
1 cup milk
1 can (10 oz.) tuna fish, drained and flaked
1 package (10 oz.) frozen broccoli spears* thawed, drained, and cut in 1-inch pieces
1 cup (4 oz.) shredded Cheddar cheese
1 can (2.8 oz.) Durkee French Fried Onions
1 tomato, chopped (optional)
6 small (7 inch) flour tortillas

Combine soup and milk; set aside. Combine tuna fish, broccoli, ½ *cup* cheese and ½ *can* French Fried Onions. Stir in ¾ cup soup mixture. Divide tuna mixture evenly between the tortillas and roll up; place seam side down in a lightly greased 9 x 13 inch baking dish. Stir tomato into remaining soup and pour over top of tortillas. Bake, covered, at 350° for 35 minutes. Top center of tortillas with remaining cheese and onions and bake, uncovered, 5 minutes longer.
MAKES 6 servings.

**2½ cups fresh cut-up broccoli, cooked, may be substituted.*

Make your own casseroles even better:

1. Stir in ½ can with other ingredients for zest and flavor.
2. Sprinkle remaining onions over casserole during last 5 minutes of baking for a magnificent crunchy topping.

How to have a healthy HEART

The latest advances and the best medical advice to prevent heart disease and heart attacks. By Claude J.M. Lenfant, M.D.

In honor of National Heart Month, Ladies' Home Journal *asked Dr. Lenfant, director of the National Heart, Lung and Blood Institute, to share his expertise about how we can help keep ourselves, and our families, free from heart disease.*

Heart disease is the number-one killer of men *and* women in the United States today, accounting for almost half—eight hundred thousand—of all deaths each year. That's the bad news. The good news is that while the United States may have one of the world's highest rates of heart disease, we also have one of the best records of treating coronary problems once they occur. The quality of treatment we give heart patients in this country is among the best in the world. And the progress we've made is enormous. A few years ago a heart attack was considered at best a handicap, at worst a death sentence, but today we can often take care of the heart attack victim in such a way that his or her chance for recovery is much improved, and we can even help prevent another attack.

Heart-ening new treatments

In the last ten to fifteen years, since surgeons began performing open-heart surgery on a large scale, we've seen many new approaches to dealing with coronary heart disease (CHD) and heart attacks. Not all of these new treatments involve surgery—in fact, fewer and fewer do. Powerful pharmacological treatment is now possible, thanks to relatively new drugs such as beta-blockers and calcium antagonists. We have demonstrated that if you give beta-blockers to a patient who has had one heart attack, you delay considerably, and possibly prevent entirely, the occurrence of a second attack.

There are three other types of treatments available for treating CHD and heart attack patients. For example, if you have an obstruction due to arteriosclerotic plaque (deposits of fatty and other substances in the inner lining of the artery wall), you may be treated with a technique called PTCA (percutaneous transluminal coronary angioplasty), also called balloon angioplasty. The technique consists of inserting a catheter into a blood vessel and pushing it to the site of the obstruction. At the tip of the catheter is a balloon that can be inflated from the outside. The balloon reduces or flattens the obstruction. What is most impressive about this technique is that it can be used for patients who have more than one diseased vessel.

The second technique is used against obstructions caused by blood clots. One drug that has been used for a while, but that is still being evaluated, is an enzyme called streptokinase. When injected directly into the coronary artery, it can often dissolve a blood clot, and it may stop a heart attack in progress, preventing further damage to the heart muscle.

Another treatment for blood clots, called tissue *(continued)*

What is a heart attack?

Every minute in the United States, someone dies of a heart attack. A heart attack occurs when the vessels that bring oxygen and nutrients to the coronary artery become obstructed. This can happen for a variety of reasons.

The most common way for the coronary artery to become obstructed is known as arteriosclerosis: hardening and blocking of the blood vessels. This can develop in one specific blood vessel, or it can develop throughout the cardiovascular system. Arteriosclerosis is responsible for most of the deaths from heart disease each year.

The second cause of an obstruction is the formation of a blood clot in the coronary arteries. We are still not entirely sure why the clot occurs. *(continued on page 166)*



A cross section of a normal coronary artery . . . and one that has been narrowed by fatty deposits. The blackened crescent on the heart drawing shows the area that can become diseased when an artery is blocked

Adolf Brotman

HEALTH

Taking Care

by
Abby Walker

If you're too busy to let a strong laxative interrupt your work day, you should know about **Extra Gentle Ex-Lax.®** Each little pink pill contains a mild-acting laxative plus the stool softener doctors recommend most. So it's *extra* gentle and predictable. Take **Extra Gentle Ex-Lax** as directed for overnight relief so gentle, so comfortable, it's like giving nature just a little nudge.



The Strongest, Fastest Reliever for Gas Pains and Pressure. Miserable gas pains and pressure can hit hard after meals, and under tension. Now **Gas-X®** brings you the strongest, fastest ingredient doctors recommend to relieve gas pain misery. Take one or two Gas-X tablets after meals or at bedtime, as directed. Your doctor can tell you there is no faster relief from gas pain and pressure symptoms.



Get Dentures 3 Times Cleaner from Stained, Odor-Causing Plaque. Denture plaque is the bacterial film that builds on all dentures...traps stains, causes embarrassing odor. Laboratory tests prove **Denclenz®** Denture Cleanser cleans away 3 times more denture plaque than any leading soaking tablet. The **Denclenz** brush-top bottle is easy to use. Simply brush **Denclenz** liquid on. Then rinse away plaque and stains in seconds.



"How I lost 13 pounds without that tired... rundown...diet feeling."

I kept trying to lose... but I couldn't stand feeling so draggy and tired.
My doctor recommended the Dietene Plan because it's high in vitamins, protein and minerals.
I loved it.
The Dietene Plan helped me lose weight without feeling so tired and rundown.

Susan Turner

Your chance to lose weight and stay thin naturally.
Because delicious energy-rich Dietene shakes have no appetite suppressants, no caffeine.
And on the Dietene Plan you have three real meals with crunchy vegetables and meat.
Your appetite is retrained naturally to keep you thin.
Lose weight with delicious Chocolate, Vanilla or Strawberry Dietene.



Susan Turner.
Denver, Colorado.

DIETENE®
DIET SHAKE MIX

A SANDOZ HEALTH CARE PRODUCT.

plasminogen activator (TPA), has been developed in the last two years. Within our bodies a fine balance exists between the compounds that help the blood clot and those that inhibit clotting. TPA, present in healthy people, is involved in breaking up clots. Through the recombinant DNA technique, we are able to produce TPA in the lab for use in patients who have had a coronary obstruction.

The National Heart, Lung and Blood Institute is about to initiate a large-scale study using streptokinase or TPA, administered intravenously. The trial will establish just how effective this therapy is for saving heart muscle (as well as lives) of patients with a sudden coronary obstruction due to a clot.

The third treatment is the well-known coronary bypass surgery. Last year approximately 160,000 such operations were performed. The question that has been raised is: Were all these bypasses necessary?

The Institute has just reported on a very large study in which investigators looked at patients with coronary disease that was neither severe enough to require immediate surgery nor mild enough to be easily treated with drugs. These patients could justifiably be treated either pharmacologically or surgically. Those who agreed to participate were randomly assigned to a group that received surgery or a group that received only medical treatment (unless worsening symptoms necessitated surgery). And then we followed the progress of both groups for more than five years to see how they differed. We found little difference in mortality rates between the two groups. We concluded that in some patients who are receiving coronary bypasses, the surgery could actually be postponed. But why postpone surgery if it may be necessary someday? The answer is simple. First, it may never be necessary. And second, coronary bypass grafts themselves can sometimes become obstructed, and surgery then would have to be performed again. So it's better to hold off surgery for as long as possible.

What the future holds

Besides the new treatments in use across the country right now, even more exciting experimental techniques are being perfected. One involves a "Star Wars"-like maneuver, using a catheter that permits the transmission of a laser beam to dissolve or destroy whatever obstructs the artery. Experiments to treat obstructions in the large arteries, such as the femoral artery, have been successful. So far, the biggest drawback to its use in the coronary arteries is the danger of perforation, but there is a good chance the technique will be perfected. New drugs are also being developed—new calcium blockers and new antispasm medications—that act on the coronary artery.

But there is no question that the *prevention* of heart disease provides the greatest impetus for research in this country. We already know of three major identifiable factors that increase the individual's risk of heart attack: smoking, high blood pressure and high cholesterol. (Other risk factors include diabetes, family history of heart disease, obesity, a sedentary lifestyle and emotional stress.) Whether to smoke is a personal decision, and high blood pressure can be controlled well with the drugs currently on the market. But right now in the pharmaceutical industry, there is a research push for new drugs that can help reduce cholesterol. In a study we recently completed of men with substantially elevated blood cholesterol, we proved that when you lower cholesterol, you reduce the risk of having a heart attack. We found that may be possible to attain a 2 percer reduction in heart attack risk for each percent drop in elevated cholesterol.

The drug we used in the clinic study was a resin that prevents the al sorption of cholesterol in the digestiv tract. However, the drug had problem It had unpleasant side effects and tasted terrible! But the exciting fac was that it *worked*, and the pha maceutical industry now has clea goals: to make this drug palatable an less expensive. I think that in the nex few years we are going to see the ap pearance of many new medications tha help control cholesterol. But we mus remember that the primary steps t controlling blood cholesterol are t watch the foods we eat, avoid obesit and exercise regularly.

The ultimate breakthrough, however may still be some years away. I believ that our genes are the most importan determinant of who and what we are— in terms of looks and personality, an also in terms of how our body respond to stress. Now that we are beginning t do some gene manipulation, gene switching and gene transplantation, can forsee the day when we'll be able t manipulate the genes that are respon sible for the health of our heart.

What you can do for your heart

There is even more good news: The number of deaths due to heart disease has been dropping dramatically dur ing the past fifteen years. While heart disease remains the number-one killer in this country, between 1972 and 1982 deaths due to these diseases declined 27 percent. I firmly believe that this is a joint triumph for American medicine and the American people, because it is due as much to public awareness as to medical advances. The public has been adopting healthy lifestyle changes—cutting down *(continued on page 167)*

WOMEN & HEART ATTACKS

It's often thought heart disease is a problem of middle-aged men, when in fact it is the leading cause of death for women, too. But there are differences between the sexes when it comes to heart attack, as the following statistics illustrate.

- Postmenopausal women are at increased risk of coronary heart disease (CHD) compared with premenopausal women, but they still have a significantly lower rate than men the same age.
- Removal of a woman's ovaries prior to the age of natural menopause appears to put her at increased risk of CHD and heart attack.
- For all ages of men and women, at six years after an initial heart attack, 40 percent of women will have suffered a second heart attack, whereas only 17 percent of men will have experienced a second attack. (This may be because women generally have heart attacks at an older age than men.)
- Women have a higher probability of death following a myocardial infarction. Within thirty days after an initial heart attack, women are at 25 percent greater risk of dying than men, and this difference is maintained over six years of follow-up. (Again, the difference in age between men and women when they suffer a heart attack is probably responsible.)
- Studies indicate that women aged fifty to fifty-nine have not experienced the same decline in morbidity and mortality from CHD as men.

To obtain more information send for the leaflet "Facts About . . . Women: Heart Disease and Stroke" by writing to the National Heart, Lung and Blood Institute, Dept. W, Bldg. 31, Room 4A21, Bethesda, MD 20205.


Tide
WHO SAYS NEW LIQUID TIDE CLEANS
BETTER THAN ANY OTHER LIQUID?



"Oh, that's great! A dripless spout! I like it. It saves a mess."

MARIANNA GELLERT, GLEN BURNIE, MARYLAND



"Liquid Tide cleaned the chocolate stain. It's fantastic!"

JUDY OWENS, CHICAGO, ILLINOIS



"If it gets the blood out, then it's got to get everything else clean."

CONNIE BARTELL, BEL AIR, MARYLAND



"The blood is phenomenally clean. Liquid Tide, it's great!"

JUDY NEESE, RANCHO PALOS VERDES, CA



"Buy Liquid Tide, that's the bottom line, buy Liquid Tide."

ANN CLARK, BANNING, CALIFORNIA



"Liquid Tide wins hands down. You convinced me."

DAVA HAUSER, PASADENA, MARYLAND

YOU SAY IT CLEANS BETTER!

Because you see it cleans better. In independent tests nationwide, hundreds of people compared the performance of New Liquid Tide to their own liquids on some of their toughest stains. When they saw the results, they said New Liquid Tide definitely cleans better. When you see how much better new Liquid Tide cleans your clothes, you'll say it too... "New Liquid Tide cleans better."



emoved the mud....On a scale of to 10, I'd give Liquid Tide 10."

RANDI BARNES, CHICAGO, ILLINOIS



"I proved it myself...Liquid Tide cleans better on blood."

JAMES CHOURA, CYPRESS, CALIFORNIA



"Liquid Tide cleaned the grass stain better. It's marvelous!"

MARY JO BLANKLEY, CALUMET CITY, ILLINOIS



"Liquid Tide got the blood out. It obviously works better."

ROLE GREENBERG, WOODLAND HILLS, CA





"A measuring cup! I love it! It's convenient, neat, economical."

KATHERINE FRAWLEY, BEL AIR, MARYLAND

By Katherine Barrett and Richard Greene

MONEY NEWS

Are you spending shrewdly and investing wisely? Here are useful tips to help you manage your money.



Cheap stock

They say there's no such thing as a free lunch in the stock market, but there is one way to get a nice free snack. It's called a dividend reinvestment plan, and it allows you to put your dividends from a stock back into that stock without paying any brokerage fees on the investment. A large number of companies, including many of the biggest, offer such a plan to investors, and it's certainly worth looking into. You can write to the investment relations office of any company in which you hold stock to see if they have a dividend reinvestment plan.

There may even be an extra bonus for you. Many firms, including a number of utilities, let you buy stock at a discount from its market price if you sign up for their dividend reinvestment plan. That means, for example, that if the stock in XYZ company is selling for $100 a share on the day you would ordinarily be issued your dividend, you might be able to buy in at, say, $97 a share.

But, cautions Harold Miller, a CPA with Capossela, Cohen, Engelson & Colman, don't forget that even if you reinvest your dividends, you may still have to pay taxes on them. And, says Miller, "If there is any discount on the stock, you'll have to pay taxes on the difference between the market price and the amount you paid."

Free tax information

As Americans begin thinking once again of their taxes, questions about deductions, proper forms to use and IRS regulations are inevitable.

Fortunately, the IRS provides a number of free sources of information that can help you fill out your forms with a minimum of confusion. Here are a few.

- Prerecorded information. The IRS has about 150 recordings that answer a number of commonly asked questions like: "How do I take medical deductions?" or "What kind of casualty losses are available as deductions?" You'll find the phone numbers and complete information about this service inside the package of forms you received from the IRS at the end of the year.
- IRS hotlines. If the prerecorded messages can't answer your questions, you can speak with someone at the IRS by calling directly. You'll find the proper toll-free number also listed in the package you received with your tax forms.
- Walk-in service. The tax men wi also provide advice in person in man of their local offices. But before you an ble in, make sure such a service i available in the office nearest you.

How to collect

All too frequently, people spend lots o money on insurance but don't have an idea about how to proceed when it's tim to collect. To help consumers get what' coming to them from their insuranc company, the Insurance Information In stitute (III) has published a booklet tha covers, among other things, what to d when you are at the scene of an acci dent and how to file a claim.

For a free copy of this booklet, writ to the Insurance Information Institute Publications Service Center, 11(William St., New York, NY 10038, an ask for "How to File an Insuranc Claim." If you have specific question about homeowners or car insurance you can also call the III's toll-fre hotline, 800-221-4954.

Helpline

Q I've been involved in a legal action for some time, but I hear from my lawyer only when he sends me bills. What are my rights?

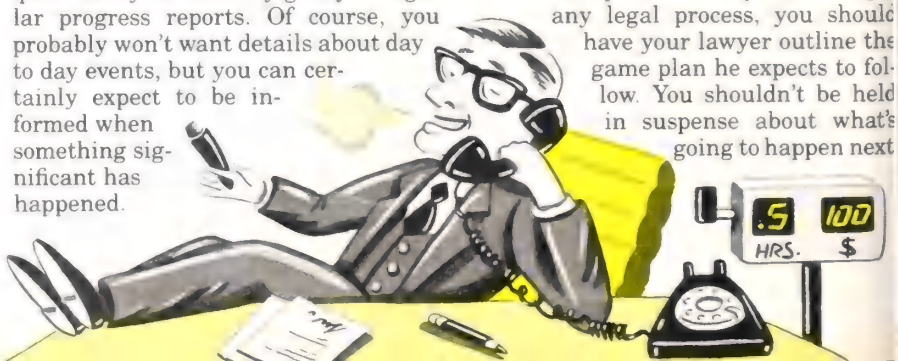
A First of all, don't be afraid of your lawyer. As long as you're paying the bills you have the same rights to good service as you would with a plumber, accountant or doctor.

That means you can and should request that your attorney give you regular progress reports. Of course, you probably won't want details about day to day events, but you can certainly expect to be informed when something significant has happened.

Remember: Every time the lawye talks to you, it's part of his work, so th meter is probably running.

You should also feel free to ask an questions you have—including an about the attorney's fees. It may seem inelegant to inquire about how much you are going to be charged, but if you don't ask, you are giving up on the opportunity to control your costs.

One more point: Before you even begin any legal process, you should have your lawyer outline the game plan he expects to follow. You shouldn't be held in suspense about what's going to happen next.



FROM L'EGGS! ACTIVE SUPPORT®
PANTYHOSE



SUPPORT YOUR LEGS WHERE LIFE TIRES THEM MOST AND SAVE 50¢.

There's just so much your poor legs can stand. And wait. And walk. And run. Life can be exhausting for them. Especially in places like the lower calf. And the thigh area right above the knee. That's why L'eggs developed Active Support pantyhose with "Two Step Support." More than light support pantyhose, "Two Step Support" makes a special effort to support your legs in those areas that can tire most. And yet Active Support works so comfortably, the whole leg benefits. L'eggs Active Support takes two steps to help prevent tired legs. No matter what life has in store.

NOTHING BEATS A GREAT PAIR OF L'EGGS.®



STORE COUPON

SAVE 50¢

CONSUMER: This coupon is good only when you make the required purchase of brands and quantities and pay applicable sales tax. LIMIT ONE COUPON PER REQUIRED PURCHASE—NOT TO BE USED IN CONJUNCTION WITH OTHER COUPONS. **RETAILER**: As a retail distributor of L'eggs Products and our authorized redemption agent, we will reimburse you for the face value of this coupon plus 8¢ for handling providing you and the consumer comply with the terms of this coupon. You must credit the face value of the coupon against the selling price. Coupon may not be assigned, sold or reproduced. Void if taxed, prohibited or restricted. L'eggs sales records must indicate adequate stock purchases to cover coupons submitted. Reimbursements are not to be deducted from L'eggs invoices. Cash value 1/20 of 1¢. CAUTION: PAYMENT WILL NOT BE MADE ON ANY SHIPMENT OF COUPONS WHEN, IN OUR OPINION, THE TERMS HAVE NOT BEEN COMPLIED WITH ON ALL COUPONS IN THAT SUBMISSION. By mailing this coupon to L'eggs, Box 3032, Elm City, NC 27898, you represent that you have redeemed it pursuant to these terms. MAILING OF COUPONS NOT LEGITIMATELY RECEIVED FROM CONSUMERS COULD BRING PROSECUTION UNDER FEDERAL U.S. MAIL FRAUD STATUTES. **Coupon expires January 31, 1986.**

STORE COUPON

50¢ 09090101 50¢

ACTIVE SUPPORT is a trademark of Consolidated Foods Corporation for pantyhose. ©L'eggs Products, Inc. 1984

FREE OFFER
FROM L·H·J



The look of love

Our valentine for you: art prints of four romantic Journal covers

To celebrate Cupid's favorite day of the year, we've selected four designs with loving themes that graced turn-of-the-century *Journal* issues and reproduced them on high-quality, antique-style art paper, 10 by 12 inches. Pictured clockwise from top: the February 1908 cover, by Leon Guipon; the February 1911 and July 1910 covers, by Harrison Fisher; and the February 1915 cover, by Lester Ralph. They're yours for just $1 to cover postage and handling. Or, to enjoy them even more, you can buy them mounted under glare-resistant clear acrylic and ready to hang in the rich gold-tone frames shown, at the very special price of just $16.95 for the set. To order, use coupon, page 142.

Tom Arma

When he comes home from school hungry, there's only one way to satisfy him. And me."



When my kids come home from football practice, or band or just knocking around, I know it's time for SNICKERS.®

Because a SNICKERS Bar does more than satisfy my family's hunger between meals. It also satisfies my desire to give them something good.

SNICKERS has no preservatives. That's important to me. It's packed with fresh peanuts, peanut butter nougat, caramel and milk chocolate. And like many good foods, each SNICKERS is freshness dated.

So when they come home hungry, I give them something they love. And I like. SNICKERS.

Packed with peanuts, SNICKERS® really satisfies.™

Mars Inc. 1984



Touching is believin

always

Keeps you cleaner and drier than any other max



Dri-Weave Touch Test:
1. Put a teaspoon of water on your maxi pad and one on Always.
2. Feel them. Always absorbs it and feels drier. We bet your pad feels wet

Cleaner and drier even on heavy-flow days, Always gives you a kind of protection that simply didn't exist until now.

Only Always has the silky surface they call Dri-Weave. Wetness passes through the Dri-Weave and virtually all of it stay trapped inside the absorbent pad, away from you. So the surfac stays drier and you feel cleaner.

And Always maxi and mini pads are flow-shaped: thicker in the middle than at the ends. So you get protection where you need it most. With the widest adhesive of any pad—to help keep it comfortably in place.

Always. A cleaner, drier kind of protection than you ever expected from a pad.

maxi pads • thin maxi pads
mini pads • pantiliners

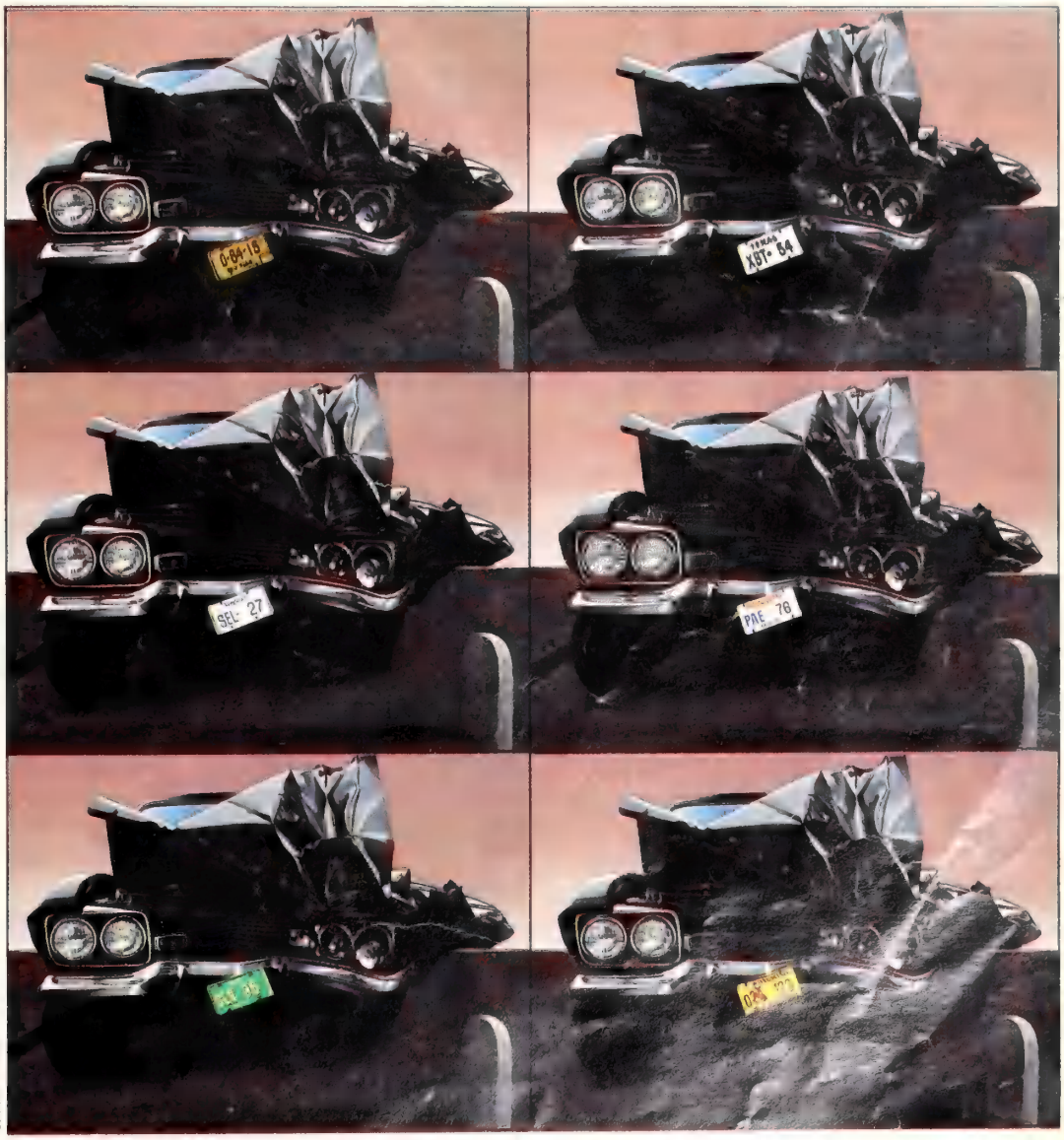


A cleaner, drier kind of protection.

© P&G 1985

LADIES' HOME JOURNAL
FEBRUARY 1985

The crusade against drunk driving



Isadore Seltzer

Born of heartfelt grief and anger, the movement against drunk driving has mobilized citizens and communities throughout the nation. Turn the page for a special report. By Michael J. Weiss

We have finally begun to reclaim our streets and highways from those who drink and drive—but there's still a long way to go until our roads are safe.

For eighteen-year-old Ann Brierly, the night of June 21, 1981, was supposed to be a time of celebration. Only eleven days earlier, she had graduated from her Winnetka, Illinois, high school with plans to attend the University of Wisconsin in the fall. That summer night, she and two friends piled into a Datsun pickup and drove to a jazz concert in Wisconsin, where the minimum drinking age was three years below Illinois's twenty-one-year-old limit. Every weekend, hundreds of teens crossed the line from Illinois to Wisconsin in search of liquor. The traffic accidents that frequently occurred after an evening of drinking had earned the area a gruesome nickname: "blood border."

Ann and her friends knew about the roads' reputation and planned to return home after one-thirty in the morning to avoid the heaviest traffic. But an hour later, as they crossed an intersection in Antioch, Illinois, their pickup was hit broadside by a Ford Granada running a red light at fifty miles per hour. Thrown one hundred feet from the spinning truck, Ann and one friend were killed; her other friend was critically injured. The driver of the speeding Ford, a nineteen-year-old sailor from New Hampshire named Rodney Lackie, escaped with only slight cuts and a broken arm. Lackie had spent the day of the accident taking drugs and the evening drinking beer in a Wisconsin bar. Hauled to the police station in a drunken rage, he cursed the pickup for having wrecked his car.

"It was a stupid, senseless tragedy," says Ann's mother, Carol Brierly Golin, who has since co-founded the Illinois-based Alliance Against Intoxicated Motorists (AAIM). Ann's killer was subsequently charged with reckless homicide, sentenced to two years in a minimum security prison and released after one year. "There's not a single day that goes by when I don't miss my daughter," says Golin, "and feel anger over the number of motorists who drive drunk and kill innocent people.

A contract for life between parent and teenager

The SADD Drinking-Driver Contract

Teenager I agree to call you for advice or transportation at any hour, from any place, if I am ever in a situation in which I have been drinking or a friend or date who is driving me has been drinking.

Signature

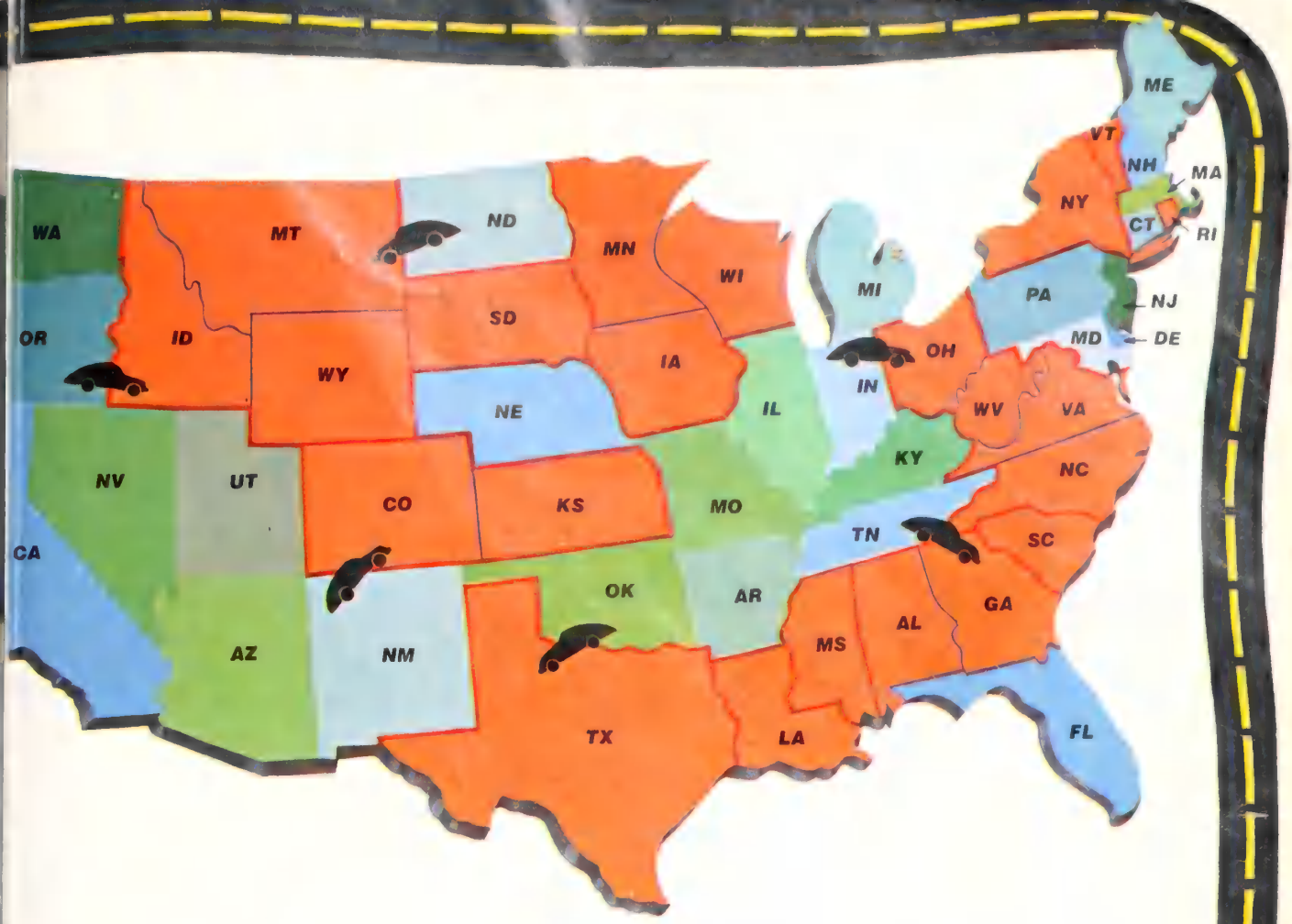
Parent I agree to come and get you at any hour, any place, no questions asked and no argument at that time, or I will pay for a taxi to bring you home safely. I expect we will discuss this issue at a later time.

I agree to seek safe, sober transportation home if I am ever in a situation in which I have had too much to drink or a friend who is driving me has had too much to drink.

Signature

Date

Clip, sign and save this agreement (left)—the most important thing you may ever do for your children and yourself—as hundreds of thousands of families across the country have already done.



Blood borders": The map above shows (in orange) the states that have lower drinking ages than their neighbors. Teenagers drive across state lines (outlined in red) to drink—these accident zones are known as blood borders.

his is a crime that has to stop." Outrage over nightmares ke the Golins' has caused mericans in the last few years o sober up about the issue of runk driving. Last July, Congress passed legislation to ressure states to raise their rinking age to twenty-one—hereby reducing blood borers. States that fail to comly risk losing federal highay funds. Police and prosecutors are starting to view runk-driving accidents as rimes committed with a leal weapon—a car—while udges have begun meting out andatory jail sentences for epeat offenders. Across the ation, citizens are banding together to lobby for tougher legislation, to monitor traffic courts and to use the media to raise public awareness of a highway menace.

"Drunk driving used to be viewed as a problem that simply couldn't be solved," says Charles Hurley, executive director of the National Safety Council, "because the statistics were so numbing. But citizen groups have brought home the point that we're killing real individuals, not macro-numbers. Now that drunk driving is portrayed on a human scale, there's been unprecedented progress across the country."

Together, the efforts of citizens and legislators have translated into nothing less than saving lives. Between 1981 and 1983, the number of alcohol-related highway deaths dropped from 28,000 a year to 22,500. Among sixteen- to twenty-year-olds, the number of alcohol-related traffic deaths dropped from 6,241 to 4,200—a startling 38 percent improvement in just two years. And during the 1984 New Year's holiday weekend, the U.S. roadway death toll was 274—the lowest figure since 1949. "The decline," Hurley says, "is no fluke."

Yet not everyone is cheering the reforms. Some areas of the *(continued on page 181)*

Isadore Seltzer



the soup and

VELVETY VEGETABLE SOUP

Our simple how-to chart lets you whip up five different—and fabulous!—first courses from one basic recipe. Just pick your vegetable. Pictured: Cream of Cauliflower, Broccoli, Artichoke, Carrot, Spinach.

Irwin Horowitz

stew cookbook



OLD-FASHIONED BEEF STEW *The all-American family-style favorite chock-full of vegetables and chunks of meat in a seasoned red-wine broth.*

Glorious goulash, consummate carbonnade, choice chowders. . .dozens of one-dish delights with flavor to savor on chilly winter nights. **Recipes, page 138.**

By Sue B. Huffman, Food and Equipment Editor



GRANDMA'S CHICKEN SOUP

The classic make-you-feel-good soup in all its delectable possibilities. Start with basic broth, brimming with bits of chicken and vegetables; then add noodles, rice, dumplings or matzoh balls.



ELEGANT VEAL STEW Highlighted by a medley of artichokes, onions, garlic, olives, satiny mushrooms and strips of pimiento. The flavoring is a Greek-style blend of rosemary and thyme, white wine, lemon juice and peel.

At home with Katharine Hepburn







How does America's most-honored actress live? Join the Journal on a rare tour of her homes.

Text by Phyllis Battelle

Photos by John Bryson

home the untryside

posite top: *Kate's ud of her prowess he kitchen and n't eaten in a aurant in years.*
ttom left: *Fenwick, Connecticut, was Hepburn family ne. The original lding was troyed in a ricane, but Kate ed it so much she l it rebuilt.*
ttom right: *The n marking her veway is as frank l to the point as the ress herself.*
ove: *A whiz at cheesi, Kate often oys a game with friends.*
ght: *A towel-baned Kate puts feet up in her nfortable servatory.*
set: *A talented ist and sculptor, te is shy about wing off the works t decorate her ng room.*



Kate's elegant townhouse on Manhattan's East Side has been her home for fifty-seven years.





Katharine Hepburn, at the age of seventy-five, is the most-honored ac-ss in the world. More than at, her outspoken opinions on r most basic concerns, from ninism ("We've gone too far ing to be men!") to death it-f ("The big sleep—lovely!"), ve made her a heroine in the blic fancy. Young women pour out their hearts to her by mail and see her as a role model. Never mind that the lady protests she is just an actress, "a very minor talent," and that her much-talked-about wisdom is "plain common sense, not brains." Katharine wants to be seen as a straightforward, uncomplicated human being. Somewhere in between these images—ours and hers—is an enormously fascinating woman who allows her strengths and weaknesses to spill out during an interview.

Yet she dreads meeting the press, and in the early decades of her more than half-century career wouldn't grant interviews. Barbara Walters wrote pleading letters for three years before Hepburn appeared on her television show. Barbara suspects she might have offended her by spelling Katharine with an *e* instead of an *a*. It's possible; the actress admits being *(continued on page 172)*

home in the city

posite: *"I'm very unmusical," insists e, who learned to play the piano only e years ago for her role in* West Side ltz. **Insets opposite right:** *When firewood in the country is free for the chopping, a frugal Kate takes it back to her city fireplace.* **Bottom far left inset:** *Riding pillion with Nick Nolte, her co-star in her latest film,* The Ultimate Solution of Grace Quigley. **This page top:** *An avid letter writer, the actress has been known to return fan mail with spelling corrected.* **Bottom left:** *Kate's city garden oasis.* **Right:** *Sewing slipcovers with her niece.*







Legs...



Exercises developed by Emily Smith. Hair, Hamid. Manicure, Ling of Donsuki at the Crown Building. Photographed at South Street Seaport, NYC. Fashion details, page 168.

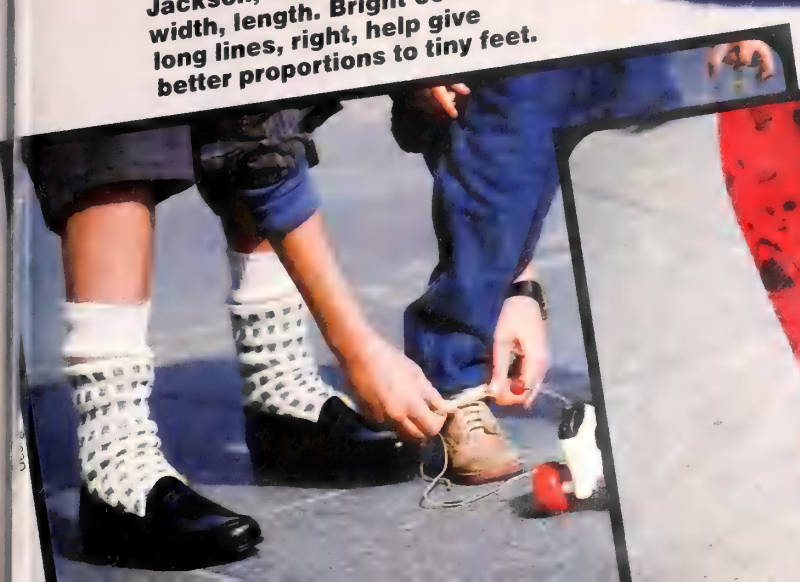
Great-looking any-weather boot . . . an easy fit even if calves are wide

& flats...

The best casual foot looks for now . . . sleek and ungimmicky, some with a classy menswear swagger. All deserve plenty of TLC. A creamy product is best for polishing good leather. For a high-gloss shine, use wax-based polish, lots of buffing. To preserve suppleness, apply moisturizing leather conditioner before polishing. Caught in the rain? Stuff shoes with paper towels, apply conditioner, then polish when shoes are dry. Insert "trees" to help shoes hold their shape when you're not wearing them. Reminder from Andrea Rosen, of the Footwear Council in New York City: "Finely crafted, expensive shoes of top-quality materials require at least as much care as do the cheaper ones."

Wing-tips! Slimming for wide feet

Spiffy loafers à la Michael Jackson, below, minimize foot width, length. Bright color, long lines, right, help give better proportions to tiny feet.





& heels!

If you're average, you'll buy four or five pairs of shoes this year. Here's expert advice on how to choose —and wear—the ones that will do the most marvelous things for your legs and feet!



Sleek shoe-boots in cheering red make a point of slender, graceful feet



Asymmetric pumps make legs seem longer



Why men love to look at legs

What accounts for the special sexual allure of gorgeous legs . . . the kind every woman would like to have and no man can resist looking at? *Journal* psychology columnist Sonya Friedman, Ph.D., offers a few thoughts. "The graceful curvature of beautiful legs represents to many men everything that is smooth and soft and feminine. If you think about it, the shape of a woman's legs—the way they taper from thigh to knee and curve out again at the calf—is almost an analog to the female body. That shape has the power to trigger very pleasant erotic visualization in a man. And then, of course, as his eyes follow the sensuous curves up from the ankle, he quite naturally begins to fantasize about where they lead!"

Diagonal strapping helps slim plump ankles

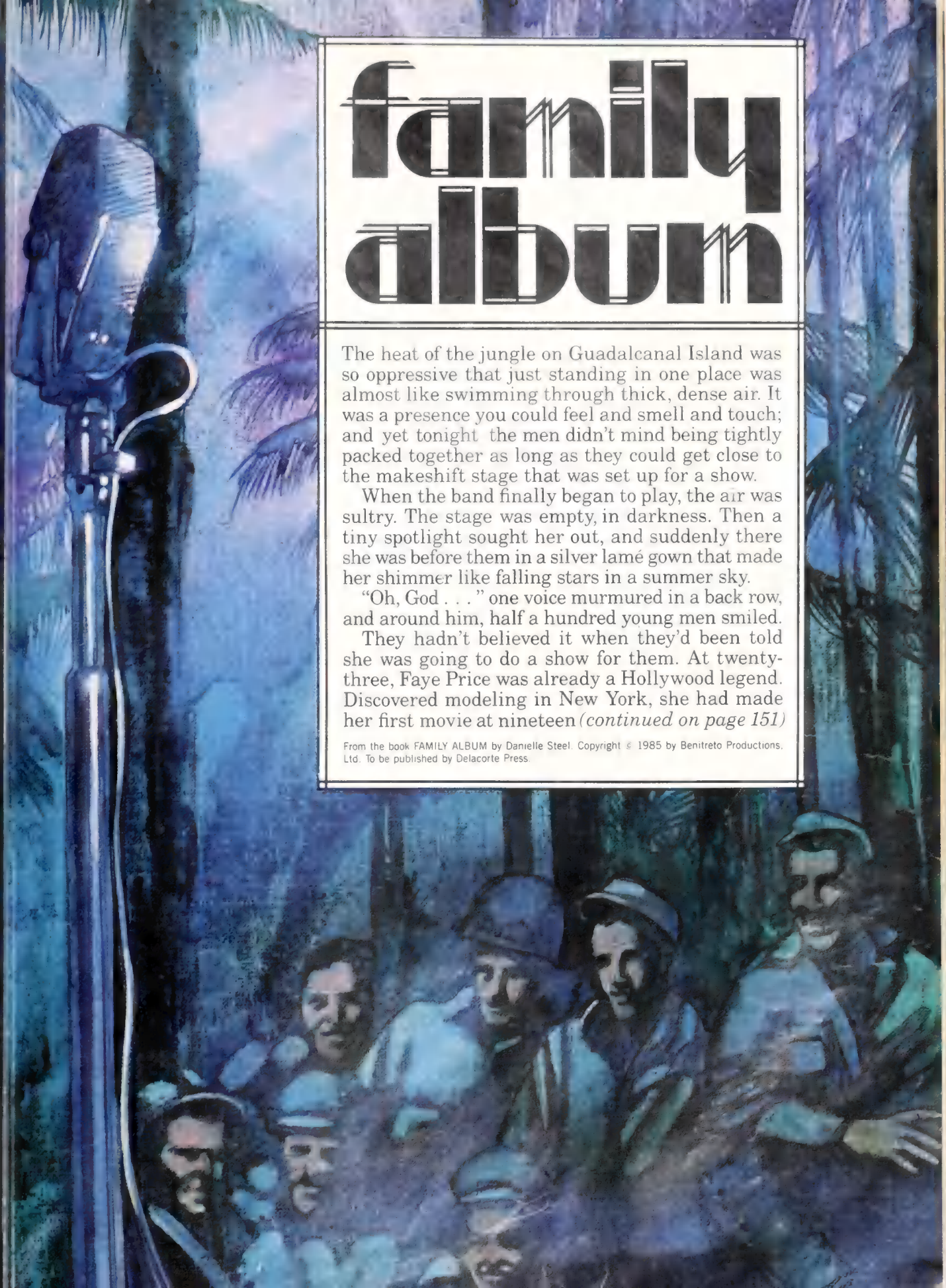
Footwear fundamentals. Handsome flats or walking shoes . . . two pairs of simple, classic heels (one elegant enough for little evenings) . . . a pair of rough-and-ready boots. Those are the basics that every woman needs, says New York image consultant Emily Cho. Color? Go-with-all black, taupe, luggage, burgundy. Add fanciful shades, avant-garde styling, after you have the basics down pat. Problem solvers: ● Thick legs. Go for sleek, feminine pumps, boots that are roomy, not form-fitting, through calf and ankle. Stay away from husky, heavy-looking shoes; they'll emphasize your heaviness. ● Plump feet. Tapered-toe styles with a square or V-shaped throat are slimming. Important: Avoid any shoe that creates bulges. ● Skinny legs and feet. Key shoe shapes to your own slender proportions. (Clunky shoes can make you look like Minnie Mouse!) Oval or rounded toes are flattering on you; so are ankle straps. ● All legs. They'll look longer, sexier, in heels of a graceful, comfortable height. (Too-high heels can make calf muscles look bunchy.) Hosiery that are toned to shoe color and knee-skimming skirts create a leggy look. If you prefer a longer skirt, choose a length that doesn't "cut" your leg at its widest point.



best-seller bonus

From her latest best-seller, the story of a glamorous couple who lost everything—except their passionate love for each other.

By Danielle Steel



family album

The heat of the jungle on Guadalcanal Island was so oppressive that just standing in one place was almost like swimming through thick, dense air. It was a presence you could feel and smell and touch; and yet tonight the men didn't mind being tightly packed together as long as they could get close to the makeshift stage that was set up for a show.

When the band finally began to play, the air was sultry. The stage was empty, in darkness. Then a tiny spotlight sought her out, and suddenly there she was before them in a silver lamé gown that made her shimmer like falling stars in a summer sky.

"Oh, God . . . " one voice murmured in a back row, and around him, half a hundred young men smiled.

They hadn't believed it when they'd been told she was going to do a show for them. At twenty-three, Faye Price was already a Hollywood legend. Discovered modeling in New York, she had made her first movie at nineteen *(continued on page 151)*

From the book FAMILY ALBUM by Danielle Steel. Copyright © 1985 by Benitreto Productions, Ltd. To be published by Delacorte Press.



More than just hats can be tucked inside a collection of old-time bandboxes. Personal mementos soften the "closety" feel.

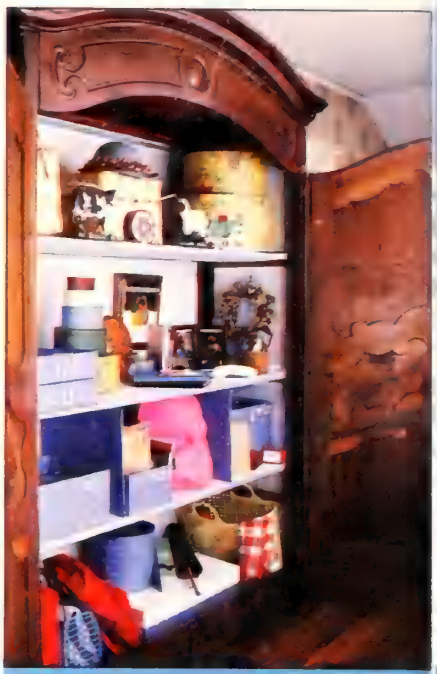


Labeled in-and-out boxes, plus personalized cubbyholes, are left for child-high lower shelves. Room for backpacks, too.





This page: Fabric designed by Gear for Cohama/Riverdale. Floral hatboxes, hat, grapevine wreath from Sweet Nellie. Baskets, briefcase, Marimekko. Pull toys, small basket, oval [illegible] from [illegible] Workshop. Backpacks, totes, luggage tags from [illegible]. Opposite page: Plastic tubs, milk crate, hangers, shoe bag and lockers from Bazaar. Large laundry [illegible] from [illegible] Nellie. Small rug, red balls and wooden toys, Marimekko. For more details, see page 168.



front hall

How do you keep daily necessities out of sight but not out of reach? Throwing everything onto a table next to the door means that sooner or later things are going to end up on the floor instead. We've got a neater idea.

solution

An old armoire was the perfect answer to finding a handy home for miscellaneous objects. Lining it with cheery blue and white fabric brightened up the dark shelves and made the stored objects stand out easily. Assorted boxes provide pretty, practical storage for smaller items and papers.

back hall

The mudroom often becomes an unsightly muddle of coats slung any which way and tangled-up skis and baseball bats to climb over, plus the garden hose and clippers thrown into the bargain. But it doesn't have to be that way.

solution

Painting the walls a crisp white and the shelves spring green makes telling a brown boot from a black one a snap. Colored hangers, coded for kids and grown-ups and placed at different easy-to-reach heights, encourage orderly "hang-ups."

A place for everything

By Deborah S. James
Associate Decorating Editor

This page, clever mudroom ideas: an inexpensive metal locker system to hide away clunky sports equipment; cloth shoe hang-up for gloves, ski goggles, sneakers; a large basket for gardening gear that can be toted out to the backyard.

And everything in its own place—that's the secret to coordinating all the paraphernalia a family collects every single day. Schoolbooks and scarves, playthings and papers, tools and towels . . . the list never ends. Every room in the house, it seems, has its own clutter factor. To make order out of all this chaos, we've come up with some super storage ideas that will help you stow a houseful of assorted stuff in style—without burying it beyond recall.

Starting here, savvy decorating solutions for uncluttering your life—upstairs, downstairs and all around the house.







Lilo Raymond

kid's room solution

More and more youngsters today have made home computers permanent fixtures in their rooms. How do you contain the hardware within a workable area? We'll show you the right program to follow.

A specially designed bi-level desk, part of an L-shaped arrangement, sets up the computer at just the right height for comfortable inputting. There's even enough room for the discs. Wire shelving takes care of schoolbooks and miscellaneous computer catalogs. A wall-hung shoe rack is ideal for holding magazines. Plastic cubes of varying sizes hold tiny treasures, from marking pencils to marbles. And a roll-away drawer unit can be moved from one desk to another.





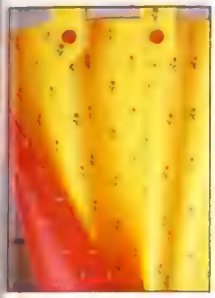
toys, etc.

Little kids can collect a variety of can't-part-with possessions. Plastic baskets, hung on a wall (right), are great for have-to-have-in-the-room items. The playful bus toy chest (left) not only accommodates toy "passengers" but its blackboard-lined lid can double as a desk.

Computer room: Storage space designed by Pat Bodo of Creative Closets. Shelving by Clairson International. Computer desk and drafting table, BMC. TV, Magnavox. Teddy bear from Sweet Nellie. Wooden duck, garbage can, parrot and solid-colored address book, globe, photo album and mug, Marimekko. Desk chairs and all other accessories from Bazaar. Insets: Rug, racing cars and wooden toys, Marimekko. All Sesame Street Products courtesy of Children's Television Workshop. For more details, see page 168.



More decorative ways to put clutter in its place, whether it's computer software, the kids' toys or soap and towels.



bath-room solution

A large bathroom can suddenly shrink in size when a whole family has to share it. How do you keep five toothbrushes, combs, three kinds of lotion, bubble bath and after-shave under control without throwing in the towel? It's really easier than you might think, with some storage smarts.

Let them have shelves—one for each family member. The coated-wire kind won't close in the room and will keep everything clearly visible. Tucked into corners, they take advantage of space that might otherwise be wasted, hold everything from potted plants to terry cloth shower mates. Three wall-mounted pantry organizers handle towels. Paper goods and extra supplies go into a handy stacking drawer unit (foreground) and an old bureau, its legs sawed off and painted to match the walls. Its top provides an extra shelf or seat when needed. A cart on wheels that can be rolled to sink or tub serves up sponges, bath necessities. And behind the skirted sink (done in a sunshine-bright yellow and red print fabric to match the shower curtain and window treatment) is still more hidden storage space.

Shower curtain, sink skirt and curtains all by Vogue Patterns for Living. Storage designed by Pat Bodo of Creative Closets. All shelving by Clairson International. All fabric designed by Gear for Cohama/Riverdale. Plastic drawers, cart, clear storage boxes, soap holders and trays from Bazaar. Terry cloth duck and bear, wooden decoy, red and white canisters, Marimekko. Heart boxes, herb basket, wreath and rag rug from Sweet Nellie. Towels on linen shelves and in cart, and bathrobe, all from Ralph Lauren Home Furnishings, Inc. Rolled towels by Martex. Deep basket and wooden hand mirror from Shaker Workshops. For more details, see page 168.







Lilo Raymond

A Valentine's Day celebration of sweet temptations from seven famous chefs—chocoholics all. Recipes, page 134.



Triple-threat chocolate ice cream

I scream, you scream, we all scream for Bert Greene's ice cream.



Fudgy cheesecake

No grumbles with Miss Grimble's finest—smooth and chocolaty rich.



Chocolate ravioli

Mamma mia! Judith Olney's white-chocolate pasta. Never say "basta"!

For the love of CHOCO

Best cocoa cake

The layered look—Mable Hoffman's m-m-m-m-masterpiece with sour-cream frosting.



Chocolate oblivion

Rose Levy Beranbaum's dark-chocolate fix with a double-the-fun raspberry sauce.

Chocolate roulade

Cognac-laced whipped cream fills John Clancy's perfect ending.



Chocolate mousse torte

Bliss at first bite, compliments of Maida Heatter.



LATE!

CHOCOLATE

continued from pages 132–133

All recipes pictured on pages 132–133

MABLE HOFFMAN'S BEST COCOA CAKE

Cake

- 1 cup butter or margarine, softened
- 3 cups lightly packed light brown sugar
- 4 eggs
- 2 teaspoons vanilla extract
- ¾ cup unsweetened cocoa
- 3 teaspoons baking soda
- ½ teaspoon salt
- 3 cups cake flour
- 1⅓ cups sour cream
- 1⅓ cups boiling water

Frosting

- 3 squares (1 oz. each) unsweetened chocolate
- 3 squares (1 oz. each) semisweet chocolate
- ½ cup butter or margarine
- 1 cup sour cream
- 2 teaspoons vanilla extract
- 5 cups confectioners' sugar

Preheat oven to 350°F. Grease and flour three 9-inch cake pans; set aside.

Cake: In large mixer bowl cream butter or margarine. Add brown sugar and eggs one at a time, beating well after each addition. Beat at high speed until light and fluffy, about 5 minutes. With mixer at low speed, beat in vanilla, cocoa, baking soda and salt. Add flour alternately with sour cream; beat at low speed until smooth. Pour in boiling water; stir with spoon until blended. Pour batter evenly into prepared pans. Bake 35 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes. Turn out on wire racks to cool completely. Frost. Makes 16 servings, about 560 calories each.

Frosting: In medium saucepan melt chocolate with butter or margarine. Cool several minutes. In large mixer bowl combine sour cream, vanilla and confectioners' sugar; add melted chocolate. With mixer, beat until smooth.

From CHOCOLATE COOKERY by Mable Hoffman. Copyright © 1978 by HP Books, Incorporated

BERT GREENE'S TRIPLE-THREAT CHOCOLATE ICE CREAM

- 3 squares (1 oz. each) unsweetened chocolate
- ¼ cup unsalted butter, cut into 4 pieces
- 1 can (14 oz.) sweetened condensed milk
- 1½ teaspoons vanilla extract
- 3 egg yolks
- 2 squares (1 oz. each) semisweet chocolate
- ½ cup strong-brewed coffee
- ⅓ cup sugar
- 2 cups heavy or whipping cream, divided
- 1½ teaspoons dark rum
- 2 tablespoons creme de cacao liqueur
- 2 squares (1 oz. each) unsweetened chocolate, finely chopped
- ¼ teaspoon salt

In heavy saucepan melt unsweetened chocolate with butter over very low heat, stirring occasionally. Add condensed milk and vanilla; stir until smooth. In large bowl beat egg yolks until light and lemony. Stir in chocolate mixture until smooth; set aside.

In top of double boiler over hot, not boiling, water, combine semisweet chocolate, coffee, sugar and ½ cup heavy cream; cook, stirring, until chocolate and sugar are melted. Stir in rum and creme de cacao. Cool to room temperature. Add chocolate-coffee mixture, remaining cream, chopped chocolate and salt to chocolate-egg mixture. Stir until well combined. Pour into canister of an ice cream machine. Freeze according to manufacturer's directions. Makes 1½ quarts, about 365 calories per ½-cup serving.

MISS GRIMBLE'S FUDGY CHEESECAKE

Crust

- 1½ cups chocolate wafer cookie crumbs
- 6 tablespoons butter, melted
- ¼ cup sugar
- ⅛ teaspoon cinnamon

Filling

- 3 packages (8 oz. each) cream cheese
- ⅔ cup sugar
- 3 eggs
- 2 teaspoons instant coffee powder
- 2 teaspoons vanilla extract
- 6 squares (1 oz. each) semisweet chocolate, melted and cooled
- 1½ cups heavy or whipping cream

Chocolate curls, for garnish

Preheat oven to 275°F. Grease a 9-inch springform pan.

Crust: In medium bowl combine cookie crumbs, melted butter, sugar and cinnamon until well blended. Press onto bottom and sides of pan; refrigerate.

Filling: In large bowl combine cream cheese and sugar; beat until smooth and creamy. Add eggs, coffee powder and vanilla; continue beating until well blended. Add melted chocolate and cream; stir until well mixed.

Pour into prepared crust and bake 1 hour 15 minutes. Turn off heat and cool cake in oven 45 minutes. Run a knife around edge of pan. Refrigerate 3 to 4 hours before serving. Remove from pan. Garnish with chocolate curls if desired. Makes 12 servings, about 410 calories each.

Copyright © 1984 by Sylvia Balser Hirsch. Printed with permission of Macmillan Publishing Company

JUDITH OLNEY'S WHITE-CHOCOLATE RAVIOLI WITH HAZELNUT FILLING

- ½ cup whole hazelnuts
- 2 squares (1 oz. each) semisweet chocolate
- 2 tablespoons unsalted butter
- 1 tablespoon sugar
- 1 tablespoon brandy or rum
- 1 bar (9 oz.) good quality Swiss white chocolate, grated
- ½ ounce semisweet chocolate, for garnish

Preheat oven to 350°F. Place hazelnuts in a baking pan; roast 10 minutes. Transfer nuts to a heavy kitchen towel and rub back and forth vigorously to remove their bitter skins. Grind nuts coarsely or chop in food processor.

Line a 9-inch square baking pan with foil, smoothing foil evenly.

In top of double boiler over hot, not boiling, water, melt semisweet chocolate with butter, stirring occasionally. Stir in sugar, brandy or rum and nuts; mix well to form a paste. Shape into 25 small balls. Arrange chocolate balls in 5 even rows in foil-lined baking pan; refrigerate briefly, then press each ball to flatten slightly.

In top of double boiler over hot, not boiling, water, melt white chocolate, stirring occasionally. Cool slightly. Spoon evenly over dark chocolate rounds and out to edge of pan to form a thin, flat layer. Return pan to refrigerator until chocolate hardens slightly. Use a ravioli cutter or knife and cut between the rows and down sides of pan; refrigerate until firm. When firm, remove from pan and separate into individual pieces. Melt remaining chocolate and drizzle over each piece. Makes 25, about 110 calories each.

From THE JOY OF CHOCOLATE by Judith Olney. Reprinted by permission of Barron's Educational Series, Inc. © 1982

ROSE LEVY BERANBAUM'S CHOCOLATE OBLIVION TRUFFLE TORTE

Torte

- 1 bar (8 oz.) bittersweet chocolate
- ½ cup unsalted butter
- 3 eggs

Raspberry Sauce

- 2 packages (10 oz. each) frozen raspberries in syrup, thawed and drained (reserve syrup)
- ⅓ cup superfine sugar
- 2 teaspoons fresh lemon juice

Sweetened whipped cream

Preheat oven to 425°F. Grease a 9-inch round cake pan; line bottom and sides with wax paper or parchment paper. Grease paper and sprinkle with flour; tap out excess.

Torte: In double boiler over hot, not boiling, water, melt *(continued)*



Two dips are better than one.

Brach's Chocolate Covered Peanuts and Peanut Clusters are America's number one favorites.

Partly because we individually inspect each and every peanut.

And then, fresh roast only the very best to perfection.

But the clincher is that each peanut gets dipped not once, but twice in Brach's own rich, real creamy milk chocolate.

So for double-delicious chocolate covered peanuts, treat yourself to number one.



Nobody treats America like Brach's.

© 1984 E J Brach & Sons

CHOCOLATE
continued

chocolate and butter, stirring occasionally; cool slightly. In large mixer over boiling water, heat eggs, stirring constantly, just until warm. Beat eggs at high speed until tripled in volume, 5 to 10 minutes. With wire whisk or spatula, fold eggs into chocolate mixture until blended and pour at once into prepared pan. Place cake pan into a larger pan and surround with 1 inch hot water. Loosely cover cake pan with greased foil and bake 10 minutes. Remove foil and bake 5 more minutes. Transfer to wire rack. Cover again with foil and cool 30 minutes, then refrigerate at least 4 hours before unmolding. Remove from refrigerator 45 minutes before serving. (If too cold, cake will be dense and hard to cut.) Remove torte from baking pan; peel off paper. Serve with raspberry sauce and whipped cream. Makes 16 servings, about 125 calories each.

Raspberry Sauce: In small saucepan bring reserved raspberry syrup to a boil. Boil rapidly until liquid reduces to ½ cup; set aside. In blender or food processor puree raspberries and press through fine sieve to remove seeds. Stir in reduced raspberry syrup, sugar and lemon juice until sugar is dissolved. Cover and refrigerate until ready to use. Makes 1 cup, about 60 calories per tablespoon.

MAIDA HEATTER'S CHOCOLATE MOUSSE TORTE

Mousse

Bread crumbs
1 tablespoon instant coffee powder
¼ cup boiling water
8 squares (1 oz. each) semisweet chocolate
8 eggs, separated
⅔ cup sugar
1 teaspoon vanilla extract
⅛ teaspoon salt

Topping

1½ cups heavy or whipping cream
1½ teaspoons vanilla extract
⅓ cup confectioners' sugar

Grated chocolate (optional)

Adjust rack to center of oven. Preheat oven to 350°F. Butter a 9-inch pie plate. Sprinkle with fine, dry bread crumbs; set aside.

Mousse: In top of double boiler dissolve coffee in boiling water. Add chocolate and melt over hot, not boiling, water, stirring occasionally, until smooth. Set aside to cool slightly.

In small mixer bowl beat egg yolks at high speed 5 minutes until pale lemon-colored and thickened. Gradually add sugar and continue beating at high speed about 5 minutes more until very thick. Add vanilla and chocolate mixture, beating slowly and scraping bowl with rubber spatula until smooth. In large mixer bowl beat egg whites with salt until soft peaks form. Gradually fold whites into chocolate mixture until completely blended. Handling as little as possible, remove and set aside about 4 cups mousse; cover and refrigerate.

Spoon remaining into pie plate. Bake 25 minutes. Turn off oven, but leave the baked mousse in 5 minutes more. Remove from oven. Cool on wire rack. (The mousse will rise during baking and then, while cooling, it will settle in the center, leaving a rim.)

When completely cool, remove reserved mousse from refrigerator. Handling as little as possible, spoon refrigerated mousse into baked mousse. Mound it slightly higher in center. Refrigerate at least 2 to 3 hours.

Topping: In chilled mixer bowl beat all ingredients until soft peaks form. Pipe or spread over unbaked mousse. Refrigerate until serving time. Sprinkle with grated chocolate if desired. Makes 8 servings, about 455 calories each.

From MAIDA HEATTER'S BOOK OF GREAT CHOCOLATE DESSERTS by Maida Heatter. Copyright © 1980 by Maida Heatter. Reprinted with the permission of Alfred A. Knopf, Inc.

JOHN CLANCY'S CHOCOLATE ROULADE

Cake

8 squares (1 oz. each) semisweet chocolate
¼ cup strong-brewed coffee
6 eggs, separated
¾ cup sugar, divided
1 teaspoon vanilla extract
¼ teaspoon salt

Filling

1½ cups heavy or whipping cream, chilled
3 tablespoons confectioners' sugar
2 tablespoons cognac

Glaze

3 squares (1 oz. each) semisweet chocolate
1½ tablespoons butter
1 tablespoon honey

¼ cup sliced, toasted almonds

Adjust oven rack to highest position. Preheat oven to 350°F. Grease a 15½x10½-inch jelly-roll pan. Line with wax paper; grease paper.

Cake: In heavy saucepan melt chocolate with coffee over very low heat; set aside to cool. Beat in egg yolks until well combined. Gradually add half the sugar (6 tablespoons), beating until yolks are very thick and fluffy. Add vanilla and cooled chocolate.

In another bowl beat egg whites with salt until soft peaks form. Gradually add remaining sugar and continue beating until stiff peaks form. Wit rubber spatula, fold one third of th egg whites into chocolate-egg yolk mi ture. Then gently fold in remaining eg whites. Spread batter into prepared pa Bake on upper rack of oven 15 minut or until cake has risen and toothpic inserted in center comes out clean. Pla on wire rack and cover with a dam towel. Refrigerate 15 minutes. Inve cake onto cookie sheet, towel sic down. Peel paper from cake.

Filling: In chilled bowl whip cream u til soft peaks form. Add confectione sugar and cognac and continue beatir until stiff.

Spread whipped cream over cake ½ inch from edges. Roll lengthwis jelly-roll fashion, using towel to lif Trim off edges diagonally. Transfer serving platter.

Glaze: In small saucepan melt choc late, butter and honey. Cool slightl then pour over roulade. Sprinkle wit toasted almonds. Makes 8 to 10 ser ings, about 540 calories per 8, 430 cal ries per 10. **En**

FEBRUARY RECIPE INDEX

Here is a listing of recipes in this issue, including those from the Journal kitchen and advertisements.

DESSERTS

Bert Greene's Triple-Threat Chocolate Ice Cream p. 134
Cherry Crunch Pie p. 146
John Clancy's Chocolate Roulade p. 136
Judith Olney's White Chocolate Ravioli with Hazelnut Filling p. 134
Lime Chiffon Pie p. 11
Mable Hoffman's Best Cocoa Cake p. 134
Maida Heatter's Chocolate Mousse Torte p. 136
Miss Grimble's Fudgy Cheesecake p. 134
Quick Cherry Crisp p. 96
Rose Levy Beranbaum's Chocolate Oblivion Truffle Torte p. 134

MISCELLANEOUS

Broccoli Tuna Roll-Ups p. 97
Chicken Breasts Amandine p. 96
Dash Potato Wedges p. 161
15-Minute Smoked Sausage Jambalaya p. 150
Fuss-free Risotto p. 96
Moist 'n Crispy Onion Chicken p. 65

SOUPS

Austrian Creamed Potato Soup p. 142
Chick-Pea-Chorizo Soup p. 142
Chicken-Matzoh Ball Soup p. 138
Chicken 'N' Dumplings Soup p. 141
Chicken-Noodle Soup p. 138
Chicken-Rice Soup p. 138
Chili Soup p. 148
Cream of Artichoke Soup p. 138
Cream of Broccoli Soup p. 138
Cream of Carrot Soup p. 138
Cream of Cauliflower Soup p. 138
Cream of Spinach Soup p. 138
Fish Chowder p. 142
French Onion Soup p. 144
Good Old Bean Soup p. 148
Grandma's Chicken Soup p. 138
Hearty Minestrone Soup p. 141
Hot And Sour Soup p. 146
Mexican Cheese Soup p. 146
Quick Tuna Chowder p. 146
Sizzling Rice Soup p. 148
Split Pea Soup p. 141
Sunny Corn Chowder p. 141
Ukranian Cabbage Borscht p. 144

STEWS

Brunswick Stew p. 142
Carbonnade of Beef p. 142
Elegant Veal Stew p. 141
Hungarian Pork Goulash p. 148
Irish Stew p. 148
Old-Fashioned Beef Stew p. 138
Shrimp Gumbo p. 141



Ovaltine's Sugar Free Mint Hot Cocoa Mix, with NutraSweet.*

We took the finest imported Dutch cocoa. And the freshest natural mint flavor. Then we blended them together in a refreshingly new way.

Introducing Ovaltine's Sugar Free Mint Hot Cocoa Mix.

It has a wonderfully rich, chocolate mint taste. And more.

Because it's from Ovaltine, Sugar Free Mint Hot Cocoa is good for you—it has 7 vitamins and minerals.

And because it's sweetened only with NutraSweet, it has only 40 calories per serving (just like our regular Sugar Free Hot Cocoa).

So, the next time you get a craving for that smooth, cool taste of chocolate mint, do something refreshingly different. Instead of eating a chocolate mint, drink it. In Ovaltine's Sugar Free Mint Hot Cocoa Mix.



NUTRASWEET
BRAND SWEETENER

*NutraSweet is a registered trademark of G. D. Searle & Company for its brand of sweetening ingredient.

SOUP & STEW COOKBOOK

continued from pages 112–115

OLD-FASHIONED BEEF STEW

pictured on page 113

- ½ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 pounds beef stew meat, cubed
- ¼ cup salad oil
- 1 can (13¾ or 14½ oz.) beef broth
- 1 cup water
- ½ cup dry red wine
- 1 can (16 oz.) tomatoes, drained and chopped (reserve juice)
- ½ teaspoon marjoram
- 4 carrots, sliced
- 1 pound pearl onions, peeled
- 1½ pounds potatoes, cubed
- 1 package (9 oz.) frozen cut green beans

In bag combine flour, salt and pepper; add meat and toss until well coated. In Dutch oven heat oil over medium-high heat. Add meat and brown in several batches; set aside. Stir broth into drippings in Dutch oven, scraping up brown bits from bottom. Return meat to pot. Add water, red wine, tomato liquid, marjoram and remaining flour mixture. Bring to a boil and stir. Reduce heat; cover and simmer 1½ hours. Add carrots, onions, potatoes and tomatoes. Cook uncovered 30 minutes, stirring occasionally. Add green beans and cook 15 minutes more, stirring to separate beans. Makes 6 servings, about 585 calories each.

GRANDMA'S CHICKEN SOUP

pictured on page 114

Broth

- 1 chicken (3½–4 lbs.), cut up
- 3 quarts cold water
- 2 medium onions, peeled and quartered
- 2 carrots, cut into thirds
- 1 celery rib, cut into thirds
- 3 garlic cloves, mashed
- 3 parsley sprigs
- 8 to 10 whole peppercorns
- 3 whole cloves
- 1 bay leaf
- ½ teaspoon thyme

- 1 tablespoon butter or margarine
- 2 medium carrots, diced
- 2 medium celery ribs, diced

In stockpot or Dutch oven combine chicken with water. Bring to a boil; reduce heat and simmer uncovered 1 hour, skimming off foam. Add remaining broth ingredients; simmer 2 hours more. Remove chicken; cool. Remove skin and bones and return to stockpot. Shred meat; set aside. Cook broth another hour. Strain through fine wire mesh or cheesecloth. Skim off fat.

Meanwhile, in small skillet melt butter or margarine. Add carrots and celery; saute until tender, about 5 minutes. Add to broth with chicken. Makes 2 quarts, about 175 calories per cup.

VARIATIONS

CHICKEN-RICE SOUP

In saucepot bring 2 quarts Grandma's Chicken Soup to a boil. Add ¼ cup white wine, 3 cups cooked long-grain rice and ¼ cup chopped parsley. Season to taste with salt and pepper. Makes about 3 cups, about 215 calories per cup.

CHICKEN-NOODLE SOUP

In saucepot bring 2 quarts Grandma's Chicken Soup to a boil. Add 2 cups (4 oz.) fine egg noodles and boil until tender, about 3 to 5 minutes. Stir in ¼ cup chopped parsley. Season to taste with salt and pepper. Makes about 3 cups, about 205 calories per cup.

CHICKEN-MATZOH BALL SOUP

In medium bowl combine ¼ cup chicken fat or shortening and 4 eggs, beaten. In another bowl combine 1 cup matzo meal and 2 teaspoons salt. Blend in egg mixture with ¼ cup chicken broth or water. Cover; refrigerate 30 minutes or up to 24 hours. *(continued)*

CREAM OF VEGETABLE SOUP CHART

Vegetable	Artichoke	Chopped broccoli	Sliced carrots	Cauliflower	Chopped spinach
Amount	*2 packages (9 oz. each)*	*2 packages (10 oz. each)*	*2 packages (10 oz. each)*	*2 packages (10 oz. each)*	*2 packages (10 oz. each)*
Seasonings	*1 garlic clove, halved 2 tsp. lemon juice ½ tsp. salt ⅛ tsp. white pepper*	*¼ cup sliced green onions ½ tsp. salt ⅛ tsp. mace*	*¼ cup chopped onion 2 Tb. fresh dill or 1½ tsp. dillweed ¾ tsp. salt*	*⅓ cup chopped celery ½ tsp. curry powder ½ tsp. salt*	*2 Tb. chopped onion ½ tsp. salt ¼ tsp. nutmeg*
Chicken broth	*2 cups*	*2 cups*	*1 cup*	*2 cups*	*1 cup*
Butter or margarine	*3 Tb.*	*3 Tb.*	*3 Tb.*	*3 Tb.*	*3 Tb.*
Flour	*3 Tb.*	*3 Tb.*	*3 Tb.*	*3 Tb.*	*3 Tb.*
Milk	*2 cups*	*2 cups*	*3½ cups*	*2½ cups*	*2½ cups*
Garnish	*Garlic croutons*	*Dollop of sour cream*	*Sprig of dill*	*Chopped chives*	*Grated lemon peel*
Yield	*5 cups*	*6 cups*	*6 cups*	*6 cups*	*6 cups*
Calories per cup	*185*	*155*	*190*	*160*	*155*

PROCEDURE:

1. In medium saucepan cook frozen vegetable and seasonings listed above (check individual recipes) in chicken broth as indicated on package directions.

2. Puree in blender or food processor. Strain, if desired; set aside.

3. In same saucepan melt butter or margarine. With wire whisk, stir in flour and cook, stirring constantly, until smooth and bubbly, about 1 minute.

4. Slowly blend in milk. Bring just to boil, stirring frequently with whisk.

5. Stir in pureed vegetable mixture; heat through. Garnish if desired.

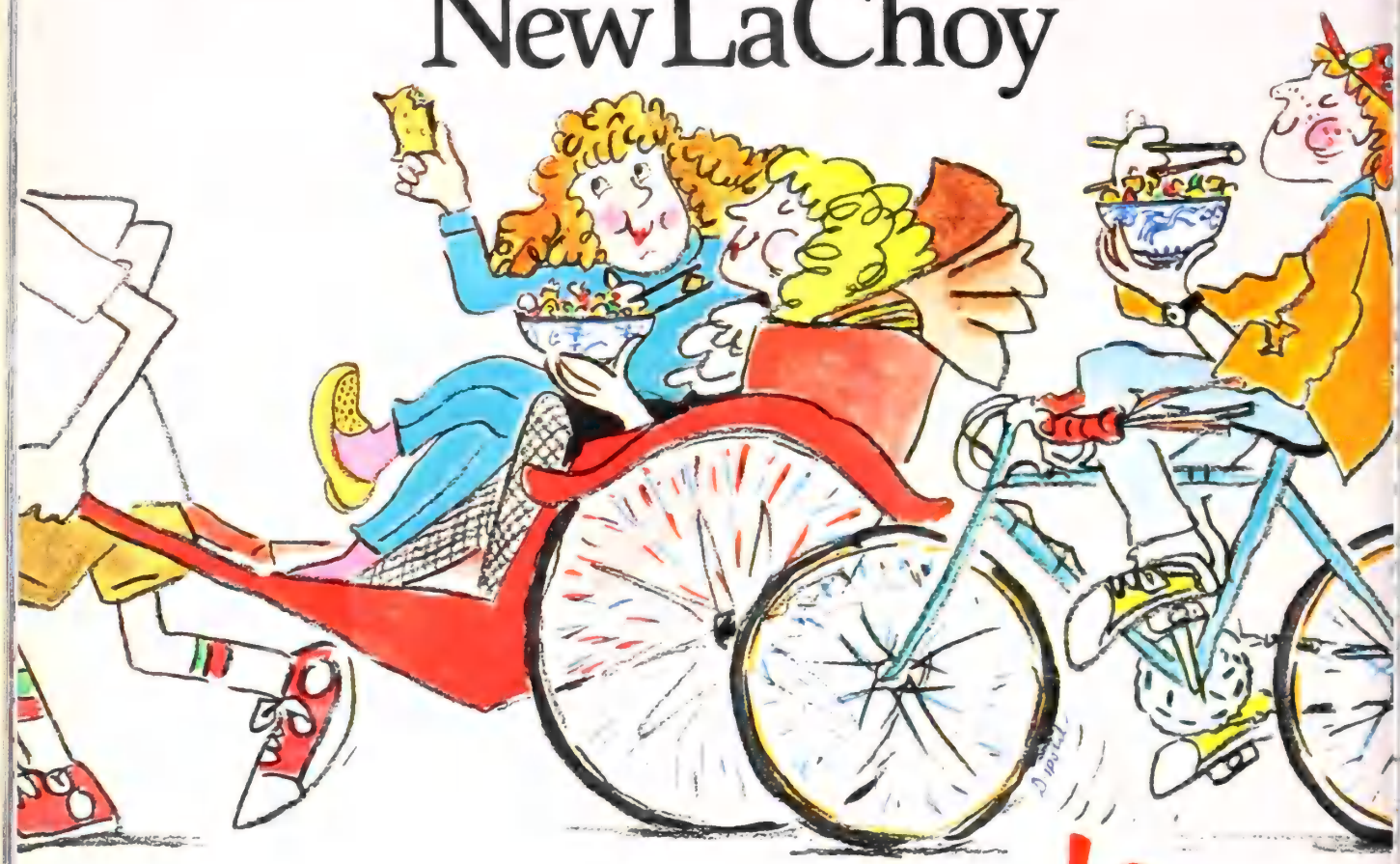
Sara Lee Makes The Brownie Dream Come True.

Sara Lee Introduces All Butter Brownies. It's as if the impossible brownie dream has come true. Imagine a brownie created by Sara Lee that's wonderfully thick and chewy. Rich and buttery. With a silky fudginess and heavenly melt-in-your-mouth taste that could only come from the finest dark, imported chocolate and real creamery butter. Try all three luscious flavors: New Chocolate Fudge, New Chocolate Chip, and Original Iced Chocolate. You'll find Sara Lee has made the ultimate brownie dream a reality.



Nobody Doesn't Like Sara Lee.

Get a crunch out of life with New La Choy®



CRISPIER! Crunch into La Choy®'s snappier vegetables, munchier egg rolls. CHUNKIER! Enjoy bigger chunks of chicken. Oriental sliced beef. TASTIER! From fresher-tasting bean sprouts to more mouth-watering sauces, you'll La La Love La Choy.®



La La Love La Choy®

LA CHOY®



©1985 Beatrice Companies, Inc.

In saucepot bring 2 quarts Grandma's Chicken Soup to a boil. Shape matzoh mixture into 8 balls. Drop into broth. Reduce heat; cover and simmer 30 minutes. Stir in ½ cup chopped parsley. Season to taste with salt and pepper. Makes about 12 cups or 8 servings, about 335 calories per serving.

CHICKEN 'N' DUMPLINGS SOUP

In medium bowl combine 3 cups all-purpose flour and 2 teaspoons salt. Cut in ⅓ cup shortening with pastry blender or two knives until mixture resembles coarse cornmeal. Add 1 egg, beaten, and ½ cup water; knead until dough is formed. (Add more water if necessary.) Shape into a ball. Divide in half. On floured surface, roll out half of dough ⅛ inch thick. Cut into 2x1-inch strips. Repeat with remaining dough.

In saucepot bring 2 quarts Grandma's Chicken Soup to a boil. Drop in dumplings; stir. Reduce heat; cover and simmer 30 minutes. Stir in ½ cup chopped parsley. Season to taste with salt and pepper. Makes about 9 cups, about 390 calories per cup.

ELEGANT VEAL STEW

pictured on page 115

- 7 tablespoons olive oil, divided
- 3 medium onions, sliced
- 3 garlic cloves, crushed
- 3 pounds veal stew meat, cubed
- 4 tablespoons all-purpose flour
- 2 cans (13¾ or 14½ oz. each) beef broth
- ¼ cup white wine
- Grated peel and juice of 1 lemon
- 1 bay leaf
- ¼ teaspoon rosemary, crushed
- ¼ teaspoon thyme
- ⅛ teaspoon freshly ground pepper
- 2 packages (9 oz. each) frozen artichoke hearts, partially thawed
- 1 pound fresh mushrooms, sliced
- ¼ cup chopped parsley
- ½ cup pitted ripe olives
- ¼ cup pimiento strips

In large skillet heat 2 tablespoons oil. Add onions and garlic and saute until translucent. Transfer to 5-quart Dutch oven. To same skillet add 3 more tablespoons oil. Brown veal, a few pieces at a time. As veal browns, transfer to Dutch oven. Reduce heat. Add remaining 2 tablespoons oil to skillet. Add flour, stirring constantly to form a smooth paste. Pour in beef broth, wine and lemon juice, scraping up brown bits from bottom. Add seasonings. Bring to a boil; cook 5 minutes. Pour sauce over veal and onions. Cover and cook over medium heat 1 hour. Uncover and cook another hour, stirring frequently until thickened. Fifteen minutes before serving, stir in partially thawed artichokes.

To same skillet add mushrooms; cover and cook over high heat 3 minutes. Uncover and cook until all liquid has evaporated. Add mushrooms to stew along with grated lemon peel, parsley, olives and pimiento, if desired. Remove bay leaf. Serve with rice or noodles, if desired. Makes 6 servings, about 630 calories each without rice or noodles.

HEARTY MINESTRONE SOUP

- 1 pound dried pinto beans
- Water
- 3 cans (13¾ or 14½ oz. each) beef broth
- ¼ pound bacon, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 cup chopped carrots
- 1 teaspoon basil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 cups coarsely shredded cabbage
- 2 cups sliced zucchini
- 1 can (14½ or 16 oz.) tomatoes, chopped
- 2 cups macaroni, cooked
- Grated Parmesan cheese

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Cover with water and soak overnight. (For quick-soak, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover; let stand 1 hour.)

In large saucepot combine beans, soaking liquid and broth. Cover and simmer 1½ hours. In skillet cook bacon, onion and garlic until onion is translucent; stir into beans. Add carrots, basil, salt and pepper; stir and simmer 35 minutes. Add cabbage, zucchini and tomatoes with liquid. Simmer 30 minutes more or until tender. Stir in macaroni; heat through. Serve with Parmesan cheese. Makes about 4 quarts, about 170 calories per cup.

SPLIT PEA SOUP

- 1 pound dried split peas
- 3 quarts water
- 1 meaty ham hock
- 1 medium onion, finely chopped
- 3 carrots, finely chopped
- 2 celery ribs, finely chopped
- 3 parsley sprigs, finely chopped
- ½ bay leaf
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon bottled red pepper sauce

Rinse and drain peas. In stockpot or Dutch oven combine peas, water, ham hock, onion, carrots, celery, parsley, bay leaf and salt. Cover and bring to a boil. Reduce heat and simmer partially covered 3 hours, skimming frequently. Remove and discard bay leaf. Remove ham hock. Discard bone and fat; shred meat and set aside.

Puree soup in food processor or blender. Add shredded ham, salt, pepper and bottled red pepper sauce. If soup is too thin, return to heat and simmer until desired consistency is reached. Makes 2 quarts, about 250 calories per cup.

SUNNY CORN CHOWDER

- ¼ cup butter or margarine, divided
- 4 medium onions, finely chopped
- 2 medium potatoes, diced
- 1 cup water
- 1 teaspoon salt
- 1 polybag (20 oz.) frozen corn
- 2 cups milk
- 1½ cups half and half cream
- ¼ teaspoon thyme
- ⅛ teaspoon pepper
- ½ cup crushed saltine crackers
- ¼ cup chopped parsley

In saucepan melt butter or margarine. Add onions and saute until translucent, about 5 minutes. Add potatoes, water and salt; heat to boiling. Reduce heat to medium; cover and cook 15 minutes or until potatoes are fork-tender. Add corn, milk, cream, thyme and pepper; continue cooking 25 minutes. Just before serving, stir in crushed crackers and parsley. Makes 8 cups, about 260 calories per cup.

SHRIMP GUMBO

- ½ pound thick sliced bacon, diced
- 3 tablespoons flour
- 1½ packages (10 oz. each) frozen cut okra
- 4 garlic cloves, minced
- 2 cups chopped onions
- 1 medium green pepper, chopped
- 1 cup chopped celery
- 1 can (16 oz.) crushed tomatoes
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 bottle (8 oz.) clam broth
- 2 bay leaves
- 1½ teaspoons salt
- 1½ teaspoons thyme
- ½ teaspoon ground white pepper
- ½ teaspoon ground red pepper
- ½ teaspoon ground black pepper
- ¼ teaspoon oregano
- 1½ pounds shrimp, shelled and deveined
- Bottled red pepper sauce

In large skillet cook bacon over medium-high heat until crisp. Remove with slotted spoon and drain.

In small skillet (preferably cast-iron) heat 3 tablespoons bacon drippings. Whisk in flour until smooth. Cook roux until dark brown, 3 to 5 minutes.

In Dutch oven heat 2 tablespoons bacon drippings. Add okra and cook over medium-high heat, stirring, about 3 minutes. Add garlic and saute 2 minutes. Add onions, green pepper and celery. Cook until tender, about 5 to 8 minutes, adding more bacon drippings if needed. Stir in roux and cook until well blended, about 3 minutes. *(continued)*

The Look of Love

As seen on page 106

Ladies' Home Journal Valentine Offer
P.O. Box 506
Chappaqua, NY 10514

FULLY REFUNDABLE IF NOT SATISFIED!

✓ CHOICE — AMOUNT

_____ I'd like a free set of valentine art prints. Enclosed is $1.00 to cover postage and handling .... _____

_____ Send me the framed set for only $16.95 plus $3.00 postage and handling ..... _____

TOTAL _____

Enclosed is a ☐ check/money order payable to RMS Sales Inc.
Please charge my ☐ Mastercard ☐ Visa (for framed sets only)

Card No. _____ **Exp. Date** _____

Signature _____

Print Name _____

Address _____

City _____ **State** _____ **Zip** _____

Canadian orders in U.S. dollars plus $1.00 for prints or $2.00 for framed set

SOUP & STEW COOKBOOK
continued

Add bacon, tomatoes, chicken and clam broths and seasonings; stir to blend. Reduce heat and simmer 1½ hours, stirring occasionally. Add shrimp and cook about 10 minutes. Season to taste with red pepper sauce. Serve with rice. Makes 6 servings, about 425 calories each without rice.

FISH CHOWDER

- 4 slices bacon, cut into pieces
- 1 medium onion, chopped
- ½ green pepper, chopped
- 2 celery ribs, diced
- 2 carrots, diced
- 3 bottles (8 oz. each) clam juice
- 2 medium potatoes, diced
- ½ teaspoon thyme
- ¼ teaspoon basil
- ⅛ to ¼ teaspoon freshly ground pepper
- 1 can (14½ or 16 oz.) tomatoes, chopped
- ¼ cup dry vermouth
- ¾ pound haddock or other white fish, cut into 2-inch pieces
- 2 tablespoons chopped parsley

In large saucepot cook bacon until crisp; remove with slotted spoon and drain. To drippings in saucepot add onion, green pepper, celery and carrots; saute until tender. Stir in clam juice, potatoes, bacon, thyme, basil and pepper. Simmer uncovered 15 minutes. Add tomatoes and their juice and vermouth. Cook uncovered 20 minutes. Add fish and parsley; simmer covered 5 minutes or until fish flakes easily when tested with a fork. (Do not overcook.) Makes 6 cups, about 230 calories per cup.

CHICK-PEA-CHORIZO SOUP

- ¼ pound chorizo sausage, finely chopped
- ½ cup chopped onion
- ⅓ cup chopped green pepper
- 1 garlic clove, minced
- 1 can (19 oz.) chick-peas (garbanzo beans), drained and rinsed
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 cup water
- ¼ cup chopped tomato
- 1 tablespoon finely chopped fresh cilantro (coriander) or parsley
- Chopped avocado

In medium saucepan cook chorizo with onion, green pepper and garlic until browned. Drain off fat. Add chick-peas, chicken broth, water, tomato and cilantro. Simmer 15 minutes. Top with avocado, if desired. Makes 4 cups, about 315 calories per cup.

AUSTRIAN CREAMED POTATO SOUP

- 3 cans (13¾ or 14½ oz. each) beef broth
- 2 pounds cubed potatoes (5 cups)
- ¾ teaspoon caraway seed, crushed
- ¼ teaspoon marjoram, crushed
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon ginger
- ½ cup dry white wine
- ¾ cup sour cream
- 1 tablespoon flour
- ¾ cup heavy or whipping cream
- Chopped parsley, for garnish

In saucepot combine beef broth, potatoes and seasonings. Bring to a boil over medium-high heat. Reduce heat to medium; cover and cook 15 minutes or until potatoes are fork-tender. Add wine and cook 5 minutes. In small bowl combine sour cream and flour. Stir in ½ cup hot broth. Gradually add to soup, stirring constantly. Cook 5 minutes, stirring occasionally. Pour in cream and cook just until heated through. Taste for seasonings. Garnish with chopped parsley. Makes 9 cups, about 200 calories per cup.

BRUNSWICK STEW

- 1 chicken (3½–4 lbs.), cut up
- 2 quarts cold water
- 6 slices bacon, diced
- 2 cups chopped onions
- 1½ cups chopped celery
- 1 can (28 oz.) tomatoes, drained and chopped
- ½ red or green pepper, chopped
- 2 tablespoons white vinegar
- ¼ cup ketchup
- ¼ teaspoon ground red pepper
- 1 bay leaf
- 1 package (10 oz.) frozen small lima beans
- 1 package (10 oz.) frozen corn
- 1 cup long-grain rice, uncooked
- Dash bottled red pepper sauce
- Salt to taste

In Dutch oven or heavy saucepan combine chicken and water. Bring to a boil; reduce heat and simmer 1 hour, skimming if necessary. Remove chicken with slotted spoon. When cool enough to handle, remove and discard skin and bones. Cut up meat and return to pot.

Meanwhile, in large skillet cook bacon over medium-high heat until crisp. Remove with slotted spoon and drain. To drippings in skillet add onions and celery; saute 5 to 8 minutes. Drain off excess fat. Add to Dutch oven along with tomatoes, red or green pepper, vinegar, ketchup, ground red pepper and bay leaf. Bring to a boil. Add lima beans, corn and rice. Return to a boil; reduce heat and simmer uncovered 1 to 1½ hours, stirring frequently, until thickened. Remove bay leaf. Stir in reserved bacon. Add red pepper sauce and salt to taste. Makes 6 to 8 servings, about 590 calories per 6, 440 calories per 8.

CARBONNADE OF BEEF

- ¼ cup all-purpose flour
- 1½ teaspoons salt, divided
- Dash pepper
- 3 pounds beef stew meat, cut into 1-inch cubes
- ¼ pound sliced bacon

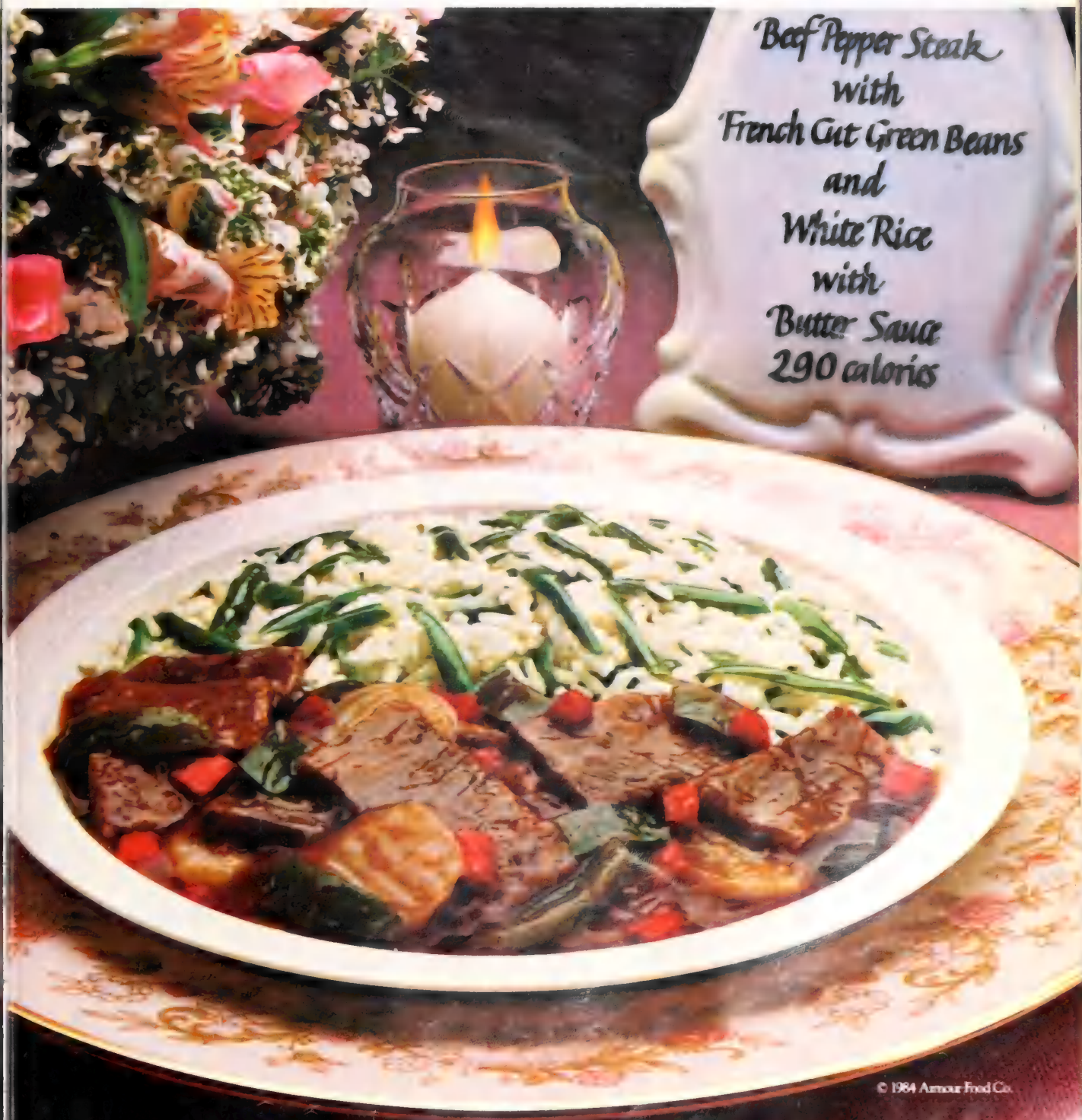
(continued)

Now, for everyone who likes to eat well — but eat lite — there's a delicious solution.

Classic Lite™ Dinners from Armour. They're complete meals that will satisfy the most discriminating taste. Yet each dinner has less than 300 calories. There are nine tempting dinners to choose from. Savor a classic combination of Beef Pepper Steak with rice and green beans in a light butter sauce. Or select from other classic choices, like Turf and Surf, Chicken Oriental, Filet of Cod Divan and Chicken Burgundy. No matter what your pleasure, you'll enjoy every bite more knowing your dinner has less than 300 calories. Classic Lite Dinners from Armour. They're the classic way to eat lite.



PRESENTING THE CLASSIC WAY TO EAT LITE.



© 1984 Armour Food Co.



SOUP & STEW COOKBOOK
continued

- 5 large onions, chopped
- 2 garlic cloves, chopped
- 2 teaspoons brown sugar
- 1 can (12 oz.) beer, preferably dark
- 1 cup beef broth
- 1 bay leaf
- ½ teaspoon thyme

In bag combine flour, ½ teaspoon salt and pepper; add beef and shake until well coated. In Dutch oven cook bacon until crisp. Remove with slotted spoon and drain. To bacon drippings add beef, a few pieces at a time, and brown. As beef browns, remove from Dutch oven. Stir in onions and garlic; saute until translucent, about 5 minutes. Sprinkle with brown sugar and cook 1 minute. Return beef and bacon to Dutch oven. Add remaining ingredients and 1 teaspoon salt. Cover and simmer over low heat, about 1½ hours. Uncover and simmer 30 minutes more or until stew is desired consistency and meat is tender. Remove bay leaf. Makes 6 servings, about 730 calories each.

FRENCH ONION SOUP

- ¼ cup unsalted butter
- 2 tablespoons salad oil
- 2½ pounds onions, thinly sliced
- 1½ teaspoons sugar
- 4 cans (13¾ or 14½ oz. each) beef broth, divided
- 1¼ cups water
- 2 bay leaves
- 15 to 20 whole peppercorns
- ¾ cup cognac or brandy
- ½ pound Gruyère cheese, grated
- ½ pound Parmesan cheese, grated
- 6 slices French bread, ¼ inch thick

In large heavy skillet heat butter and oil over medium-high heat until bubbly but not browned. Add onions and sprinkle with sugar, stirring to prevent scorching. Cook onions until deep caramel brown, about 20 to 30 minutes. Stir in 1 can beef broth, scraping up brown bits from bottom. Transfer to 3-quart saucepan. Add remaining beef broth, water, bay leaves and peppercorns. Bring to a boil; reduce heat and simmer 30 minutes. Add cognac; return to a simmer. Remove bay leaves from soup.

Preheat broiler. Toast bread lightly on both sides. In medium bowl combine cheeses. Divide soup and onions evenly among six 1½-cup ovenproof bowls. Float toast on top of each bowl. Sprinkle with cheese, completely covering toast, and immediately place under broiler. (If allowed to sit, cheese an bread will sink to the bottom.) Bro until cheese is golden brown. Makes servings, about 435 calories each.

UKRANIAN CABBAGE BORSCHT

- 3½ pounds beef short ribs
- 1 large beef soup bone
- 4½ cups water
- 2 cans (13¾ or 14½ oz. each) beef broth
- 2 onions, diced
- 1 can (14½ or 16 oz.) tomatoes, chopped
- 3 carrots, sliced
- 1 celery rib, sliced
- 1 tablespoon salt
- ¾ teaspoon pepper
- 4 cups coarsely shredded beets
- 2 pounds finely shredded cabbage (about 2 qts.)
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- 1 cup sour cream
- ¼ cup chopped fresh dill or 1 tablespoon dillweed

In large saucepot combine short rib soup bone, water and beef broth. Hea to boiling. Add onions, tomatoes, ca rots, celery, salt and pepper; simme uncovered 1 hour. Remove ribs wit slotted spoon, leaving soup bone. Whe ribs are cool enough to *(continuec*

"Two ways to pop it. No way to beat it."

Orville Redenbacher



"My famous Gourmet® Popping Corn pops up bigger and fluffier than other popcorns. So pop it in my Buttery Flavor® Oil, get out a big bowl, and watch your family gather for the best tasting popcorn around!"

"My Gourmet® Microwave Popping Corn practically pops itself. Just pop the no-mess bag into your microwave. And less than five minutes later, pop those famous light, fluffy kernels right into your mouth."

Orville Redenbacher's.® It's the best there is.

©1985 Hunt-Wesson Foods, Inc.



to soup and cook, stirring, 2 minutes. Slowly add egg to hot soup. Stir gently once or twice. Sprinkle with sesame oil and green onions. Makes about 7 cups, about 150 calories per cup.

QUICK TUNA CHOWDER

- 3 tablespoons butter or margarine
- ⅓ cup finely chopped onion
- 3 tablespoons flour
- 3 cups milk
- 1 package (10 oz.) frozen peas and carrots, partially thawed
- 2 cans (6½ or 7 oz. each) tuna packed in oil, drained
- ½ teaspoon salt
- ¼ teaspoon pepper
- Juice of ½ lemon
- 1½ teaspoons Worcestershire sauce

In medium saucepan melt butter or margarine. Add onion and saute until translucent, about 5 minutes. Add flour and cook, stirring constantly, 2 minutes. Blend in milk with wire whisk and bring to a simmer. Stir in tuna and vegetables. Return to a simmer, stirring frequently, 5 minutes. Add salt, pepper, lemon juice and Worcestershire sauce; heat through. Serve immediately. Makes about 5½ cups, about 300 calories per cup.

MEXICAN CHEESE SOUP

- ¼ cup butter or margarine
- ½ cup chopped onion
- 1 garlic clove, minced
- ½ cup all-purpose flour
- ½ teaspoon cumin
- ½ teaspoon salt
- ⅛ teaspoon pepper

(continued)

SOUP & STEW COOKBOOK

continued

handle, cut meat into bite-size pieces and return to pot. Discard bones and fat. Add beets; partially cover and simmer 1 hour. Discard soup bone. Refrigerate several hours or overnight until fat rises to the top and hardens; discard fat.

To serve, heat soup to boiling, stirring occasionally. Add cabbage and cook 35 minutes or until cabbage is tender. Add sugar and lemon juice. Top each serving with dollop of sour cream and sprinkle with dill. Makes about 16 cups, about 250 calories per cup.

HOT AND SOUR SOUP

- 3 cans (13¾ or 14½ oz. each) chicken broth
- ½ pound mushrooms, thinly sliced
- ½ pound lean boneless pork, cut into thin strips
- ½ cup canned bamboo shoots, sliced into thin strips
- 5 tablespoons distilled vinegar
- 3 tablespoons soy sauce
- ½ teaspoon red pepper flakes
- ¼ teaspoon pepper
- ¼ pound tofu (bean curd), cubed
- ¼ cup cold water
- 3 tablespoons cornstarch
- 1 egg, beaten
- 2 teaspoons sesame oil
- ¼ cup sliced green onions

In 3-quart saucepan bring chicken broth to a boil. Add mushrooms, pork, bamboo shoots, vinegar, soy sauce, red pepper flakes and pepper; cover and simmer 5 minutes. Add bean curd and bring to a boil. In cold water dissolve cornstarch; stir in ½ cup hot soup. Add cornstarch mixture

Cherry Crunch Pie

- 1 Keebler® Ready-Crust® Graham Cracker pie crust*
- 1 large egg yolk, slightly beaten
- 1 30-ounce can cherry pie filling**
- 1 Tbs. cornstarch
- 1 Tbs. water
- 2 Tbs. granulated sugar
- 2 Tbs. light brown sugar, firmly packed
- ⅓ cup all-purpose flour
- ⅓ cup quick-cooking oats
- 3 Tbs. butter, melted

*Or use Keebler Butter Flavored Ready Crust pie crust for a delicious butter cookie taste.
**Or use a 21-ounce can cherry pie filling for a slightly less full pie.

Preheat oven to 375°F. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until lightly brown, about 5 minutes. Remove from oven.

Place cherry pie filling in bowl. Combine cornstarch and water to make a smooth paste. Mix into cherry pie filling and spoon into prepared crust.

Combine sugar, brown sugar, flour and oats; mix in melted butter. Spoon oat mixture over pie filling. Bake at 375°F. on baking sheet, for 35 minutes. Cool at least 4 hours on a wire rack. Serve at room temperature. Serves 8.

LOOK FOR READY-CRUST® IN THE BAKING-NEEDS AISLE.



© 1984 Keebler Company. Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company.

Get the new Keebler® Ready-Crust® Recipe Book with 100 delicious pie recipes. Send your name, address and $2.50 to: Ready-Crust Recipe Book, P.O. Box 2375, Libertyville, IL 60198. Allow 4-6 weeks for delivery. Offer expires Dec. 31, 1985.



Introducing New Pillsbury Plus Chocolate Mocha Cake Mix and Ready To Spread Frosting Supreme. The first and only chocolate mocha cake mix and frosting. Both with real coffee and rich chocolate flavor. Deliciously tropic, slightly exotic. Two new fresh ideas from Pillsbury.

Pillsbury®

The freshest ideas are baking at Pillsbury.

MANUFACTURER COUPON NO EXPIRATION DATE

Pillsbury **Save 30¢** 30¢

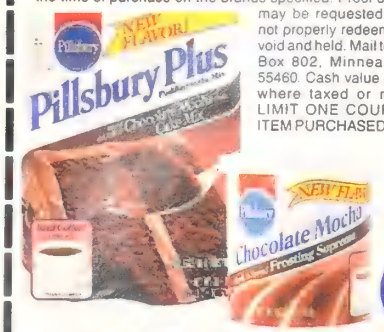
on the purchase of

Pillsbury Frosting Supreme and Pillsbury Plus Cake Mix.

(any flavor)

Coupon good only on purchase of products indicated. Not valid if transferred or reproduced. ANY OTHER USE CONSTITUTES FRAUD. RETAILER: We will reimburse you the full value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brands specified. Proof of purchase may be requested. Coupons not properly redeemed will be void and held. Mail to Pillsbury, Box 802, Minneapolis, MN 55460. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

1291 1291



© The Pillsbury Co. 1985

SOUP & STEW COOKBOOK
continued

1 quart milk, scalded
1 can (13¾ or 14½ oz.) chicken broth
½ cup chopped fresh tomato
1 can (4 oz.) chopped green chilies, drained
4 ounces sharp Cheddar cheese, shredded
4 ounces Monterey jack cheese, shredded

In large saucepan melt butter or margarine; add onion and garlic and saute until tender. Add flour, cumin, salt and pepper; stir constantly 1 minute. With whisk, blend in milk and broth. Simmer, stirring frequently, 5 minutes. Stir in tomato and chilies; heat through. Remove from heat and stir in cheeses until melted. Makes about 8 cups, about 280 calories per cup.



CHILI SOUP

4 tablespoons salad oil, divided
4 cups chopped onions
2 pounds lean pork shoulder, diced
1 pound ground beef
4 garlic cloves, chopped
4 to 6 tablespoons chili powder
1 tablespoon ground cumin
2 cans (14½ oz. or 16 oz. each) tomatoes, chopped
1 can (13¾ or 14½ oz.) beef broth
1 can (12 oz.) beer
1 can (4 oz.) chopped green chilies
2 tablespoons fresh chopped cilantro (coriander) or 1 tablespoon dried
2 teaspoons oregano
1 teaspoon salt
2 cans (16 oz. each) kidney beans, drained

Garnishes

Avocados
Limes
Shredded cheese
Green onions
Sour cream

In Dutch oven heat 3 tablespoons oil. Add onions and saute until golden brown. Remove with slotted spoon and set aside. In same pot heat remaining tablespoon oil; add meats and brown. Pour off fat. Add garlic, chili powder and cumin. Cook, stirring frequently, 2 minutes. Add tomatoes, beef broth, beer, green chilies, cilantro, oregano, salt and sauteed onions. Bring to a boil. Reduce heat; simmer covered 3 hours, stirring occasionally. Add beans and cook 10 to 15 minutes more. Skim off fat; taste for seasonings. Serve with choice of garnishes. Makes about 12 cups, about 345 calories per cup.

SIZZLING RICE SOUP

1 cup long-grain rice
1 cup water
1 whole chicken breast (about ½ lb.) skinned, boned and cut into thin strips, or ½ pound small shrimp, shelled and deveined
3 tablespoons cornstarch, divided
3 tablespoons water
1 tablespoon soy sauce
3 cans (13¾ or 14½ oz. each) chicken broth
2 cups shredded spinach
½ cup finely chopped green onions
½ teaspoon sesame oil, preferably dark
Salad oil for deep-frying

In large heavy saucepan or Dutch oven combine rice with water. Bring to a boil; reduce heat to low and cook covered 30 minutes. Do not remove lid. (The crusty rice that sticks to bottom and sides of pan will be used in the soup. Remove soft rice for another use.)

Transfer crusty rice to cookie sheet; dry at room temperature overnight or microwave on low power 10 minutes.

Toss chicken pieces with 1 tablespoon cornstarch; set aside. In small bowl combine remaining 2 tablespoons cornstarch, water and soy sauce. In large saucepot or Dutch oven heat broth to boiling. Stir in soy mixture and chicken or shrimp. Simmer 3 to 5 minutes. Add spinach, green onions and sesame oil.

In heavy saucepan or deep-fat fryer heat oil to 375°F. Add rice and deep-fry 5 minutes, until puffed and lightly browned. Drain on paper towels, then spoon into hot soup. Makes about 8 cups, about 160 calories per cup.

HUNGARIAN PORK GOULASH

2 pounds boneless pork shoulder, cubed
¼ cup all-purpose flour
2 tablespoons sweet paprika
¼ cup butter or margarine
2 medium onions, chopped
3 garlic cloves, minced
1 can (14½ oz. or 16 oz.) whole tomatoes, drained and chopped
½ pound mushrooms, halved
1 teaspoon marjoram
1 teaspoon salt
½ teaspoon freshly ground pepper
1 cup chicken broth
½ cup sour cream

In bag toss pork with flour and paprika until well coated; set aside. In large skillet melt butter or margarine. Add pork, onions and garlic; saute until pork is lightly browned. Add tomatoes, mushrooms, marjoram, salt and pepper. Cook, stirring constantly, 5 minutes. Add broth; bring to a boil. Reduce heat and simmer covered 1½ hours or until pork is tender. Stir in sour cream; heat through. Serve over noodles, if desired. Makes 6 servings, about 545 calories each.

IRISH STEW

2½ pounds all-purpose potatoes, sliced
1½ pounds onions, sliced ¼ inch thick
3 pounds lean lamb shoulder, cubed
1 tablespoon salt
½ teaspoon pepper
½ teaspoon thyme
2 cups cold water
1 tablespoon Worcestershire sauce
1 bay leaf
¼ cup chopped parsley

Preheat oven to 325°F. In Dutch oven layer one third of the potatoes, half the onions and lamb; sprinkle with half of the salt, pepper and thyme. Repeat layering and seasoning, ending with potatoes. Add water, Worcestershire sauce and bay leaf. Sprinkle with parsley. Bring to a boil over medium heat. Bake 1½ to 2 hours until meat is tender. Refrigerate overnight. Remove fat from top of stew. Bake uncovered in a 325°F. oven until hot and bubbly, about 1 hour. Remove bay leaf. Makes 8 servings, about 370 calories each.



GOOD OLD BEAN SOUP

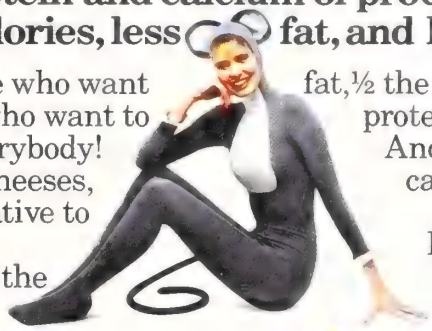
1 pound dried Great Northern beans
Water
2 ham hocks
4 slices bacon, diced
3 medium onions, finely chopped
2 celery ribs, finely chopped
3 garlic cloves, finely minced
½ cup chopped parsley
2 teaspoons salt
¼ teaspoon pepper
1 tablespoon distilled vinegar

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Cover with water and soak overnight. (For quick-soak, combine beans with 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour.) Drain beans. In stock pot or Dutch oven combine beans, 2 quarts water and ham hocks. Cover and bring to a boil. Reduce heat to a simmer.

Meanwhile, in medium skillet cook bacon over medium heat until crisp. Add onions, celery and garlic; cook until onions are translucent, about 5 to 8 minutes. Add to beans; simmer covered 2 hours. With slotted spoon, remove 1 cup beans. Puree and return to soup. Remove ham hocks; cool. Remove meat from bones, dice and return to soup. Add parsley and simmer 30 minutes more. Add salt, pepper and vinegar. Makes about 10 cups, about 255 calories per cup. **End**

If you think *Lite-line*® is only to help you lose weight, think again.

Lite-line® BRAND has all the protein and calcium of process american cheese, but has fewer calories, less fat, and less cholesterol.



Lite-line isn't just for people who want to lose weight. It's for people who want to eat right. That's just about everybody! Made with delicious natural cheeses, Lite-line's a nutritious alternative to process american cheese.

Ounce for ounce, it has ¼ of the fat, ½ the cholesterol, but 100% of the protein and 100% of the calcium. And each slice has less than 50 calories. So when you want to eat right, think Lite... Lite-line Brand pasteurized process cheese product.

© Borden, Inc., 1984.



Lite-line®. Good taste that makes good sense.

The Flavor of Mardi Gras in Minutes.

With Hillshire Farm Smoked Sausage and New Butter Flavor PAM®

New Butter Flavor PAM® and Hillshire Farm Smoked Sausage and Polska Kielbasa team up to bring you this easy-to-make skillet dinner. So quick, so delicious – it's sure to become a family favorite for any occasion.

15-MINUTE SMOKED SAUSAGE JAMBALAYA

- 1 cup instant rice
- 1 lb. **Hillshire Farm Smoked Sausage or Polska Kielbasa,** cut into 2-inch pieces
- 1 medium onion, chopped
- ½ cup chopped green pepper
- ½ cup sliced celery
- 1 can (8 oz.) tomatoes
- 4 drops hot pepper sauce
- ¼ tsp. pepper
- **New Butter Flavor PAM® Cooking Spray**

Cook rice according to package directions. While rice is cooking, coat inside of large skillet with New Butter Flavor PAM® Cooking Spray according to directions; heat skillet over medium heat. Add sausage, onion, green pepper and celery and saute until vegetables are tender. Add tomatoes, hot pepper sauce and pepper. Drain cooked rice and stir into sausage mixture. Cook over low heat, stirring frequently, until thoroughly heated. Makes 4 to 6 servings.





Watch for valuable coupons in your Sunday, February 17, newspaper.

Hillshire Farm

PAM

FAMILY ALBUM

continued from page 127

nd rushed headlong into success. She ad a voice that ranged from molten va to melted gold, hair like a sunset, een eyes like emeralds in an ivory ce. But it wasn't her beauty or even r voice that enthralled the world: It as a brilliance in her eyes, a laughter her voice when she wasn't singing.

What she was doing now, a year after ie attack on Pearl Harbor, was singing r heart out for American soldiers lfway around the world. And when r last song for the men on Guadalcaal ended, they shouted so long and ard for an encore that she sang on.

"Miss Price?" A lieutenant, one of ie aides, spoke to her when she came fstage. She looked exhilarated and stracted. Her face and chest were amp with perspiration, and still he ought her the most beautiful woman e had ever seen. "The C.O. okayed ur request to meet the men on duty night. I'll show you around the base."

Around midnight, after she had aken hands with every man who adn't seen her show, she finally turned the young lieutenant. He was tall and andsome, with blond hair, broad shoulers and deep blue eyes. She gave him a red smile. "Do you know, after spending the whole evening with you, I don't even know your name?"

"Thayer, Ward Thayer." The name rang a bell, but she didn't know why. "Are you hungry, Miss Price? You must be starved." What was it about this man? There was something about him that made her want to reach out. They drove swiftly in his jeep to the mess hut.

Faye was suddenly reminded of late-night snacks after school proms back home and began to laugh.

He cocked an eyebrow over one of those blue eyes. "I'm glad you're amused."

"I'm sorry. This reminds me of prom night. You know, when you have breakfast in some diner at five A.M.?" She looked around the harshly lit room. His eyes followed hers and then searched her face. He had been skeptical of the cool Miss Price come from Hollywood to show off for the men on Guadalcanal, but after hours together with her in the war zone he saw her differently.

"Where'd you grow up?" he asked.

"Pennsylvania. But all I wanted was to get out, which I did, the minute I graduated from high school. What about you, Lieutenant?"

"That's Ward. Or did you forget my name?"

She blushed.

"I grew up in L.A."

"Are your folks still there?"

"My folks are dead."

"I'm sorry." Their eyes met.

"We weren't really close." But she was sorry for him anyway. She was sorry for all of them, lonely, in danger, afraid.

"What makes you do this, Faye?" He was curious about her. They all were. "You could have stayed in Hollywood."

"I feel some kind of need, I guess . . . to repay all the good things that have happened to me."

He admired her for that, as he looked at her for an endless moment. And as he stared, suddenly he wanted to tell her everything . . . about Kathy, the army nurse he had married six months ago, who was killed by a bomb two months later. He bared his soul and told his story. Her eyes were soft beneath the bright lights. And something about his words went straight to her heart. When they stood up, he gave her a quiet half-smile that somehow appealed to her, more than any smile she'd seen back in Hollywood. As he drove to her tent, he said, "I still think it's damn nice of you to come here to see the men." He stopped the jeep, and they sat there, each with a lot more to say, but no way to begin.

Suddenly the tears he had held back for so long came to his eyes, and he started to turn away, but she grabbed his arm. "It's all right, *(continued)*

Doesn't your family deserve less?

If your family deserves what's best, it deserves less. Less salt, fats, calories, and cholesterol. We eat too much for our own good. Doctors agree. The American Heart Association agrees. A recent landmark study on cholesterol agrees.

Providing Fleischmann's® Light as part of a sensible diet can help to reduce excessive levels of salt, fat, calories, and cholesterol that many families often consume. Only Fleischmann's Light gives you less of what you don't want and more of what you do want. Great Fleischmann's taste.

© Nabisco Brands, Inc. 1984

Your family deserves what's best. Fleischmann's Light and less.

25% less salt
25% less fat
25% less calories
than regular margarine
100% delicious



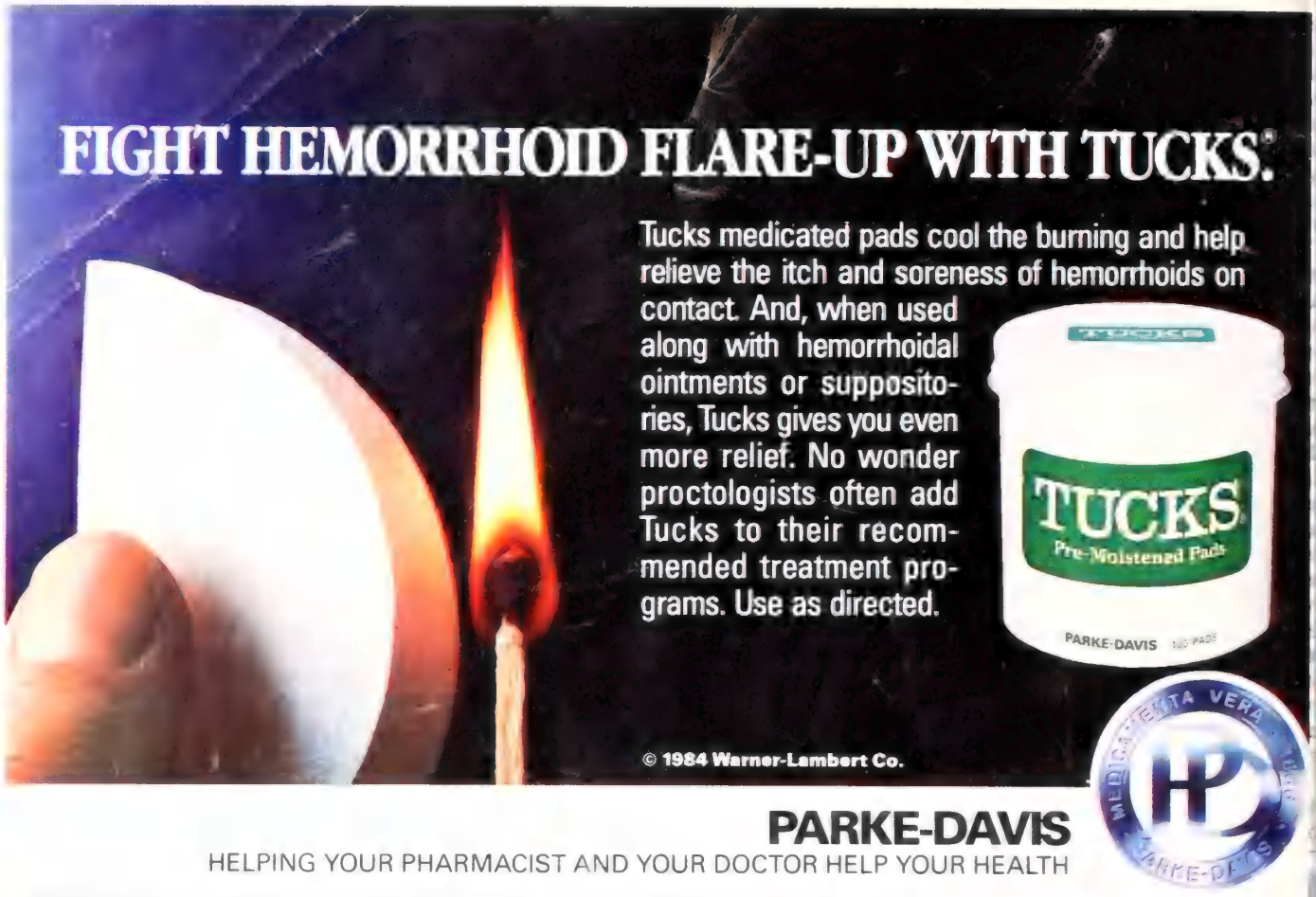
MANUFACTURER COUPON | EXPIRES SEPT. 30, 1985

20¢

Save 20¢ when you buy any size Fleischmann's® Light.

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumer to pay sales tax. Void if copied, transferred, prohibited, taxed or restricted. Good only in U.S.A. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. NABISCO BRANDS, INC., DEPT 5921, EL PASO, TX 79966

29000 841238



FAMILY ALBUM
continued

Ward. It's all right." And the next thing she knew she was holding him tight, and they were both crying, he for a dead wife, she for a woman she had never known, for the thousands of men who had died and for those who would fall after she went home. He looked down at her and gently smoothed her silky hair. She was the most beautiful woman he had ever seen, and it struck him odd that he didn't feel guilty for thinking that. Maybe Kathy would understand . . . maybe it didn't matter anymore . . . she was never coming back.

"I'm never going to forget you, Faye Price," he said. "I hope you know that."

"I'll remember you, too. Thank you for everything. Thank you for dinner," she said with a shy smile.

There was something new in his eyes, something deep and alive that hadn't been there for a long, long time.

"I'll be thinking about you over here," Faye said. And he actually believed that she would. She was that kind of girl, despite the fame and the glamour and the silver lamé dress.

"Maybe I'll surprise you and drop in at the studio when I come home," he said.

"You do that, Ward Thayer." Her voice was quiet, her eyes beautiful.

"Will you have me thrown out?" He seemed amused at the idea.

"Of course not!" She smiled at him again as they said goodnight.

In the morning, Ward managed to speak to Faye before she left. She was standing by a helicopter wearing a bright red dress. Impulsively, he grabbed her hand and squeezed it. He wanted to kiss her but he didn't dare. "I'll see you at the studio."

She smiled at him, silently wondering if she *would* ever see him again. There were no guarantees here for anyone, not even for her. "Take care of yourself!" she shouted.

And then Ward saw her standing in the doorway for a last instant before the red dress disappeared. Inside the helicopter, she sat back and closed her eyes for takeoff. Still his face haunted her . . . those deep blue eyes. It was months before he was out of her mind.

Faye was back in Hollywood, at the center of a wrap-up party, when suddenly the chaos around her heightened as a page ran onto the set. For a moment, shock registered on a number of faces, and then Faye heard what had happened: The war was over.

"The Japanese have surrendered," someone cried.

It felt like hours before Faye left to go home. Home, thanks to her enormous success, was a beautiful house in Beverly Hills. At twenty-five, she had made it. How life had changed since she was a little girl. Back then she had always wanted to have a second pair of shoes, for "dress-up." And now she had all this, she thought, walking up the pink marble steps to her own house in Beverly Hills. Her serious-faced English butler, Arthur, opened the door, and smiled in spite of himself.

"Excellent news, isn't it?" he said.

Faye walked into her study and sat down at the English desk she had picked so carefully with her other antiques. As she looked out over the perfectly tended garden and the pool beyond, she wondered how many of the men she had seen on tour were still alive. . . . She regretted that she hadn't had time to go back on tour. But she was so busy with her career. It filled her thoughts as well as her time, now that her parents were gone. She still missed them sometimes, wished they could share her life with her, see the movies in which she starred, the house in which she lived.

Around the room were the things she loved: the shelves lined with rare books, the vases filled with flowers, the sculptures she had begun to buy, the beautiful Aubusson rug in dusty pinks

nd pale blues. There was the English urniture she had selected so carefully, he silver Arthur polished until it hone, and beyond her study the lovely 'rench crystal chandelier hanging in he hall. It was a home that gave her leasure every day, not just because of he beauty of its treasures, but also be-ause of the contrast to the threadbare overty she had grown up with.

When people asked why she hadn't ettled down with a man, she said she ad everything she wanted here. But the ruth was that she could never imagine ettling down with any of the Hollywood nen. She longed for someone special vho would go for long walks with her nd come home to sit by a fire, someone vho could put family above all else. She idn't want another actor just looking to et a great part in a new movie. Think-ng of that reminded her of the next film ier agent, Abe Abramson, had signed ier on for, and she decided to put in a ew good hours on the script. She liked eing adventurous and creative about ier acting. As long as she wasn't caring or a home and a family, the least she ould do was put all that energy into her areer. Thus far, she had done so with normous success.

For the next month, she studied ight and day, learning every line in he script, hers and everyone else's. She spent entire days walking the grounds of her home, talking to herself, becoming the woman she was to play. Would she be able to make the audience care? It meant everything to her.

The morning shooting started, Faye was at the studio at five. Within two hours she was standing in the wings. All the actors had arrived, except for her co-star. She was staring down at the matronly blue shoes she had been assigned, when she got the feeling that someone was watching her. She looked up into the darkly tanned face of a strikingly handsome man with blond hair and deep blue eyes.

"Do you remember me, Faye?"

Suddenly it all came back, the handsome face, their talk in the mess hall.

"Welcome home, Lieutenant."

He saluted smartly, the mischief returning to his eyes. "That's Major now."

"How on earth did you get in here, Ward?" She still remembered his name.

"I greased a few palms, told them I was an old friend of yours, the war, Guadalcanal . . . you know, the usual." Faye was laughing now. Then her co-star arrived and things exploded on the set.

"Dinner tonight?" Ward whispered.

"All right." She scribbled her grand address, embarrassed by it.

That night, she tried to sound cool when she greeted Ward. He wore a simple pin-striped suit that fit to perfection, and he seemed even taller in civilian clothes. She was struggling for something to say, when she noticed that he was looking around with obvious pleasure, seeming to take in all the little details of her home.

Over drinks she tried to draw him out, but somehow Ward remained vague. He talked about his grandfather's interest in ships, about summers spent in Hawaii. On their way out, he helped Faye on with her white fox coat.

They ran lightly down the steps to his car. It was a bright red Ford convertible, with more than a few dents.

"Do you want me to put the top up?" he asked as they sped uptown.

"No, I'm fine," Faye said, and she was. She enjoyed racing along. There was something wonderfully old-fashioned about what they were doing, like a Saturday night date back home.

Ward stopped the car at Ciro's on the Strip and hopped out with ease as the doorman approached.

"Mr. Thayer! You're home!"

"I sure am, John, and it wasn't easy."

Suddenly, the older man looked with horror at the convertible. "Mr. Thayer, what happened to your car?"

Faye was a little surprised at the remark and that Ward seemed so well known at Ciro's. The *(continued)*

SAVE 35¢ ON BENYLIN®

For effective cough relief hour after hour, remember: Benylin's original formula contains diphenhydramine—the exclusive cough suppressant introduced by doctors to more than 30 million people—available today *without* prescription. Now, save 35¢ on original formula Benylin®, or on Benylin DM® formula with dextromethorphan. Use as directed.



© 1984 Warner Lambert Company
PD-83-JA-2564-C-1(11-84)

PARKE-DAVIS
HELPING YOUR PHARMACIST
AND YOUR DOCTOR HELP YOUR HEALTH.

STORE COUPON | NO EXPIRATION DATE

SAVE 35¢ ON BENYLIN®

RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, provided that you and the consumer have complied with the terms of our offer. Good only in USA and US military bases overseas. Void where prohibited, taxed, or restricted by law. Cash value 1/100 of 1¢. Consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving product purchase to cover coupons presented for payment must be shown upon request. Limit one coupon per product purchased. Mail coupons to WARNER-LAMBERT COMPANY, DEPT #5920, EL PASO, TEXAS 79966



35¢ 33800-117708 35¢

Q. With all those thins to choose from, why should you try the new thin maxi pad Kotex® makes?



A. It's got thin comfort.

return, and a mammoth bottle of champagne appeared. Faye glanced around the room, wondering who was there. It was the most glamorous place in town, with an entire wall of rare live birds flying around while couples danced.

"Little did I know when I met that nice lieutenant in Guadalcanal that he was used to hanging out in a lot of fancy watering holes," Faye joked.

"And what about you, Miss Price?" Ward teased. "Any lifetime goals?"

Faye laughed. "I always see two possibilities, which don't mix. One road represents all this," she looked briefly around the room. "The same people, places . . . my career."

"What's the other one?"

"I'm not sure. A life far, far from all this. More like the life I had as a little girl. I guess I'd want to have a family."

"Sounds like a good life to me."

"Wait a minute," she said. "I thought you were supposed to be a playboy."

Ward leaned back in his chair and looked at her seriously. "Faye, when my father died, I made a promise to myself that I wouldn't live the way he did. My parents never took a minute to do what they wanted. They never spent any time with me. I swore that I wasn't going to make the same mistake." He looked at her with his deep blue eyes, and she was pensive.

When he drove her back to her place after dinner, she invited him in for a cognac, although she hesitated to, thinking of his reputation.

When she handed him a snifter he wondered at her smile. "You're so lovely, Faye."

His praise embarrassed her at times; it was so lavish.

He put his arms around her and nestled his face in her hair. And as she felt the strength and gentleness of his arms, she knew she needed him. They kissed for what seemed like hours. She was crazy about this man, and she wasn't yet sure

FAMILY ALBUM
continued

maitre d' immediately spirited them away. Ward ordered dinner for them, toasted her with champagne and teased her for the rest of the evening whenever she asked him anything about himself.

The next morning, Hedda Hopper's column told her everything she needed to know.

"The playboy heir to the Thayer Shipyard millions, Ward Cunningham Thayer IV, is safely home from the war and back at Ciro's. Surprise! It looks like there's a lovely new lady on his arm, actress Faye Price. Fast work, Ward. And will we hear wedding bells???"

Faye didn't leave the set until six. Outside, there was a honk from a familiar red convertible.

Faye sighed to herself. She was exhausted and not in the mood to talk to anyone, let alone a playboy millionaire. Suddenly Ward seemed a little less appealing than he had the night before.

"Don't you have anything else to do with your time, Mr. Thayer? Who's your press agent, by the way?" She tried to sound annoyed, but found it was almost impossible. He was so obviously happy to see her, and she had to admit that even though he was a playboy, he still had enormous appeal.

The following night he picked her up in his own car, a custom-built Duesenberg he had bought before the war. It was the car the doorman at Ciro's had been referring to, the most beautiful automobile Faye had ever seen.

Ward took her to the Mocambo that night, and Charlie Morrison, the gray-haired owner, ran up and almost kissed Ward. Like everyone else, he was ecstatic over Ward's safe

hand lazily sculpting her breast. She gently touched his hand, wanting to push away his fingers. Yet she really didn't want to push him away, hadn't since they met, but it seemed wiser. Suddenly their mouths met and a passion rose in them both that was difficult to quell. He looked down at her with a love he had never known before.

"Faye, I love you more than life itself."

"Don't say that. . . ." His passion frightened her sometimes. He loved her so much—what if one day it stopped? She wouldn't be able to stand it.

"Why not? It's true."

"I love you, too." Her eyes were worried, but she couldn't help smiling. "What if you find you hate me in six months?"

"I'm going to glue myself to you until I find out," he whispered. "All right with you?"

"Would it make any difference if I said no?"

"Not a bit." He smiled. It was the grin she had come to love.

He knelt at her feet. "Will you please marry me, my love?"

She grinned back at him, impish, happy, yet at the same time terrified by what she was doing. But it was what she wanted, and he made her brave enough to do it. It meant giving up a lot, but she couldn't stop that from happening.

"Yes."

It was a whisper, and he kissed her before she could change her mind.

The wedding took place at the Hollywood Presbyterian Church on North Gower Street. Faye wore an exquisite ivory satin gown; around her neck was a spectacular diamond choker, a wedding present from Ward.

Faye walked down the aisle on the arm of Abe Abramson. The young couple beamed at each other and were more beautiful than any two people in a movie. The papers had a field day with the pictures. But there *(continued)*

A. It's got the protection you know you'll get from Kotex.®

why. Perhaps she believed that he offered her the protection she had never had. Not with her parents during the Depression, or on her own, or with the other men she had known. It wasn't the money; it was his outlook, his lifestyle, his certainty that he lived in a carefree world. He was different from anyone she had ever known, and she sensed suddenly that this man was going to be important to her.

Late one Sunday afternoon, a month after their courtship had begun, they were walking in her garden. She had been telling him about her childhood and how the initial excitement of modeling in New York had worn off. She confessed that now sometimes she felt that way about acting.

"I feel like there's more I could be doing with my mind. I'd like to try directing one day."

Ward picked a bright red flower to tuck behind her ear. "Have I told you lately that I think you're amazing?"

"Not for at least an hour." She smiled, made a face and ran past him; he caught up to her and they kissed.

"You make me crazy, too, you know," she whispered as they went up the marble steps and into the house. The study looked bleak, stuffy and much too formal. Faye went to make them both a cup of tea and suggested they move to her sitting room upstairs. It was small and warm and cozy. Ward lit a fire, although they didn't really need it. But it was pretty, and they sat side by side admiring the blaze.

"I've had an offer to do a wonderful movie," she told him, but there was no excitement in her voice as she said it.

"Do you want to do it?" He didn't sound upset; he was only asking, but she took a long time to answer as she stared into the fire. "I just don't know." She looked at him, contented with life. "You make me awfully lazy, Ward."

"What's wrong with that?"

He nuzzled her neck and began to kiss her, with one

A. It costs less.

With three reasons like these, doesn't it make sense to give it a try?

The new Thin Maxi Pad. From Kotex.

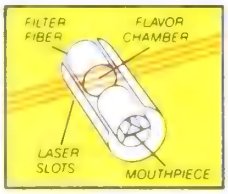


Trusted protection, sensibly priced.

©Kimberly-Clark Corp. 1984

© Lorillard, U.S.A., 1984

Taste Trade-Off Ended!



Laser Technology Key to Cracking Taste Barrier.

A Great-Tasting Ultra Low Tar, At Last. For years, smokers have had to give up taste to get ultra low tar. An unsatisfactory compromise. But compromise no more. Today's True gives you the best of both worlds: great taste and ultra low tar.

Exclusive "Flavor Chamber" Filter. Only True has it. The Laser-Cut filtration system that delivers a flavor-rich tobacco experience at only 5 mg. tar.

Extra Tobacco To Last Longer. Today, True's quality blend is packed with more tobacco for slower burning... and longer lasting enjoyment. Noticeably longer.



Interested? Why not test it against the only taste that counts? Yours.



This True You'll Like.

BREAKTHROUGH

True

Regular: 4 mg. "tar", 0.5 mg. nicotine;
Menthol: 5 mg. "tar", 0.5 mg. nicotine,
av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



FAMILY ALBUM
continued

was even more coverage when they returned from their honeymoon and Faye made her announcement. The headlines told all: FAYE PRICE GIVES UP CAREER FOR MILLIONAIRE HUSBAND.

Of course, Abe had regrets, but Ward was ecstatic to have Faye all to himself. He bought her a fabulous estate with a house like a French chateau. He loved kissing Faye as they strolled in the gardens. He loved kissing her anytime, and these were idyllic days that made their honeymoon seem to go on forever.

Faye's three fur coats looked meager in comparison with the wonders Ward bought her: two floor-length sable coats in slightly different shades and styles, a fabulous silver fox, a red fox, a silver raccoon. She had every imaginable fur and more jewelry than she thought she could wear in a lifetime. Faye was overwhelmed at his generosity and the love he lavished on her constantly.

"You have to stop this, Ward!" She was laughing as she sat in the new red fox coat, with a new string of pearls around her neck, wearing nothing else on the exquisite young body he adored.

"Darling," he said, "why?" He sat down next to her with a glass of champagne. He seemed to drink rivers of it. But he never appeared drunk, so Faye didn't really care. And she smiled tenderly at him now.

"You don't have to do all this. I would love you in a grass shack, if we had to wear newspapers to keep warm."

"What a disgusting thought." He grimaced and then squinted. "On second thought . . . you might look fabulous wearing just the sports page."

She ran over to kiss him; he pulled her onto his lap and set down his glass.

"Can you really afford all this, Ward? We shouldn't be spending so much money, with neither of us working."

"We can spend ten times this." It was a generous thought, though not exactly what he heard from his attorneys.

"Where do you want to go for dinner?" he asked her.

Although she hated to admit it, she loved the corny, exotic decor of the Coconut Grove, with its palm trees and projections of white ships passing in the distance. It always made her feel as if they had sailed away, and the palm trees reminded her of Guadalcanal. "The Grove again?" she asked.

He laughed and told the majordomo downstairs to make a reservation. They had hired an army of people to care for the lavish house.

That night at the Grove, Ward gave Faye a magnificent ring with three huge emeralds, and Faye gasped when she saw it. "Ward! Good heavens . . . but . . . " He always loved her amazement, her delight at the extravagant, beautiful things he bought her.

"It's for our third anniversary, silly girl." It had been three months that day since their marriage, and they were the happiest months of Faye's life, and Ward's. There was not a single cloud on their horizon to worry them. He slipped the ring on her finger, and they danced for hours, but he noticed that tonight she looked a little tired.

The next morning she was ill after breakfast. After a visit from the doctor, the Thayers learned that Faye was pregnant. Ward was absolutely beside himself with excitement. If he had lavished gifts on her before, it was nothing compared to what he did for her now.

"Ward, you have to stop! I don't even have room to keep any more baubles."

"Then we'll build a cottage just for your jewels." He laughed mischievously, and all her scolding was for naught. If he wasn't buying prams, it was pony carts, and he even found a full-scale carousel for the grounds.

Faye had reservations at the fanciest hospital in town and *(continued)*

was to be attended by the finest doctor.

"Only the best for my darling and my baby," Ward said as he attempted to ply her with champagne, but she had no taste for it anymore, and there were times she wished he didn't either. He seemed to drink it all day long, moving on to Scotch when they went out in the evening. But she hated to complain. He was so good to her in so many ways.

Just before Christmas, Faye checked into the hospital and gave birth to a healthy boy. They christened him Lionel.

After a second honeymoon in Acapulco, Faye found that she was pregnant again. When their second child, Gregory, was born, Ward celebrated the event with a matching diamond brooch, ring and bracelet for Faye. This family was exactly what they both wanted.

When Faye got pregnant for a third time, the doctor told her she might be expecting twins.

Two little girls were born, nine minutes apart, and Ward was so beside himself when he saw them that it was matching ruby and diamond bracelets for Faye this time. They called the two gorgeous baby girls Vanessa and Valerie.

Ward and Faye took all four children everywhere, on weekends in Palm Springs, on trips to Mexico. The children had a wonderful time playing outdoors on the huge estate. The lawyers seemed to come to see Ward more than they used to, but he always told Faye not to be concerned.

One night, after going to the Academy Awards in April of 1951, they threw caution to the winds, and by late May, Faye was sure. All went well, and in January, Ann Ward Thayer was born. She was so tiny and delicate that Ward refused to hold her. Faye told herself that she could hardly expect him to hire a brass band for their fifth child.

But Faye soon knew exactly why he was distracted. Ward's lawyers came directly to her one afternoon shortly after she arrived home from the hospital.

Thayer Shipyard had been running in the red, despite the lawyers' pleading with Ward to pay some attention to it, to cut down the scale of operations and face what was happening. They wanted him to work in the office at the yard, as his father had. And he had ignored their pleas. He had not only allowed the shipyard to run itself into the ground, but had also bankrupted the estate. He had insisted that he wasn't going to ruin his life working night and day. He wanted to be with his family. And now there was nothing left, and hadn't been in almost two years.

Faye sat listening to what the lawyers had to say. Her face was pale, her features taut, a frown between her eyes, and she looked as though she were in shock. When Ward came home later that afternoon, he found her still sitting upright in a chair in the library.

"Hi, babe, what are you doing downstairs so soon? Shouldn't you be resting?"

Resting? How could she be resting when they had no money left, when she should be out looking for a job? All they had left were debts, and as she raised her eyes to his, he knew that something terrible had happened.

"Faye . . . darling, what's wrong?" There were tears in her eyes, and she didn't even know where to begin. How could he have played this game? When she thought of all the jewelry he had bought, the cars, the furs, the house in Palm Springs, the polo ponies . . . it went on forever, and God only knew how bad the debts were.

"Darling, what is it?" He knelt beside her, and all she could do was sob, until finally she took a deep breath and gently touched his face with her hand. How could she hate this man? She had never faced it until now, but he was only a child, a boy pretending to be a man.

"Your lawyers were here this afternoon, Ward." He stood up and walked to the bar.

"They told me everything." There was the sorrow in Faye's *(continued)*



Mrs. Dash™ Presents

Flavor So Good You Won't Miss Salt!

ZESTY! TINGLING! SAVORY!

...y the natural combination of 14 herbs ...spices in Mrs. Dash can arouse this ...d of satisfying flavor without salt. And ...cause Mrs. Dash is all natural there's no ...er aftertaste of salt substitutes. Try Mrs. ...sh on salads, meat, poultry, eggs . . . ...thing you'd salt. Use it at the table ...d in cooking for a healthier, zestier ...y to season without salt.



SIZZLING! TANGY! SAUCY!



Introducing New Mrs. Dash Steak Sauce — thick, rich, all natural *and* salt-free! It's the zesty, delicious way to add sizzling flavor to steaks, roasts or chops. The natural blend of 14 herbs and spices in Mrs. Dash Steak Sauce are a great new way to enjoy delicious flavor and still cut down on sodium. Mrs. Dash Steak Sauce has only 10 mg. of sodium per serving. A-1® has 275!

CRISPY! JUICY! TENDER!

New Mrs. Dash Crispy Coating Mix is the all natural salt-free way to bake chicken or pork to a crispy, golden goodness. Specially blended with 14 natural herbs and spices, Mrs. Dash makes chicken crispy and tasty on the outside, tender and juicy on the inside. Just the way your family loves chicken! And when you're watching sodium, compare! Mrs. Dash has only 5 mg. per serving. Shake 'n Bake® has 590!



© 1984 ALBERTO-CULVER COMPANY

Dash Potato Wedges

Potato Wedges
3 medium baking potatoes (about 1¼ lbs.)
⅓ cup unsalted butter or margarine
2½ teaspoons Mrs. Dash Seasoning
Optional:
½ cup shredded natural brick, cheddar, colby, monterey jack, mozzarella or Swiss cheese

Sour Cream Dip
1 cup dairy sour cream
1 tablespoon Mrs. Dash Seasoning

Combine sour cream and Mrs. Dash for dip, cover and chill. Preheat oven to 375°F. Scrub potatoes, pat dry and cut each lengthwise into 8 wedges. Melt butter in small saucepan; add Mrs. Dash. Dip potato wedges into butter mixture, coating all sides. Place in a single layer on a 15 x 10-inch shallow pan, cut side down. Spoon remaining butter mixture over potatoes. Bake for 30 minutes, turn and continue baking for 20-25 minutes until golden brown and edges are crisp. If desired, sprinkle cheese over potatoes and continue baking 3-5 minutes until cheese is melted. Drain on absorbent paper. Serve with sour cream dip or Mrs. Dash Steak Sauce. Makes 4 generous portions.

Sodium content:
6 wedges per serving: without cheese — 6 mg. sodium
with cheese — less than 90 mg. sodium
Sour cream dip: 7 mg. sodium /tablespoon
Mrs. Dash Steak Sauce: 10 mg. sodium/tablespoon

Mrs. Dash PRIZE RECIPE



For sodium information call toll free: 1-800-622-DASH.

Why do we make Future's shine so tough?

Because we know what your floor goes through every day.

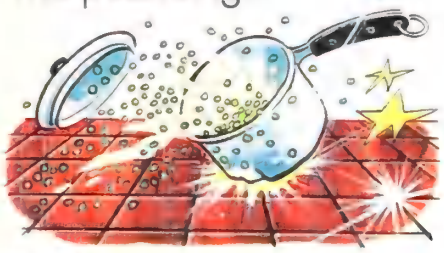
The beating.



The scraping.



The pounding.



That's why we make it with clear acrylic.



FAMILY ALBUM
continued

eyes of an ended life as she attempted to calm down and talk. "This house has to be sold to pay our debts. Everything's going to have to change."

His face turned white, as hers had before, and he slumped into a chair.

"We're going to have to stop pretending we live in a fairyland," she said.

"And what do you suggest I do about it, Faye?" He looked horrified.

"We have to face reality, no matter how frightening it is." She walked slowly to him then, her eyes alight with green fire, but she wasn't angry with him. She had thought of it all afternoon, and she understood how he was, but she couldn't let him pretend to himself anymore, or to her. "Ward, we'll have to sell the house. We'll fire the staff and we'll sell most of this expensive stuff, my jewelry." It pained her to think of that, only because he had given the jewels to her to mark the important events in their life together.

"Do you really think we can make it?" he said.

In answer, she put her arms around him, stroked his hair and comforted him for what seemed like hours.

"I'm sure of us," she kept repeating over and over. At least she told him so, but she was no longer sure of anything.

She stood beside him all the way, but it was very painful for both of them. Christie's auction house picked up all the significant antique furniture, the fine china, the silver chandeliers and the Persian rugs. They took almost everything but the bare necessities. When Faye reminded Ward that he would have to sell his cars, including the Duesenberg, he looked bitter. She had been poor before and was ready to face the realities. But to Ward it was terrifying. Something in his face suddenly frightened her. She wondered if he could successfully make the change. But he had to. They had no choice, and she was going to help him do it.

When a well-known actor made an offer on the house, their lawyers urged them to take it. Ward signed the contract. He stayed out later and later each night, and when he came home he was often drunk. In the meantime, Faye combed the papers, called all the agencies, and finally found a house in Monterey Park that was run-down but large enough for all of them.

After they drove over in the old Chrysler station wagon they'd kept, Ward looked as though he were going to faint when they walked into the dark, ugly, wood-paneled living room.

"It's not forever, Ward," Faye said. That was what she had told herself years before, when she longed to escape from the poverty of her parents' home.

Soon she was so busy unpacking and hanging curtains that she was almost relieved when a sullen Ward said he was going to Mexico. He came back after two weeks, looking relaxed and tanned. He ran gaily up the steps, as though the Duesenberg could still have been parked outside.

When Faye finally spoke to him, her voice was absolutely chill. The morning paper had told her all the details of his trip: "Looks like bankrupt millionaire Ward Thayer IV and heiress Maisie Abernathy are together these days. . . . They've been lolling on her yacht in Mexico. Of course, everyone is wondering what Ward did with his retired movie queen. . . . "

"Maybe you'd like to go back to Beverly Hills with Maisie." Faye's words were false bravado, but Ward snapped at the bait.

"Maybe that's what I *should* do." He sat down at the kitchen table with his head in his hands. "Maybe I should just get out of your life, Faye."

She was horrified; she didn't want to lose this man. He and the children were all that really mattered to her. She was not willing to give him up. "How could you think about leaving us?"

"I think it's time for me to get out of here and try to find a job on my own. You seem to do perfectly well without me. You could forget we ever met."

"With five kids?" She would have laughed, except that she wanted to cry.

"You could probably still wind up with some successful star, Faye."

She stared at him with sad, empty eyes. "If I'd wanted that, I could have had it years ago. But I wanted you." She shook her head. "I don't know who you are anymore, Ward."

He stalked out of the room and ran upstairs, where she could hear him crashing around their bedroom, packing his things. She sat staring blindly into a coffee cup until it was time to pick up the older children from school.

When she came home, he was gone. The children had never realized he was back, so she had nothing to explain. She fixed dinner that night—lamb chops that were overcooked, baked potatoes like rocks, and spinach that she burned. All she could think about was Ward, and she wondered if he had gone back to Maisie Abernathy. After she put the children to sleep, she lay in bed, thinking all the way back to Guadalcanal, to all the good times they had shared through the years . . . the tenderness, the dreams. Longing for Ward and for their love, she sobbed long into the night and finally cried herself to sleep. **End of Part One**

See our March issue for Part Two of Danielle Steel's Family Album.



Chap Stick Lip Balm seals in moisture, seals out the wind and cold. To keep your lips from chapping, drying and cracking—all winter long. Don't seal your lips with anything less!

SPECIAL OFFER! Buy 2 tubes of Chap Stick. Send in this form with the UPC numbers from tube or package and the cash register receipt showing retailer's name with the price circled. We'll send you a $1 check made out to the store to use for anything at all. Plus $1 worth of coupons for other great A.H. Robins products like Robitussin,® Z-BEC® Vitamins and SUNBLOCK 15 by Chap Stick.

This form and your sales receipt must accompany request. Any requests for refund forms will not be acknowledged. Offer expires April 30, 1985.

Your Name _____

Address _____ State _____ Zip _____

City _____

Store Name _____

UPC Numbers _____

MAIL TO: Chap Stick Offer
P.O. Box SR7880
El Paso, Texas 79975

This form may not be reproduced and must accompany your request. ONE REQUEST PER HOUSEHOLD. Offer void where prohibited, taxed or restricted by law. Allow 6-8 weeks for delivery. Offer good only in U.S.A. OFFER EXPIRES April 30, 1985. PROOFS OF PURCHASE SUBMITTED WITHOUT THIS FORM OR BY CLUBS OR ORGANIZATIONS WILL CONSTITUTE FRAUD. REPRODUCTION, SALE, OR PURCHASE OF THIS FORM IS PROHIBITED.

SHAPE UP YOUR MARRIAGE

continued from page 68

relationship by agreeing to share positive memories," comments the noted marital-enrichment expert David Mace, Ph.D., writing in the journal *Medical Aspects of Human Sexuality*.

The final task of your second week may come as a surprise:

Ban sexual intercourse for one week. Sex therapists have discovered that one of the most effective ways of making sex better for couples is to forbid them to have actual intercourse, though hugging, stroking and touching are permitted and encouraged. This will take the pressure off sexual partners to perform. At this time, each partner should concentrate only on his or her own sensations. Do not worry about how your spouse is doing. Spend at least an hour and a half two or three times during this week doing the following: Take a shower together. Then, with both of you still nude, lie on your stomach while your husband gently caresses down the back of your head, the ears, the neck, slowly down back and sides, to the buttocks and inside the thighs. Repeat caresses down the front. Then switch places. During the first three times, touching of breasts, vagina and penis is off limits. The partner doing the caressing concentrates on what feels good as you stroke. The one being stroked indicates what feels good or unpleasant.

In the final four days of this week, continue general body caressing but now add light genital touching—again with no thoughts of orgasm.

WEEK THREE

Your goal: To bring back the romance.

Start this third week by celebrating the return of intercourse. Go away for the weekend: A romantic spot is best, but any place where you will feel you are on a mini-vacation will do.

Reevaluate the time and attention you are giving to your relationship. Time for sex should not be the last item on your must-do list, says Zussman. "If you want to improve your sex life, then make it a priority." You both must be willing to give up other things to create the time you need. Try to regularly set aside at least two nights a week to be alone, even for a short time. Do not allow anything to interfere with that private time.

Turn one of your weekly times alone together into a "date." Have romantic, candlelit meals together, dress up and go dancing or drive to the beach. Romantic times create a sense of emotional closeness that often leads to sex.

Discover sexual patterns that have become repetitious and dull—and change them. Do you have intercourse only at the end of the day when you are both exhausted? Do you always wait for your husband to take the initiative? Do you always have sex in the same place? Try sex in the morning or even wake up in the middle of the night. Experiment with new positions.

Play water games. Taking showers or baths together can be a wonderful turn-on, especially if you lather each other all over. Do your stroking and fondling exercises in the shower.

Turn the television set off until the end of week four. Harold Lief notes that television is one of the greatest deterrents to sex on the American scene. Enough said?

WEEK FOUR

Your goal: Passionate, sexy sex.

Settle sexual differences. He wants oral sex; you don't. You prefer sex with the light on; he likes it in the dark. Whatever the problem, now is the time to deal with it constructively. Understand that neither of you is abnormal because one wants what the other doesn't. Next, reach a compromise. Have sex with the light on sometimes, in the dark at other times. Agree to try some of the techniques you have been refusing to even attempt. Sometimes the thought is worse than the fact. If you really can't stand oral sex, try to figure out why. Do you think it's perverted? Expert opinions do not consider it abnormal at all. If you really can't overcome your negative feelings, perhaps you could strike a bargain. Instead of oral sex, offer manual stimulation.

Instead of regarding this program as an end in itself, consider it a starting point for even greater change in the future . . . a way to renew the passion ever after.

Create some sexual tension. Dr. Lief has noticed that many couples with an exciting sex life have a "built-in teasing interaction pattern." They make references for several hours ahead of time to what is going to happen later, with maybe a little affectionate sexual squeeze or little pinches thrown in during the course of the evening. By the time the couple are finally in bed they are both aroused.

Don't take it for granted that all is going well. "People are often afraid to ask each other questions," says Lief. But you should continue to ask questions. The answers may surprise you.

Try some of the more far out things. Talking provocatively about sex may not appeal to you, but you won't know until you try—so consider feathers to tickle each other, or scented oils for massage.

Think of the greatest turn-on you can, then try it out on your husband. One woman dropped a sensuous photo of herself into her husband's suitcase before he went away on a short business trip. Another met her husband at the train station in the car wearing a coat and only a teddy underneath.

Make sure you really understand the goal of good sex. Lief calls this fine-tuning. Be aware of your partner's needs without sacrificing your own, he says. "You have to be sensitive to your partner's moods, feelings or attitudes so that you are able to modify what you are doing in keeping with your partner's needs and expectations.

Talk over everything that has gone on during the past four weeks. What's been fun? What's been difficult? Reveal your resistances to each other. And, if you conclude that after you've tried your best, some problems still remain intractable or undefined, decide to consult a sex therapist.

Some of you will have found the last four weeks wonderfully exhilarating. Others, for whom change comes more slowly, may discover that they have made progress in only one or two small elements. You haven't failed. Everyone's pace is different, and for some husbands and wives even a few small changes can be thrilling. Still better: Instead of regarding this program as an end in itself, consider it a starting point for even greater changes in the future, a way to begin thinking about what you can do from now on to renew the passion ever after. Happy Valentine's Day. **End**

Editor's note: Here is a list of recommended reading. *Is There Sex After Marriage?* by Carol Botwin (Little, Brown & Co., available in March); *For Yourself*, by Lonnie Barbach (Doubleday & Co., 1975); *The Sexual Self*, by Avodah K. Offit, Ph.D. (Ballantine Books, a division of Random House, Inc., 1978); and *The Illustrated Manual of Sex Therapy*, by Helen Singer Kaplan, M.D. (Times Books, 1975).



Like homemade! The inside's all soft and chewy, not like most hard storebought packaged cookies.

Mmm, must be yummy Duncan Hines® cookies! They're just loaded with real chocolate chips.

Like mom's! So golden brown
nd crispy outside. You can tell
ou want another!

One taste'll tell you



...Duncan Hines Chocolate Chip Cookies taste crispy, chewy like mom's.

How to decorate rich, rich, rich, when you're not, not, not.



At last. That rich Levolor style. That unique Levolor quality. That clean, modern decorator look. Ready-Made to make you look richer than you are.

Ready-Made in narrow one-inch aluminum slats with a long-lasting Levolor finish.

Ready-Made to fit almost any window.

Ready-Made in the USA by Levolor, the best name in blinds.

Ready-Made to be picked up, put up and enjoyed tonight.

Ready-Made with the exclusive Levolor Forever Never Worry Warranty that never ever expires. See your dealer for complete warranty details.

LEVOLOR FOREVER NEVER WORRY WARRANTY

LEVOLOR®

READY MADE BLIND



© 1984 Levolor. A product of Levolor Lorentzen, Inc.

WHAT IS A HEART ATTACK?

continued from page 98

Often it is because the inner layer of the artery, called the intima, has developed some sort of lesion. It may be because some arteriosclerosis is beginning to form at that spot, attracting platelets (the blood cells responsible for clotting), so that a blood clot is formed there.

The third way for the heart muscle to become obstructed is by a muscle spasm in the wall of an artery nourishing the heart. When a spasm occurs, it may be partial and temporary, or a more complete obstruction.

Sometimes a patient will feel the chest pain of a spasm and rush to the doctor in a panic, only to be told by the physician that there is nothing abnormal. The reason the physician has trouble making a diagnosis may be that he isn't seeing the patient while the spasm is happening. But now there are portable monitors that can register the heart's activity over a long period of time, as well as exercise and stress tests to help detect this problem.

When a heart attack occurs, it's imperative that the patient receive medical attention immediately; even minutes can be crucial. It's important that the general public be able to recognize the symptoms of a heart attack so that prompt medical attention can be obtained in a coronary emergency. The most common symptoms are:

- A heavy, squeezing pain or discomfort in the center of the chest that may last for several minutes (sharp, stabbing pains that last for a few seconds do not usually indicate heart disease)
- Pain that radiates to the shoulder, arm, neck or jaw

These symptoms may also occur:

- Anxiety
- Sweating
- Nausea
- Vomiting
- Shortness of breath
- Dizziness
- Fainting

The pain varies from person to person. Some people feel intense pain, while others feel only a mild, indigestion-like discomfort. Still others have no symptoms at all.

It may reassure you to know that there are some conditions that can cause chest pain similar to that suffered in a heart attack. Angina pectoris (transient chest pain), tachycardia (a racing heartbeat), even excessive caffeine, stress or panic attack can cause heart attack-like symptoms. In all cases, however, it is important to let a medical professional diagnose the cause of your chest pain instead of assuming that nothing is wrong. **End**

The Puritan Oil Difference. It's Clear!



Many health experts recommend that Americans reduce their intake of saturated fat. So it's important to know Puritan has less saturated fat than the leading soybean oils.

To prove this, both oils were frozen then thawed. A leading soybean oil is cloudy in part because it has more saturated fat. Puritan has less saturated fat. So the difference is clear.

Less saturated fat than the leading brands.

HAVE A HEALTHY HEART

continued from page 100

on smoking and watching diet, weight and blood pressure. But I also believe there's room for improvement. The interesting thing is that while many people are well-informed, they conveniently forget what they know, because the knowledge requires that they monitor or change some of their habits.

How can one sensibly handle the risk factors of high blood pressure, elevated cholesterol and smoking? High blood pressure is a symptomless disease that can be controlled once it is detected. The most important thing is to have your blood pressure checked regularly. In mild cases of hypertension, nonpharmaceutical approaches—lifestyle changes rather than medication—are often tried first. Cutting down on salt, losing weight, beginning an exercise program, alleviating stress—any or all of these may be all that is needed to keep a tendency toward high blood pressure under control. But if the blood pressure is very high or if lifestyle changes don't work, high blood pressure can be controlled with a variety of effective drugs.

The next risk factor, cholesterol, is the trickiest. Although we still need more practical drugs for lowering cholesterol, we can usually control elevated cholesterol with dietary change. Unfortunately, this is not an easy task. As most doctors have discovered, it simply doesn't work to put people on too restrictive a diet. That's why we generally don't tell people, "*Never* eat eggs," "*Never* do this," "*Never* do that." Instead we advocate a balanced diet containing only moderate amounts of those foods with high amounts of saturated fats and cholesterol (you know which foods those are).

The only way to know for sure whether you have high cholesterol is to be tested for it. It's a relatively inexpensive and simple test. If the result is normal, then you may not need to be retested for three or four years. If your cholesterol level is high, your doctor will tell you what needs to be done.

The third major risk factor for cardiovascular disease is smoking. We can tell you that it's bad. We can show you how it's bad. But in the end, you are the one who takes a cigarette. You should know, though, that your actions have implications for others, such as your friends and family. I believe that passive smoking—inhaling the smoke of others—is a risk factor for both pulmonary disease and heart disease.

Another risk factor, albeit a controversial one, is a certain kind of personality. The favored theory for a while was that there are basically two personality types: Type A and Type B. The Type B person is relaxed and mellow, while the Type A's are worriers, always in a hurry, always impatient. These Type A's were long thought to be at risk for heart disease. The theory has not been discounted, but a newer theory proposes that it's not the worrying that is a problem as much as personality traits of hostility, irritability and aggression. Whether the anger is expressed or repressed, hostility may increase the risk of heart disease. If you are concerned about this aspect of your personality, there are many relaxation techniques that can help you learn to control your hostility.

Of the 800,000 deaths each year in the United States due to heart disease, I believe that half—about 400,000 of them—are preventable. We have made considerable progress in reducing the heart disease death rate during the past decade. And if medical science and an informed public continue to work together toward that goal, I'm convinced that the death rate from coronary heart disease and heart attacks will continue to drop for years to come. **End**

How to eat right on only 50 calories a bowl.

Quaker Puffed Wheat and Quaker Puffed Rice fit right in with today's lighter lifestyle. Each bowlful of cereal is just 50 calories! And their tasty goodness comes from natural, wholesome grains of wheat and rice. They contain no added salt or sugar—no fat, cholesterol, or preservatives.

Start your day right. Start your day light. With Quaker Puffed Wheat or Quaker Puffed Rice.



STORE COUPON 7091

MO5

25¢ OFF

any size
Quaker® Puffed Wheat
or Puffed Rice



Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted from your retail customers in accordance with our redemption policy (copy available on request) and on the purchase of product(s) specified. Only retailers and Quaker authorized clearing houses send to The Quaker Oats Company 815 Commerce Drive Oak Brook IL 60521 LIMIT ONE COUPON PER TRANSACTION Void if transferred assigned copied taxed licensed or where prohibited Good only in U.S.A. APOs FPOs Cash Value .001¢

COUPON EXPIRES JULY 31, 1985

© 1984 The Quaker Oats Company

7091

Only 50 Calories a Bowl.

"MOMMY, IT'S NOT FAIR"

continued from page 41

empathize. Kellerman believes that sharing a comparable experience with your youngster can be helpful.

For instance, a teenage girl might be comforted to hear Mom say: "I know just how you feel. There was a boy I liked once who hardly noticed me." Or a boy who must miss the final game of his senior season because he sprained his knee might be told of the time when Uncle Bob missed an entire season because he had broken his leg. "You're telling them about survival," says Kellerman. "You're saying in effect, hey, look, I survived, Uncle Bob survived and you're going to be okay, too." When things go wrong, when life seems unfair, reassurance of this sort can give hope to a young heart.

It seems that all problems great and small can be part of the it's-not-fair syndrome. And time and again a child will turn to his parents for comfort against the injustices of life. Although as a parent you are perceived as being just short of a miracle worker, you must help your child accept life's often painful truths while reassuring him that he is still special. Don't be afraid to tell your child: "No, life isn't always fair, but I'll always love you, no matter what." For part of the value of that love is that it is truly a bulwark against the vicissitudes and problems life inevitably brings to us all. **End**

Journal Shopping Center

BEAUTY SYMPOSIUM
Page 73: Laura Ashley nightgown. Comb and brush from Boyd Chemists, NYC.
Page 75: Brushes, Beverly Hills Brush Systems. Camisole, Rincosa. Towel, Ralph Lauren Home Collection.
Page 80: Comb from Boyd Chemists.
Page 82: Towel, Ralph Lauren Home Collection.
Page 84: Lip brush, Beverly Hills Brush Systems.
EASY AS 1-2-3
Page 96: China, flatware and napkins from Wolfman, Gold & Good Co., 142 E. 73rd St., NYC 10021.
LEGS AND BOOTS & FLATS & HEELS
Page 120: Thom Brown boots. Heartbreakers tights. La Crasia gloves. Dianne B. for Cygne Design skirt.
Page 121, inset, lower left—Danskin tights. Legwarmers from Pineapple Dance Centre, NYC. Danskin Footwear ballet slippers.
Exercise pictures—Carushka leotard. Hue tights and socks. Dynamic Classics ankle weights.
Page 122, top left—Divertente suede boots. Fogal tights. La Crasia gloves. Lisandro Sarasola clothing. **Top right—**Geoffrey Beene boots. Anne Klein socks. Bern Conrad pants. **Lower left—**Sue Knitting shorts. Stevi Brooks tights. Hue socks. Dynamic Classics ankle weights. Shoes from Pineapple Dance Centre.
Page 123: Kenneth Cole oxfords. Norma Kamali socks. **Inset, lower left—**Bass & Co. black Weejun loafers. Issey Miyake for Trimfit socks layered over Hue socks. Issey Miyake Plantation clothing. **Inset, lower right—**Kenneth Cole shoes. Norma Kamali tights.
Page 124, large photo—Stuart Weitzman for Martinique shoes. Leg Looks by Burlington pantyhose. Fownes gloves. **Lower left—**Vittorio Ricci shoes. Anne Klein socks. Mary Ann Restivo trousers. **Lower right—**Joan & David shoes. Fogal hose.
Page 125, top right—La Marca shoes. Norma Kamali tights.
A PLACE FOR EVERYTHING
Page 128: Gear Kids Fabrics designed by Gear, Inc. for Cohama Riverdale. Armoire lined with "Sugar & Spice" in white with periwinkle blue dots; boxes covered in "Petals" in periwinkle blue and white. Floral hatboxes, hat on top shelf, and grapevine wreath all from Sweet Nellie, 1262 Madison Ave., NYC 10028. Finnish baskets on top shelf; red and white address book and red canvas briefcase on bottom shelf from Marimekko, 7 W. 56th St., NYC 10019. Hand-carved cow and ewe pull-toys on top shelf; small basket with pens and set of painted oval boxes on second shelf from Shaker Workshops. A.T. & T. cordless Nomad 4000 telephone with two-way paging and intercom in white. Pink backpack, plastic totes and luggage tag from Third Avenue Bazaar, NYC.
Page 129: Yellow and green plastic tubs, yellow milk crate, blue and red plastic hangers, red shoe bag and metal locker from Third Avenue Bazaar, NYC. Red and white polka dot balls in milk crate and green wooden alligator from Marimekko, 7 W. 56th St., NYC 10019. Large wooden laundry basket from Sweet Nellie, 1262 Madison Ave., NYC 10028.
Page 130: Storage space designed by Pat Bodo of Creative Closets, P.O. Box 892, Cherry Hill, NJ [illegible]. Assorted vinyl-coated wire shelving by Clairson International. White laminate Foldaway Drafting/Drawing/Dining Table Model 100-ST and black laminate Desk Home Computer Video Table Model 2842-BT from BMC products. Black-and-white portable television radio BD3911 by Magnavox. Teddy bear from Sweet Nellie, 1262 Madison Avenue, NYC 10028. A.T.&T. cordless Nomad 4000 telephone with two-way paging and intercom in white. Black and white wooden duck on wheels, metal garbage can, canvas parrot on swing, blow-up globe, red picture frame, address book, date book and photo album available in primary colors, blue clipboard and mug on desk, all from Marimekko, 7 W. 56th St., NYC 10019. Red and blue desk chairs, black desk light, red clip-on light, yellow plastic file, green and yellow striped portfolio, red and blue striped portfolio, yellow and green plastic tubs, black plastic art supplies container, small yellow three-drawer chest, green plastic pencil holder, blue plastic shoulder bag, blue and purple plastic tote boxes, black and red notebook, orange notebook, red, blue and yellow plastic drawer organizers in assorted shapes and sizes, and blue plastic attache case in bottom drawer from Third Avenue Bazaar, NYC. Oscar the Grouch Plush Doll on top shelf by Hasbro Softies. **Inset, bottom left—**Sesame Street School Bus Toy Box by Fisher-Price. Cookie Monster Molded Plastic Chair by Durham Industries, Inc. Big Bird Easel by Avalon Industries. Sesame Street Director's Chair by Gold Medal, Inc. Cookie monster 15" Plush Doll by Applause. Green, yellow and red school bus rug, wooden loon game, wood racing cars and colored pencils all from Marimekko, 7 W. 56th St., NYC 10019. **Inset, bottom right—**Blue and red plastic totes from Third Avenue Bazaar, NYC.
Page 131: Shower curtain, sink skirt and curtains (Pattern #1513) Vogue Patterns for Living. Gear Kids Fabrics designed by Gear, inc. for Cohama Riverdale. Shower curtain, sink skirt and curtains in "Country Flower" on primary yellow. Shower curtain lined with "Dot to Dot" in primary red. Storage space designed by Pat Bodo of Creative Closets, P.O. Box 892, Cherry Hill, NJ 08003. Assorted vinyl-coated wire shelving and pantry organizers by Clairson International. Towels on linen shelves, towel rack and cart in Navy, Scarlet, Sungold, Emerald, Delphinium and White terry-cloth bathrobe in Scarlet all by Ralph Lauren Home Furnishings, Inc. Wooden decos on linen shelf from Marimekko, 7 W. 56th St., NYC 10019. Blue metal cart, white stacking storage drawers, clear storage [illegible] soap holders and plastic trays all from Third Avenue Bazaar, NYC. Deep basket on bureau and black hand mirror from Shaker Workshops. Herb basket and red, yellow and blue rag rug from Sweet Nellie, 1262 Madison Ave., NYC 10028. **Insets, top right—**Rolled towels in Emerald, Lapis, Cherry, and White by Martex. Terry-cloth duck and red and white striped metal canisters from Marimekko, 7 W. 56th St., NYC 10019. **Bottom right—**Antique paper-covered boxes and wreath from Sweet Nellie, 1262 Madison Ave., NYC 10028. Red terry-cloth bear from Marimekko, 7 W. 56th St., NYC 10019. Towels in storage boxes in Navy, Scarlet and Palm Green by Ralph Lauren Home Furnishings, Inc. Clear stacking plastic storage boxes with red lids from Third Avenue Bazaar, NYC.

For more information on products from Third Avenue Bazaar, write to Third Avenue Bazaar, 1145 Third Avenue, NYC 10021. For Shaker Workshops Catalog, send $1 to Shaker Workshops, P.O. Box 1028, Concord, MA 01742. Or call 617-646-8985.

Os-Cal® makes a calcium supplement for people who know they need it.

And for people who think they don't.



500 mg



250 mg

You love cheese. Drink at least a glass of milk a day. And think that you're getting all the calcium you need. Well, chances are you're not! The fact is that 8 out of 10 adults aren't currently getting the U.S. RDA minimum 1,000 mg of calcium in their diets. Almost everyone needs some kind of calcium supplementation. The question is how much is enough.

Calcium content.	
Whole Milk, 8 oz	288 mg
Skim Milk, 8 oz	296 mg
Cheddar Cheese, 10 oz	213 mg
Broccoli, 1 cup	136 mg
Spinach, 1 cup	212 mg
Sardines, 3 oz	372 mg

That's why Os-Cal calcium supplement tablets come in two sizes: Os-Cal 250 mg with vitamin D and 500 mg. For all types of diets. If you're already getting 750 mg of calcium a day, then one Os-Cal 250 tablet with vitamin D to aid calcium absorption may be right for you.* Or, if like most people, you get little or no calcium from the foods you eat, then take Os-Cal 500. Just two Os-Cal 500 tablets provide 100% of your daily U.S. RDA calcium requirement.

Your body needs calcium. And you may not be getting nearly as much as you think you are. Check the chart and decide the best way to supplement your calcium needs. With Os-Cal 250 or 500.

OS-CAL®
Your body needs it.

50¢ **Save 50¢ on Os-Cal.®** 50¢

Present this coupon when you buy OS-CAL 500 or 250 Calcium Supplement. Your retailer will deduct 50¢ from the regular price subject to terms below.

To Dealer: We will reimburse you for the face value of this coupon plus 8¢ for handling provided that you and the customer have complied with all terms. This coupon is good only when redeemed by you from a consumer at time of purchasing specified brand. The consumer must pay any sales tax involved. Any other use constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons submitted must be shown on request, and failure to do so may void all coupons submitted for redemption on the offer. Cash value 1/20¢. Offer limited to one coupon per purchase. Void in Canada and Puerto Rico. Mail coupons to Marion Laboratories, Inc., P.O. Box 1623, Clinton, Iowa 52734. **COUPON EXPIRES DECEMBER 31, 1985.** STORE COUPON

73342 102107

50¢ 50¢

mothers everywhere. Fareed, a science major, had also been a basketball coach. Tor, who spoke ten languages, liked to box but also wanted to be a doctor. Hamed, who was the jogger, wanted to go to law school but wasn't sure if he'd get the chance.

Stretching stiffly at the end of the drive, I found myself staring up at a wall of a mountain we had to climb. The guerrillas, armed with captured Soviet machine guns, took off at what seemed like a sprint. Determined to keep up, I followed them. Several hundred yards up the steep incline, I was gasping. Pausing briefly to allow me to catch my breath, they maintained the same pace for the next six hours through the swirling dust and then a fierce rainstorm. I was miserable and couldn't help wondering how Sameen, who had come this same route, had coped holding an infant in her arms.

Seventeen hours after leaving Peshawar, we stopped at a village in Paktia. We would spend the night in a two-story mud house, one of a handful that hadn't been hit in the bombing. Many of the villagers had already left—like Sameen, they could no longer live with the constant fear.

Next morning, I woke with an ominous feeling, a tightness in my stomach that got worse as the sun climbed. As we left the village, the valley flattened out below us. I tried to lose myself in the beauty of the landscape, finding it hard to believe that such a tranquil scene had been the site of so much devastation. Hamed pulled me back to the present. "This is ideal weather for the helicopter gunships," he said unemotionally. "They normally start around nine." I looked at my watch. It was eight-fifteen. We continued to walk through the valley, with Tor pointing out bomb damage as we went along. "Here Konstantin Chernenko is king," he said.

At ten, the peace was still pervasive. The valley floor was now bare of ground cover. Tension crept into Hamed's voice for the only time that trip. "Please be quick," he pleaded. "We are only two kilometers from a Russian garrison." Shortly afterward, Tor dropped back to me. "Now we must walk in single file. Try to put your feet into my footsteps," he said matter-of-factly, leading the way. "This area is heavily mined by the Russians." Seconds later, the full meaning of what he had said sank in: Tor was acting as a human minesweeper for me.

Two hours later, we heard sporadic firing from the far end of the valley. Thankfully, the sound didn't get any closer, and we continued to walk. We paused for a break at a site where twenty or more ruined Soviet tanks paid silent tribute to the skills of these freedom fighters. It is effectiveness such as this that has forced the Soviets more and more to take to the air, and it is attacks such as these that have caused them to pound the local villages with saturation bombing so ferocious that it seems as if they are trying to reduce the buildings to mere dust.

Stepping behind the tank we had been resting on, I was stunned to find the bodies of two Soviet soldiers. Looking at them, I wondered whether their loved ones had yet been informed that they weren't coming home. And I couldn't help thinking that the average Russian soldier was very much like the average American G.I. in Vietnam—fighting a war he didn't understand in a country he knew little about.

Shortly after the noontime break, Fareed suffered a nosebleed, a problem he's prone to under stress and one that embarrasses him. Hamed, too, suffers the effects of stress—his duodenal ulcer frequently causes him great pain, which he tries to ignore. Only Tor, with his puckish sense of humor, seems to know how best to combat tension. He laughs it away. But then he knows what is on the other side of fear. He was wounded last year; a bullet went clean through his foot.

That night, we were invited to stay with a family in a tent in the mountains. Both the guerrillas and I felt safer there—it is more difficult for the planes and helicopters to find their targets in such a setting. Our hosts felt the same way. They had fled to the mountains after their village had been destroyed two weeks earlier. As we ate dinner, a white-haired old man sat in a darkened corner of the tent quietly sobbing. His entire family, children and grandchildren, had been wiped out in that attack. Over and over again, he asked why he, an old man, had been spared while everyone else was killed.

Four days after starting out, we were back in Peshawar. And a month after that, Paktia exploded with a brutality that was stunning as the Russians launched a new, intense offensive in the same valley I had visited. Tor, Hamed and Fareed survived that battle. But will they always? The death toll among the freedom fighters is one in five. They know it. Sameen knows it every time she says good-bye to her husband. And every time the Resistance fights back, the Russians obliterate more towns and villages. The villages I visited in Paktia and that Sameen walked through on her last days in Afghanistan are no longer standing.

Sameen's country is slowly and painfully dying. A war-induced famine has already begun in the north. This winter the famine is expected to spread and grow much worse.

And as Afghanistan crumbles and dies, so does Sameen's spirit. The war the world has chosen to ignore has robbed her of her country, her hope for the future and her very identity as an educated, modern woman.

Our time together ended with the impatient beeping of a horn. The doctor who had lent me his jeep needed to leave. Wrapping her veil around her, Sameen accompanied me a short distance down the track outside her house. "I'm sorry I can't walk you to your jeep," she apologized, "but there are men in it. The people here wouldn't approve."

After we said good-bye, I turned to watch Sameen pick her way slowly back up the rocky trail, so as not to stumble, as the veil gently flapped around her. The sad, shrouded figure seemed a perfect metaphor for her country. **End of Part One**

Editor's note: Next month Executive Editor Jan Goodwin reports from Cambodia on the second part of this two-part series, "War-torn: The Story of Two Women."

Give-A-Child-A-Future Fund

An education is the only hope for Sameen's children and thousands of other Afghan refugee youngsters. And with the training to be teachers, women like Sameen will also be able to move their families out of the refugee camps. But first they need schools.

Your contribution can make this happen. The *Journal* is asking you to donate ONE DOLLAR to build a child a tomorrow. This money will be turned over to the International Rescue Committee, a worldwide relief organization, which will use your donations to establish desperately needed schools for Afghan children. Send your check or money order to: *LHJ* Schools, Dept A, Palm Coast, FL 32037.



Free Silkies™ pantyhose from Eve Lights

To introduce Hosiery Corporation of America's Hosiery Program, you get a free pair of Silkies Super Sheer Support/Control Top Pantyhose with proof of purchase of one pack of Eve Lights 100's or 120's.

PLUS A VALUABLE $1.00 COUPON FOR EVE LIGHTS.

The "No Obligation to Buy" Hosiery Program. Get a FREE pair of Control Top Pantyhose with Super Sheer Support Legs, featuring LYCRA® Spandex made only by Du Pont. Along with your FREE pair, will be 3 pairs of Silkies Regular Panty 'n Hose, which you can buy if you wish, at the special introductory price of only $1.00 a pair (plus postage and handling). If you do not want the additional 3 pairs, just return them within 10 days (return postage paid) and you have no further obligation. Each time you choose to buy Silkies hose (starting now), Silkies will ship you 4 more pairs in the mail (on approval), and at great savings to you. Under any circumstances, the one pair of Silkies is yours to keep... FREE! (Must be 21 years of age or older to participate.) SEND NO MONEY.

PERFECT FIT SIZE-SELECTION CHART (Please Check)

☐ SMALL — 4'10" to 5'2" up to 120 lbs.	☐ MEDIUM — 5'3" to 5'6" up to 140 lbs.	☐ LARGE — 5'6" to 5'10" up to 160 lbs.
☐ X-TALL — 5'8" to 6' up to 170 lbs.	☐ QUEEN — with Spandex Panel up to 220 lbs. (hips to 48")	☐ X-QUEEN — with Spandex Panel up to 260 lbs. (hips to 60")

☐ Nude ☐ Beige ☐ Mocha ☐ Taupe ☐ White

SEND MY FREE PAIR OF SUPPORT/CONTROL TOP PANTYHOSE, a $1.00 coupon (not valid in Ohio) for Eve Lights and 3 pairs of your Regular Silkies Panty 'n Hose for your special introductory price of only $1.00 a pair plus postage and handling, to introduce me to the program as stated in this ad. I enclose a pack end from any Eve Lights as proof of purchase.
(Please print)

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

I certify that I am 21 years of age or older.

SIGNATURE _____

Mail to: Hosiery Corporation of America, Dept. LNM **8764,** P.O. Box 8235, Philadelphia, PA 19101. SEND NO MONEY. LIMIT ONE PER FAMILY.

120's Filter: 14 mg. "tar", 1.1 mg. nicotine; Menthol 120's: 14 mg. "tar", 1.0 mg. nicotine; 100's: 13 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report (Mar. '84).

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1985 Liggett Group Inc.

KATHARINE HEPBURN
continued from page 119

"rather like a school principal" and has been known to return her fan mail with spelling and grammatical corrections. She equates the interview process with exams at Bryn Mawr, "which absolutely paralyzed me with terror," and claims not to read stories about herself "because I would be overcome with melancholia to see how *boring* I am."

But obviously she is never boring, except in her own mind, and once she starts talking she relaxes. It is making the commitment that is agony for her, and this time was no exception. "My dear, I'm afraid I'm *much* too busy," was the brisk response to the first request for an interview. "Oh, dear, I was *afraid* it was you," she said to the second call. Finally, on the fifth try, she sighed, "Oh, well, come in on Thursday morning at eleven-thirty. Righto!"

At eleven-thirty on Thursday, my car was at a standstill on the thruway, stalled by road construction. Didn't the Highway Department know that one can't keep Katharine Hepburn waiting? To use three of Katharine's favorite adjectives, "Dumb, dumb, dumb!" It was twelve-ten when I pressed the buzzer at her four-story townhouse in mid-Manhattan, half expecting to be turned away. "My goodness, what happened?" exclaimed Phyllis Milburn, Katharine's devoted secretary of thirty years. Hearing the explanation, she was sympathetic; she quickly led the way up narrow, red-carpeted stairs to the second floor sitting room, then hurried to notify Miss Hepburn.

She appeared promptly and didn't wait for an apology. "I'm glad you didn't get killed," she said with characteristic bluntness. "Now you'd better get on this phone immediately and call your husband. He'll probably be worried. I phoned him to say you hadn't shown up, and I thought you must have been in an accident."

Kindhearted Kate

The incident reveals two characteristics inherent in Katharine Hepburn's nature. She assumes, correctly, that nothing short of a catastrophe is likely to detain a visitor from meeting her at the appointed hour. And she shows that although she sometimes appears brusque, she is a caring person.

Kate is wearing a long-sleeved shirt and loose-fitting, slightly crumpled pants—a fashionable look today that she created for herself in the 1920s and never abandoned. "Comfort, that's all I care about now," she says, though it is comfort with flair. She claims to buy most of her wardrobe at a used-clothing store in Old Saybrook, Connecticut, near her country estate. "Wonderful shop," she says. "Last night I went to the theater in a second-hand policeman's jacket. Great fabric. At the last minute my niece saw the price tag sewn on the back and snipped it off. It said six-fifty." The laugh is a low rumble of satisfaction. "I'm *tight*!"

She settles into a deep leather armchair beside a window overlooking the garden in back of her brownstone. Thrusting her right leg onto a footstool, she exposes another contemporary touch: Nike running shoes. "I'm not exactly running yet. Doctor's orders. But I've been out on the tennis court fielding balls," she says triumphantly. Katharine is still recuperating from two operations on her ankle, so severely fractured in an automobile accident in December 1982 that doctors thought she would need an amputation. Typically, she fought that—and won. "The thing's still swollen, but it works."

> ***Everyone should have the right to decide for themselves whether to live or to die."***

But enough of this. Too dreary. "It's a dull topic, isn't it, someone's health? I don't like people to ask me, 'How do you feel?' My secretary, Phyllis, and I have great arguments about that. She says it means they're genuinely interested, but *I* say it means they think I'm not feeling well—otherwise, why the hell ask?" Peering over her spectacles, she asks, "Would you like coffee? Tea? Ice water?" She's drinking ice water. "I love it, but it's dangerous, you know. They say it causes hardening of the arteries. Or is it cancer? All I know is that everything I like will kill you—butter, ice cream, steak. Oh, I *adore* red meat. Gives instant pep."

After a sip of potentially lethal H_2O, Kate says regretfully, "God, everybody's so serious these days. All of a sudden, there's all this terrific analysis: 'What's it like to grow old?' What do they think it's like? Haven't they ever driven an old car and had it stop on the freeway? You have to get out and struggle with it, because what else can you do? Remember," she adds, "there's only one thing that really ends us, and that's the end. No way to avoid it, so why go through life terrified of it? You have to laugh, or you're doomed."

Unorthodox views on dying

Katharine is sensitive to the issue of aging now, not necessarily personally but professionally. Her latest movie (her forty-third), *The Ultimate Solution of Grace Quigley*, has shocked some of her fans and critics. It is an outrageously black comedy in which Kate plays an elderly woman with no reason to live who witnesses a murder, then blackmails the killer (played by Nick Nolte) into joining her "in a little business to bump off other aged people who want to die." Kate recognizes that "some people, in certain stages of their lives, may not want to see something like that. But when [film critic] Rex Reed writes, 'How can Miss Hepburn make a film like this?' I think it's asinine."

She thinks the film treats a valid subject—"the abominable way we treat our elderly"—in a comical way. "We're terribly overpopulated, living in small apartments instead of the big houses where Grandma used to sit by the fire and watch the kids or the baked potatoes or whatever. Now there's no room for her, and it's going to get worse." A pro-choice advocate who lends her prestige to Planned Parenthood, Katharine takes the opportunity to make a point. "And now they've even changed the rules about when a fetus is alive—although I've never seen a religious service for a miscarriage, have you? So there will be more kids coming along, and when we're poor old wrecks, just taking up space for the young ones, we'll be shoved off to a home, which is just a springboard to death." But *shoot* them as an alternative? "Well, I haven't shot any of my old friends yet," she snaps, "but I've been seriously tempted. If my own mother had been desperately ill and attached to a lot of humiliating machines, I think I would have shot her." Katharine says she has signed a living will, authorizing removal of life supports in the event she is ever terminally ill and incompetent. And she does not rule out rational suicide as an option. "I think it's terribly tragic when people are so desperate they want to take their lives, but everyone should have a right to decide for themselves whether to live or die. But now we're going down that dreary road, dear, making this all too serious. . . ."

Her own biggest critic

She would rather laugh. And it is totally typical of Katharine Hepburn that her humor is self- *(continued)*

CHECK THE FACTS:

This product contains no saccharin.



This product contains saccharin.



00% NUTRASWEET. 100% TASTE!

if you want the taste of 100% NutraSweet or the taste of saccharin, choose new Diet , Diet Pepsi Free and Pepsi Light!

at's because in most areas and packages Coke, Tab and Caffeine Free Diet Coke still in saccharin—in fact almost twice as saccharin as NutraSweet. Check the facts compare the taste. We think you'll choose Pepsi, Diet Pepsi Free and Pepsi Light.

LABLE IN ALL AREAS

Diet Pepsi, Diet Pepsi Free, Diet Pepsi-Cola Free, Pepsi Light and Pepsi Cola Light are trademarks of PepsiCo, Inc.

"NUTRASWEET" AND THE NUTRASWEET SYMBOL ARE TRADEMARKS OF G.D. SEARLE & CO. FOR ITS BRAND OF SWEETENING INGREDIENT

MANUFACTURERS COUPON | EXPIRES 12/31/85

25¢ 25¢

SAVE 25¢ On 100% NUTRASWEET

DIET PEPSI, DIET PEPSI FREE OR PEPSI LIGHT

Good on any 2 liter bottle or multipack of Diet Pepsi, Diet Pepsi Free or Pepsi Light

DP-727-500



TO THE RETAILER: To receive payment, send this coupon to Pepsi-Cola Company, P.O. Box 1776, Clinton, Iowa 52734. For each coupon you accept as our authorized agent in accordance with the terms of this coupon offer, we will pay you 25¢ plus 8¢ for handling. This coupon may only be redeemed by you upon the Customer's purchase of the product and package indicated, and the face value of this coupon is to be deducted from your retail selling price. Invoices proving purchase 60 days prior to submission of sufficient stock to cover coupons presented must be shown upon request. Cash value 1/20 of 1¢. Consumer must pay any sales tax and or deposit charge. Offer void where prohibited, restricted, taxed or license required. Coupon may not be assigned, transferred or reproduced. Offer limited to one coupon per purchase. Any other use constitutes fraud.

Diet Pepsi, Diet Pepsi-Cola, Diet Pepsi Free, Diet Pepsi-Cola Free, Pepsi Light and Pepsi Cola Light are trademarks of PepsiCo, Inc.

25¢ 25¢

DP-727-500

deprecatory. Her barbs are aimed directly at herself. "A well-placed target, don't you think?" she observes lightly. She belittles her acting talent. "I don't know what the hell I do. I think we're all actors; just some of us get paid for it. I agree with Spencer [Tracy, her close companion for twenty-six years]. If anyone raved about actors, Spence would say, 'Remember who shot Lincoln!' "

Katharine adamantly refuses to see any of her movies until decades after they've been made. "I did watch *Morning Glory* the other night," she admits, "because I did that fifty years ago, so it wasn't like seeing me. It was like watching a total stranger." Her reaction on seeing herself at age twenty-four, in the first of her four Academy Award-winning roles? "I thought," Kate quips, "Oh, isn't she talented?" She confesses that her refusal to view herself now is "pure vanity. Years ago I saw all the rushes, and I was very influenced by the way I looked. I finally realized that was a stupid way to judge my performance, because I had the best cameramen doing the best they could with what I had to offer. So I just got a little smart and stopped." Is she still vain? "Well, everybody has vanity, don't you think?" she says quickly. "Especially actors, because we're not only selling our work but also the way we look."

The way Hepburn looks today is enormously appealing. The dynamism and the handsome high-cheekboned face, which brought her marriage proposals from Hollywood's most desirable bachelors, including multimillionaire Howard Hughes, are softer but no less dramatic. Her hair, once auburn, is now salt-and-pepper, and she says, "I've never had it colored and am very lucky to have this much dark hair left at my age. I never use a comb on it, do everything with a brush." Sudden guttural giggle. "And you may very well sit there and say, 'Well, it certainly looks like it, Miss Hepburn.' " Devoid of makeup, her cheeks are ruddy—a flaw, in her book. "The sun has absolutely destroyed my skin. I have that awful kind of freckled, fair-skinned complexion that ought never be exposed to anything but fog . . . and a lot of people would say I already *do* live in a fog!"

Flaunts her frugality

Katharine's housekeeper, Norah, serves a delectable beet-with-dill soup and chicken salad. "Norah and Phyllis, and even I, are good cooks," Kate concedes—her first immodest admission. She delights in exchanging recipes with fans around the country and explains that the great food at home is the main reason she has not dined at a restaurant in years. Another reason is price: Kate is frugal and flaunts it. Running the length of this charming sitting room, where she has received visitors for the last fifty-seven years since she first rented the townhouse for $100 a month ("Would that break your heart?"), are two lengths of carpet, pieced together in the center. One side is a foot longer than the other, but it doesn't bother Kate. "Aren't they lovely? They're Kilims," she says. "I had them stitched together because I'm too much of a tightwad to buy one big one." (From the start of her career, Katharine has lived on an allowance doled out of her earnings first by her father, Dr. Thomas Hepburn—"who thought, correctly, that I was dumb about money"—and now by a family adviser.) Except for some excellent paintings, notably a large Vlaminck seascape, which dominates a wall opposite the fireplace, the room is charmingly furnished with Hepburn family heirlooms—and Katharine's own artwork. She began painting and drawing in the 1930s and has recently taken up sculpture. Curiously, though she decided fifty years ago not to have children, most of her bronzed figures are of playful babies and cherubs.

> **"Actors take drugs as an escape from public life, which can be a tormenting experience."**

Her artwork is delightful, but true to character, Kate says firmly, "I'd never sell them or show them because they're not beautiful. They're just mediocre, and I can't stand people who think they're good!" But her unpredictability shows when she admits she secretly loves it when her work is admired. "I just think it's very dangerous to have too high an opinion of yourself." The comment suggests an underlying sense of insecurity, almost an inferiority complex. "Well, I think anyone whose standards are high can never be as good as they should be," she says hesitantly, "and that's agony. Don't you think so?" Kate often follows a strong assertion with a question; the candor is always there, but the cutting edge has become more like that of a butter knife than of a saber. I suggest that under her bristling attitude she may be shy. "Shy? Unshy? Who knows? These are questions I cannot answer. The human animal is so complex. I don't think I've ever understood anyone fully in my life, however much I loved them. Which is tragic, because you can't really help when you don't understand." The pale blue eyes behind the granny glasses are pensive. "I think back to my mother and father now. We were so close, and I wonder, Why didn't I ask them more questions? But we all hide things, you know. Even from those we love most. Even from ourselves. We say, 'I'll put this part of me in a box where no one can see it, and I'll never open that. I never step on that one, ever.' So you may think I'm strong. But I know I'm stepping on dynamite."

Yet she knows she has the control that some others lack. "When something bad happens to you, or you do something bad, you have to blame yourself because you are the only one who can help yourself." Kate is in high gear, genuinely irritated. "Even Alcoholics Anonymous has come around to that conclusion, haven't they? If you're a drunkard or you take dope, you've got to accept the responsibility."

The high price of fame

Not that she is without sympathy for those addicted to drugs. She's read about notable members of her profession—Elizabeth Taylor, Liza Minnelli and others—who have admitted themselves to the Betty Ford Center in California for treatment. "What's happened to actors? It's escape from despair, I think," Katharine muses. "Everybody takes drugs for escape, and the artistic field, where your life is in sort of a public domain, is a very tormenting existence. I've known a lot of wonderful people in Hollywood who became drunkards. I made my first movie with John Barrymore [a notorious drinker], and his sister, Ethel, was a good friend. I have nothing but admiration for those who can overcome such debilitating problems."

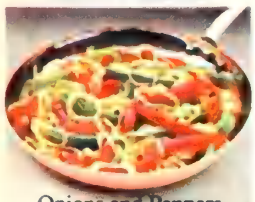
Kate admits that even she likes a drink. "I take a whiskey at night, but the thought of losing control would torment me. Of course, you may come back here a year from now and find me happily loaded," she says, with a wide grin on her face, "but I doubt it." She has a theory: "I think we are each born into a room with a lot of closed doors marked 'Don't enter here or you'll get in deep trouble.' Now, once you open a forbidden door and say, 'Wow, I'm *(continued)*

When the flavor really counts.
LAND O LAKES
BUTTER
LAND O LAKES
UNSALTED BUTTER

SAVE ON CALORIES WITH NEW MAZOLA NO STICK.



Plain Omelet
Save 86 Calories



Onions and Peppers
Save 88 Calories



Grilled Cheese
Save 94 Calories



Scrambled Eggs
Save 88 Calories



Look at the calories you can save with new Mazola® No Stick! Save time and trouble, too. Cooking's easier, cleanup is faster.

And there's no salt or cholesterol in new Mazola No Stick spray.

THE NEW LIGHT SPRAY THAT TAKES THE FAT OUT OF FRYING.

Average calorie savings are per serving, versus cooking in butter or oil.

having a great time,' then you can never close that door again. You may come back out, but the door will always be ajar. The wickeds," she says whimsically, "are always in there beckoning." She should know. "I opened the 'Beware of chocolate chip-mocha ice cream' door a long time ago and can never turn back. Fortunately for me, the ice cream wickeds are somewhat more acceptable to society." Having said that, she admits with a beatific expression, "I rather like hospitals and operations now. It's nice to be put to sleep and be allowed to take all the dope you want."

Kate leads the way into an adjoining room. It is dominated by a large table, its white linen cloth strewn with dozens of assorted pieces of table silver. She and her neighbors have been burglarized so many times that they've pooled the pieces they have left, and she's again showing her frugality by looking for matched sets. "I'm a deadeye dick with a gun," she warns, "but they avoid me by sneaking in when nobody's home." Kate blames the robberies on an overly lenient society. "I go *mad* when I read about kids cheating on exams in school, and now even in the Army and Navy. When I was at college at Bryn Mawr we had an honor system, and if any girl was found cheating, she was kicked out," she recalls. "The point is, if you're going to cheat as a kid, and they let you get by with it, you begin to join the criminal classes, don't you? Either you're honorable or dishonorable. The distinction is very clear in my mind, though apparently not to a lot of other people," she says adamantly.

She is interrupted as the phone rings. It often rings, because she has a new acting project in the works but won't reveal what it is. ("Time is too early and I'm too secretive.") She picks up the receiver and answers with her hoarse, unmistakable "Hallo!" Then her tone mellows or grows gruff, depending on who's calling. She's been known to bluff. "Once when I phoned," I mention, "you answered and said, 'Sorry, Miss Hepburn is in California.'" She feigns innocence, this fierce advocate of truth and honesty. "Wel-l-l, maybe it wasn't me. I have a sister and a niece who sound like I do, can't tell us apart." Seeing me shake my head, she says, "Then maybe I was thinking about California and *thought* I was there!"

Katharine Hepburn, of course, is an anomaly. She sets her own rules, puts herself down and puts others on. Her current co-star, Nick Nolte, calls her "an old broad who's cranky but a lot of fun." Kate likes it. "You tell him I'm not nearly as cranky as I should have been with him," she says. Nolte also describes her as "an extremist." She nods appreciatively. "Better to be extremist than to be the opposite, which is—what—cautious? That's certainly not me." Kate is, most of all, a fighter who never gives up. She has had a painful, difficult four years and has come bounding back. "My bones are falling apart, but my teeth are good," she chuckles. "My head shakes, but it isn't Parkinson's disease, just a familial tremor, and I don't take drugs for it. My ankle still hurts a bit, but I can do this. . . ." She gingerly twists her foot from side to side. "Altogether, I think I am terribly lucky."

It is late afternoon, time for her next appointment. She leads the way down the steep stairs, not noticeably limping, ducks into the kitchen and returns with a foil-wrapped package of her famous home-baked brownies. She even steps out of the front door to unhinge the iron security gates while dozens of New Yorkers bustle past without looking, unaware that they are missing a rare opportunity to see America's remarkable royalty, Katharine the Great.

Her parting words, softly stern, are, "Be careful. Don't get yourself killed on the way home!" **End**

Ralston Brand

S'mores

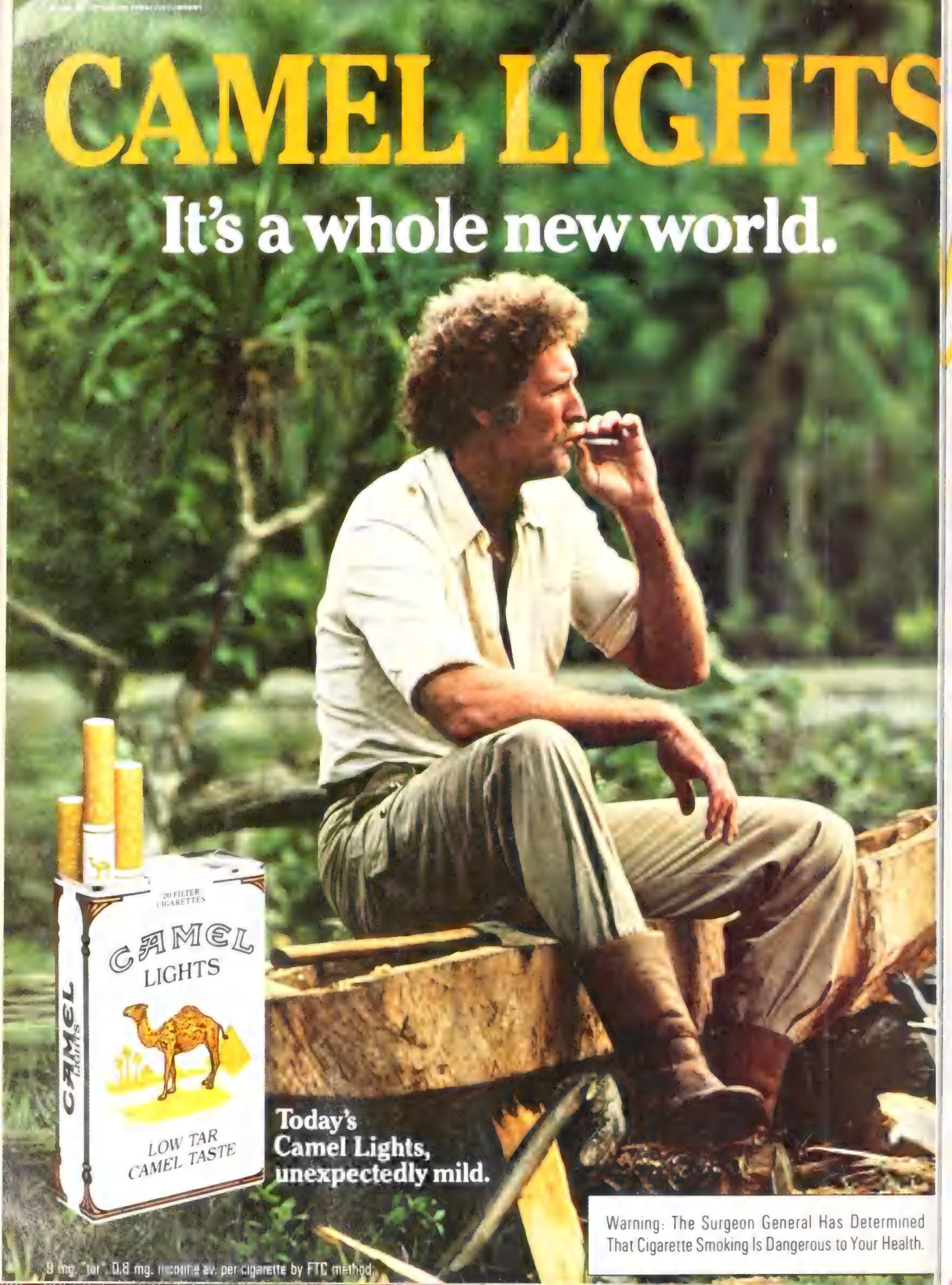
Chewy Granola Bars™

Now the great taste of S'mores in a granola bar.

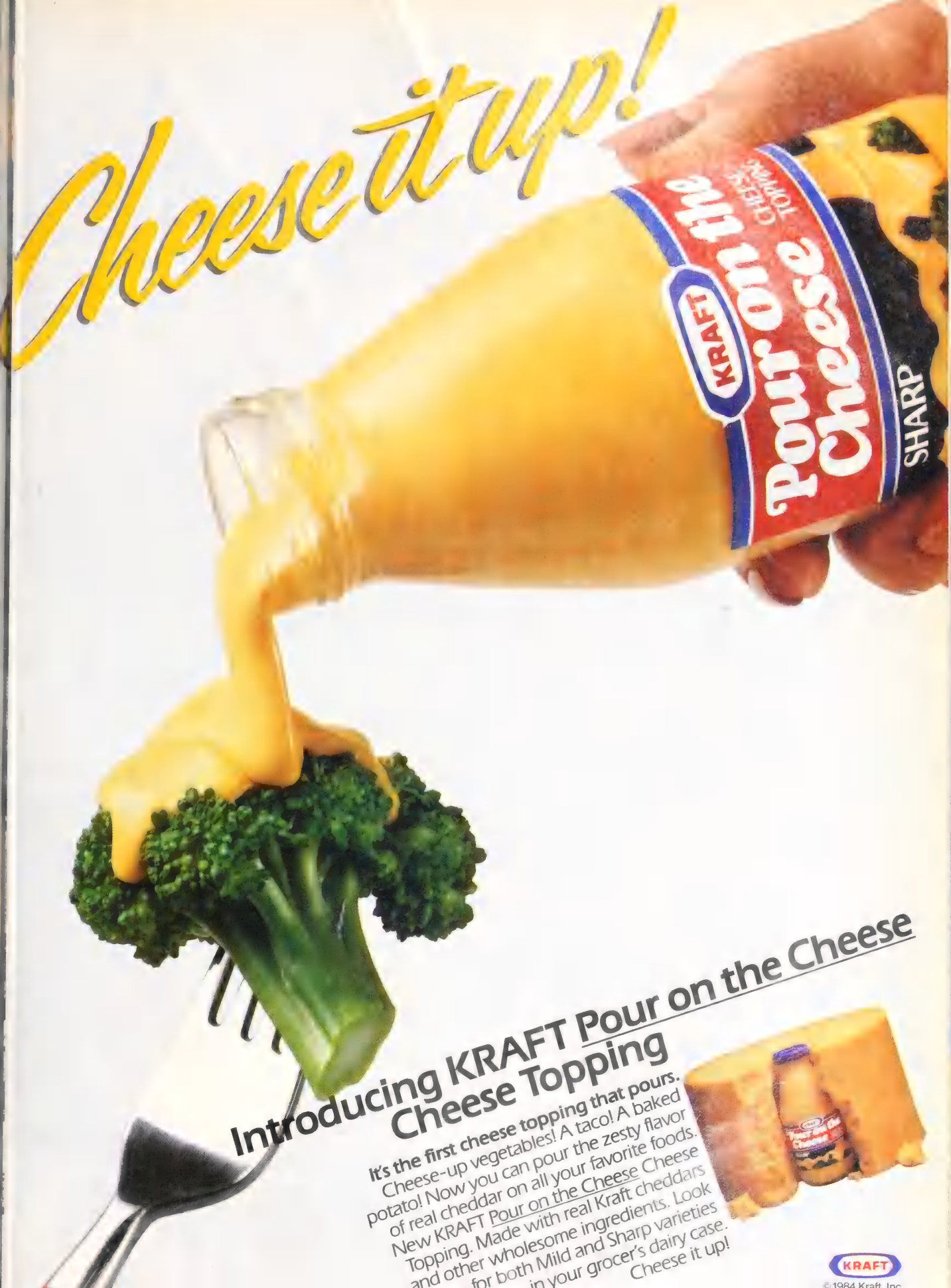


Ralston Purina Company 1984

Available in limited areas.


CAMEL LIGHTS
It's a whole new world.
20 FILTER CIGARETTES
CAMEL
LIGHTS
LOW TAR
CAMEL TASTE
CAMEL LIGHTS
Today's
Camel Lights,
unexpectedly mild.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.
9 mg. "tar," 0.8 mg. nicotine av. per cigarette by FTC method.

Cheese it up!



Introducing KRAFT Pour on the Cheese Cheese Topping

It's the first cheese topping that pours. Cheese-up vegetables! A taco! A baked potato! Now you can pour the zesty flavor of real cheddar on all your favorite foods. New KRAFT Pour on the Cheese Cheese Topping. Made with real Kraft cheddars and other wholesome ingredients. Look for both Mild and Sharp varieties in your grocer's dairy case. Cheese it up!

KRAFT

© 1984 Kraft, Inc.





Spice Islands.
The difference you see is the difference you taste.

Come to Spice Islands and see how fresh and luscious herbs can be. Take our Rosemary. The leaves are greener, full and uniform—without stems or seeds.

And Spice Islands Rosemary has more volatile oil, making it more aromatic and flavorful.

The difference is so big you can taste it. Spice Islands Rosemary makes even everyday dishes taste special.

It tastes this way for one simple reason. We grow it ourselves on our own herb farm. And we coddle it, from seedling to harvest.

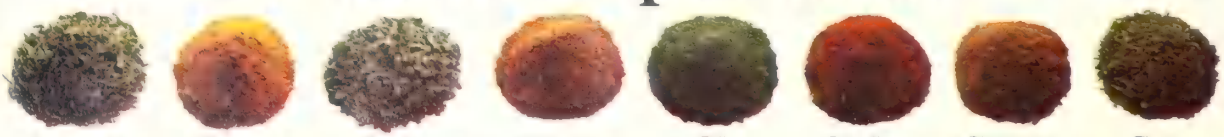
Then we package it, like all our herbs and spices, in glass jars with tight-fitting metal caps. Not in boxes, tin cans or plastic jars. So they come to you—and they stay—as fresh and as aromatic as herbs and spices should be.

If you want to give your food this special taste, bring it to the Spice Islands.

For a free Spice Islands Spice Chart and interesting recipes, write: Specialty Brands Inc., Dept. LH, PO Box 7004, San Francisco, CA 94120.



Come to the Spice Islands®



© 1984 Specialty Brands Inc.

)EAR JOURNAL

olving an old problem

HJ is to be commended for helping educate the pub- about the progress being made in cosmetic surgery. ylvie Reice's article "The Anti-Aging Lifestyle" [Sep- mber] and the accompanying information certainly ıpply women with a number of choices in this area. ıank you again for providing such a great service.

—Eileen S. Hogan, Director of Marketing, Galleria Medical Centers, Inc., Houston, TX

special story

'hat a pleasure it was to read your article by Joyce ımes entitled "My Special Son, My Special Joy" eptember]. I hope all who have read this timely and nsitive article now understand that a handicapped mentally retarded child can be an utter joy and a essing . . . not a burden to be hidden away from the orld with shame and embarrassment.

—Henrietta S. Duke, Williamsburg, KY

haring hope for the future

irst, let me congratulate *LHJ* on receiving the 1984 agazine of the Year Award; you certainly deserve it. econd, I would like to thank you for presenting both des of the nuclear arms issue in the article "War and eace" by Katherine Barrett and Lesley Hazleton eptember]. Both opinions are important, and my ısband and I have voiced ours to help educate the ıblic. We appreciate your doing the same.

—Paula S. Mansur, M.D., Penfield, NY

utting their lives back together

was deeply moved by your article "The Ordeal of an merican Family" by Patrick Pacheco in the October sue because we recently went through a similar perience with our son.

Fortunately, he is trying to put his life back in der, and we have great hopes his drug problem will ot resurface. Like the Richweins, we look forward to brighter future for our entire family.

—Dolores E. Tomlinson, Ocala, FL

ı defense of teachers

fter reading the article "Child Molesting: What ust Be Done to Protect Our Children" by Michael J. 'eiss [November], I was angry and disturbed. It is ınfortunate that the tiny percentage of abusers have ıe power to darken the teaching profession and the cellent people in it. As an elementary school acher myself, I am shocked and frightened by these rrible incidents, but please, let's not forget the good achers who are working hard to help our children.

—Ann Yarnell, Ontario, Canada

attling back from breast cancer

'omen who have suffered through, or know someone ho has, breast cancer can be helped by your article "A eal Choice" by Ralph Moss and Leslie Strong, M.D. Jovember]. My mother, too, is one of those courageous omen. Now, five years after her mastectomy, she has st completed the last phase of reconstructive surgery. ıe looks and feels great. I am sure that your article ill help other women in this situation.

—Mary Nell Ryan, Milwaukee, WI

One chicken. Two results.



Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

Now you can cook poultry and meats in the microwave oven and have them look deliciously oven-browned. Just spray on our unique blend of all natural spices, seasonings and flavors. Then cook according to microwave instructions.



NEW Kitchen Bouquet™ Microwave Browning Spray.

You can see the appetizing difference.

© 1984 The HVR Co.

© 1985 Hershey Foods Corporation

This is:



(a) big ..... ☐

(b) little ..... ☐

(c) all of the above .... ☐

It's true, Hershey's Kisses do look extremely (b). But all that rich milk chocolate tastes so very (a). So the correct answer is (c). Hershey's Kisses. They're only little until you taste them.

HERSHEY'S KISSES

DRUNK DRIVING

continued from page 111

ountry balk at any attempt to deny vhat is perceived as the inalienable ight to drive with a beer in one hand nd a steering wheel in the other. And n states with laws that are full of oopholes, convicted drunk drivers can iterally get away with murder and ıever spend a night in jail.

But after a decade in which intoxi-ated motorists killed a quarter of a nillion people—an average of seventy eople a day—communities across the ıation are fighting to regain the streets rom the tyranny of those who mix heir alcohol with gasoline.

A people's crusade

Grass-roots campaigns often lack punch, ut not so the groups that fight drunk riving; they've become organized, pop-ılar and powerful. Mothers Against Drunk Driving (MADD), the largest uch organization today, with half a nillion members, was begun in 1980, ollowing the death of thirteen-year-old Cari Lightner, struck by a drunk driver ıs she walked to a church carnival in California. Cari's mother, Candy Light-ıer, quit her job as a real estate agent o found MADD and provide a voice for he victims of drunk drivers.

In four years, MADD has quickly grown to include 320 chapters in forty-seven states, and Lightner has criss-crossed the country, lobbying state leg-ıslatures to pass tougher laws. New groups modeled after MADD have been organized, such as like Doctors Against Drunk Drivers and Truckers Against Drunk Drivers. They provide counseling services to accident victims, push for mandatory penalties for repeat offenders and follow court cases.

"All of these events would have been unpopular five years ago," observes Lightner, who recalls being thrown out of some legislators' offices when she began to fight for tougher laws. "What bothers me is that all this came about because of kids who have died."

Trying to stop such tragedies before they happen is one reason Robert Anastos founded Students Against Driving Drunk (SADD). A high school teacher and alcohol counselor for twenty-two years, Anastos launched the program at Wayland High School in Massachusetts after two of his students were killed in car crashes. Today, SADD has chapters at seven thousand high schools in all fifty states, and the organization has even branched out to college campuses and elementary schools.

At the center of SADD's strategy is a lifetime contract (see our clip-and-save version on page 110) in which students pledge to call their parents any time a sober ride isn't available. In return, parents promise "to come and get you at any hour, any place, no questions asked and no argument at that time." As Anastos puts it, "This contract pulls together parents and kids so that love will override any peer pressure to drink and drive. All parents ought to sign the agreement—because they can't lecture their kids about booze or drugs after a fatal crash. Either pick them up now or get the hearse later."

If these organizers sound militant, they have a right to be. "We're a bunch of angry parents who've decided that enough is enough," says Doris Aiken. A former New York TV talk show host, Aiken started Remove Intoxicated Drivers-USA (RID) in 1978 after two students at her children's school were killed by a reckless driver who was found after the crash to have a blood-alcohol level almost twice as high as the legal limit—the equivalent of downing approximately ten highballs in two hours. No criminal charges were filed against the driver. "In New York," she says, "drunken drivers could kill people and get away with a twenty-dollar fine. All they needed was a good lawyer and a lenient judge."

Aiken's anger fueled the growth of RID, which now boasts more than 150 chapters in thirty-two states. Like MADD, RID dispatches court-watchers to monitor trials, ensuring that convicted offenders don't sidestep sentences on technicalities. Aiken herself often writes to district attorneys and judges, urging that they seek and impose the maximum penalties against drunk drivers "on behalf of all those at risk on the road." As a parting shot, she frequently ends correspondence with the warning: "RID will be reporting the court's action to the media at large."

That is no idle threat. Not long ago, Aiken held three news conferences to call attention to an upstate New York judge who had been handing out light sentences to drunk drivers. He lost the next judicial election. As Aiken explains, "If a judge looks the other way, he's going to find his face on the front page of every newspaper in the area. We will not tolerate judges who are soft on drunk drivers."

Nor will RID and MADD allow the courts to ignore the victims during the trial proceedings. Both groups encourage the presentation of a victim's impact statement that forces judges and jurors to consider what the victims of accidents have suffered. RID even hands out "Drunk Driving Victim's Miranda Rights" cards that bear (continued)



Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal: We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii). In Iowa call **800-532-1272**). Please have your magazine or bill handy.

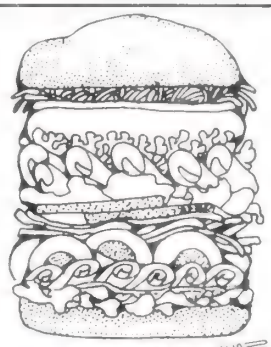
FCP-2

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to **LHJ**, P.O. Box 9400, Bergenfield, N.J. 07621



© 1985 Allegheny Pharmacal Corp.

BEAT THE "HUNGRIES"

WITH

HUNGREX®

Take a Hungrex for quick appetite control.

With the Hungrex Reducing Plan –
You crave less, eat less, lose weight fast.

Doctor used, doctor tested, proven for 33 years.

AVAILABLE AT FINE CHAIN and INDEPENDENT DRUG STORES

DRUNK DRIVING
continued

three reminders: "You have the right not to remain silent," "You have the right to be represented by the prosecutor" and "You have the right to contact RID to obtain further assistance."

Tougher laws, stricter courts

Until recently, a drunk motorist out on a joyride had little to fear. A 1984 report from the National Transportation Safety Board (NTSB) found that the probability of being arrested for drunk driving is "somewhere between one in two hundred drunk drivers and one in two thousand." The Department of Transportation has reported that 10 percent of all drivers on weekend nights can be legally defined as intoxicated. Amazingly, four out of every ten drivers admit to driving while under the influence of alcohol.

But in the past four years, forty-five states have passed 360 laws to crack down on drunk drivers. The new laws call for mandatory jail or prison sentences for first or second offenses and require all convictions to be listed on the driver's record. Forty-two states now suspend the licenses of those who refuse blood alcohol content (BAC) tests (all fifty states can arrest drivers for the same reason), and thirty-eight now make it a crime to drive with a BAC level of .10 percent (the equivalent of four beers or glasses of wine or shots of whisky consumed by a 150-pound man in two hours). In states like Minnesota and West Virginia, any driver testing above that level automatically loses his or her license for ninety days.

These strict penalties seek to deter as well as to punish, according to John Moulden, a NTSB safety expert. "You can't throw every drunk driver in jail because so many jails are already overcrowded," he says. "But you can convince people that if they're stopped, they'll be arrested, put in a drunk tank, made to pay a stiff fine and lose their license. Deterrence is the key."

Many of the tough DWI (driving while intoxicated) laws are passed after tragic accidents that call attention to the problem of leniency toward intoxicated motorists. In Tennessee, one of the toughest drunk-driving laws in the nation was passed following one highway horror in which a motorist who had collected seven DWI arrests in four years plowed into a Vega, killing two people and scarring a five-year-old for life. The NTSB reports that 30 percent of people who are convicted of drunk driving are repeat offenders.

But tough laws aren't enough. Juries must recommend stiff sentences, and judges must not be afraid to enforce them. A few years ago, most of those arrested would have been *(continued)*



How to protect yourself and your loved ones from drunk drivers

Statistics show that half of all Americans will be victimized by a drunk driver in their lifetime. But safety experts agree there are ways you can protect yourself and others against the drunk driver. Among the best rules for you to follow—both on and off the road:

1. Wear seat belts and shoulder straps at all times. They can reduce highway casualties by half.

2. Minimize your nighttime driving, especially on weekends. About 80 percent of all drunk-driving crashes occur between 8 P.M. and 8 A.M.

3. Notify police of any suspicious behavior on the part of other drivers. MADD publishes a card with tips for recognizing drunk driving that urges you to notify your local police. It is available from MADD at the address below.

4. Sign the SADD contract with your teenagers to make sure they don't drive after drinking. And warn them about the dangers of blood borders.

5. Finally, consider joining the citizens' crusade by becoming a member of an anti-drunk-driving group. Below are the addresses of some of the major organizations.

Alliance Against Intoxicated Motorists (AAIM), Box 10716, Chicago, IL 60610. Ask about the Extra Eyes citizen patrols to help police identify and catch drunk drivers.

Mothers Against Drunk Driving (MADD), 669 Airport Freeway, Suite 310, Hurst, TX 76053. Ask about the MADD chapter near you.

Remove Intoxicated Drivers-USA (RID), Box 520, Schenectady, NY 12301. For victims' aid information, call RID-USA's hotline number: 518-372-0034. Or write for the address of the chapter in your area, enclosing a legal-sized SASE.

Students Against Driving Drunk (SADD), Box 800, Marlboro, MA 01752. Ask for a free information kit or a lifetime contract.

You can also write for free pamphlets published by the National Highway Traffic Safety Administration, Washington, DC 20590.

For ideas to help bars and restaurants establish responsible drinking programs for their patrons, write for a free booklet published by the S&A Corporation, 6606 LBJ Freeway, Dallas, TX 75240.



SUAVE INTRODUCES 3 MORE SOLUTIONS TO THE HIGH COST OF BEAUTIFUL HAIR.

"Suave has always made the most of my money—and my hair.

So what more could I ask for?

Well, Suave just came out with a new Extra Gentle Shampoo and Conditioner that are just right for me. And a new Styling Mousse.

With Suave's new Extra Gentle Shampoo and Conditioner, I can take it easy on my hair—no matter how often I wash or condition it. And it always looks terrific!

Whenever I want a little styling help, Suave's new Styling Mousse is right at my fingertips. I use their Extra Control. But their Soft Control is perfect for that 'natural' look.

Suave looks better all the time. And so do I. So why not give them all a try? Considering the price, can you think of a better solution for beautiful hair?"

SUAVE MAKES YOU LOOK LIKE YOU SPENT A FORTUNE ON YOUR HAIR.

STORE COUPON

SAVE 25¢ ON NEW SUAVE STYLING MOUSSE. 25¢



DEALER: We will reimburse you for the face value of coupon plus 8¢ handling, provided you and the consumer have complied with the terms of the offer. Cash value 1/20th of 1¢. Redeem by mailing to Suave, P.O. Box 1145, Clinton, IA 52734. Good only on product(s) indicated. Any other use constitutes fraud. LIMIT ONE COUPON PER PURCHASE. Void where restricted or prohibited. Reproduction prohibited.
Coupon valid until November, 1985.

79400-101352

STORE COUPON

25¢ SAVE 25¢ ON NEW SUAVE 25¢
EXTRA GENTLE SHAMPOO OR CONDITIONER.
Or any other 16 oz. Suave shampoo or conditioner.



DEALER: We will reimburse you for the face value of coupon plus 8¢ handling, provided you and the consumer have complied with the terms of the offer. Cash value 1/20th of 1¢. Redeem by mailing to Suave, P.O. Box 1145, Clinton, IA 52734. Good only on product(s) indicated. Any other use constitutes fraud. LIMIT ONE COUPON PER PURCHASE. Void where restricted or prohibited. Reproduction prohibited.
Coupon valid until November, 1985.

79400-101345

4 Helene Curtis Industries, Inc.

For the woman who has never used a home pregnancy test

DAISY 2® helps take the anxiety out of first-time testing.

Double-check to reassure yourself.

Irregular periods can make it difficult to calculate dates precisely. That's why DAISY 2 gives you two tests in each kit. You can use the first test as early as three days after a missed period, then double-check immediately or a few days later for reassurance.

Talk over your test with one of our Registered Nurses.

The toll-free number is included with your DAISY 2 Kit.

DAISY 2 gives you extra confidence.

DAISY 2 is the same type of test used in many hospitals. It's easy to perform. And you get your test results in just 45 minutes.

With DAISY 2 you can double-check to be doubly sure.



© OPC 1984

DRUNK DRIVING
continued

let off leniently for their "momentary lapse in judgment." In 1981, Idaho authorities arrested 1,800 people for drunk driving, convicted one third of them and jailed just two. One district attorney observed that killing ducks out of season can be seen by courts as more serious than killing people with a vehicle.

Community outrage over such cases has prompted more and more prosecutors and judges to regard drunk-driving accidents as violent crimes. Last summer, a recent parolee, Robert Williams, got drunk and plowed into a crowded Washington, D.C., bus stop, killing seven people—including a family of five—and injuring many others. When prosecutors discovered he'd previously caused a wreck while fleeing from a bank robbery, they charged him with voluntary manslaughter while armed (with his automobile). Today, the forty-one-year-old faces a maximum sentence of life in prison if convicted.

"What he [Williams] did was no accident," says Hunter Wolkoff, the organizing director of the District of Columbia's MADD chapter and himself a crash victim who is paralyzed in one leg. "When a person drinks, drives and kills innocent people, he's a murderer."

However, some question whether the go-directly-to-jail approach is the best therapy for all offenders. RID's Doris Aiken notes that in states like Tennessee and Washington, which require mandatory jail sentences for first-time offenders, arrests have dropped while highway deaths have climbed. "Police don't like to arrest drivers, knowing they'll end up in jail," she explains, "especially mothers with children."

A fit punishment

Aiken supports alternative educational or treatment programs for first-time offenders, provided their licenses are also rescinded—and many judges have successfully developed their own methods of making the punishment fit the crime. In Fort Bend County, Texas, judges order the cars of motorists convicted under drunk-driving laws branded with red, white and blue stickers that read, "The owner of this vehicle is on probation in Fort Bend County for driving while intoxicated." Motorists are instructed to contact a probation officer if they see any irregular driving. In Raleigh, North Carolina, a doctor who pleaded guilty to drunkenly killing a forty-four-year-old man in a 1982 car crash was ordered to donate a pint of blood every two months for five years—blood designated for the victims of accidents. He was also banned from driving during the five-year period.

Judges have also been more innovative in developing suitable sentences for young offenders—sentences that emphasize the gravity of their offense. In New Philadelphia, Ohio, Judge Edward Emmett O'Farrell orders youthful first-timers to report to the morgue or a hospital emergency room and spend weekend nights observing what happens to the casualties of alcohol-related accidents. Of the fifteen teenagers sentenced to the alternative treatment there have been no repeat offenders. "I just wish other judges would look into their hearts and try to come up with suitable ways to halt this tragic epidemic," says O'Farrell, who punishes adult first-timers with a mandatory fifteen-day jail term and six-month license suspension. "Traditional approaches to drunk driving have not worked."

The victims fight back

Increasingly, alcohol-related accidents are leading to civil lawsuits, but now the drunk driver isn't the only defendant. Tavern and restaurant owners are finding themselves on the losing side of litigation because of their part in serving booze to already intoxicated cus-

omers who then commit a crime with heir cars. In San Antonio, the Mi Tierra Café and Bakery paid a $1-million settlement over an alcohol-related death of a minor who was served mixed drinks during a birthday celebration—and was killed in an auto wreck on the way home. The owners also agreed to support legislation to raise the state's drinking age from nineteen to twenty-one.

Even those in the business of encouraging alcohol consumption have jumped on the anti-drunk-driving bandwagon. Bennigan's, a chain of 156 restaurants in twenty-nine states, devotes one third of its beverage list to "drinks for the designated driver"—one in a group of party goers who will refrain from drinking so he or she can operate a car safely. Among the offerings are alcohol-free versions of piña coladas and strawberry daiquiris. The Capital Centre sports arena in Largo, Maryland, instructs concessionaires to refuse to serve alcohol to customers who appear drunk. Beer vendors wear buttons that read, "Friends don't let friends drive drunk," and ask about designated drivers in groups of fans. The arena also provides cab fare for the inebriated.

A new nationwide move proposes banning happy hour promotions at bars and restaurants—promotions that feature two-for-one drink offers or half-price specials. New Jersey and Ohio have already outlawed two-for-one drink offers, and many other states are considering bills to prohibit reduced-price promotions. But the National Restaurant Association is resisting any legislative effort to eliminate happy hours and instead is pushing for voluntary compliance from its 10,000 members. Last March, an NRA task force recommended the halting of multiple-drink promotions while advising owners to push the "designated driver" concept and to offer a free ride home for anybody too drunk to drive.

The fear of lawsuits now haunts both public establishments *and* private party hosts and hostesses. Last May, the Texas Supreme Court handed down its Otis Engineering decision, which holds employers liable for crashes caused by employees who were sent home from work for being intoxicated. In June, the New Jersey Supreme Court ruled that a host who served liquor to his guests and then allowed the guest to drive away drunk may be sued for injuries caused by the guest's automobile crash. From coast to coast, such decisions are altering the way Americans socialize.

Blood borders

Although the nation's highway deaths have steadily declined, one group of motorists still dies in disproportionately high numbers—teenagers. Young people under twenty-one account for more than 23 percent of all drunk-driving fatalities—about 5,000 deaths a year—although they make up only 10 percent of the driving population, according to the NTSB. Today, drunk driving is the leading cause of death among Americans eighteen to twenty-four years old. The problem is most acute along the borders of adjoining states that have different minimum drinking ages. Portions of forty-four states share so-called blood borders—56 percent of the state lines in the country.

The Illinois-Wisconsin border is considered one of the nation's deadliest. Since the Illinois drinking age was raised from nineteen to twenty-one in 1980, a number of bars have sprung up in Wisconsin within three miles of the border. Teens who can't legally drink in Illinois drive as many as sixty miles to one of these nightspots, returning home in a drunken haze. When Kenosha County, Wisconsin, the primary liquor getaway for Illinois residents, cracked down against drunk drivers in 1982, it arrested 469 motorists—119 from Illinois. To help Illinois customers evade highway sobriety checks, some bar owners have even distributed maps showing back road routes to Chicago. Not surprisingly, alcohol-related fatalities along the border have soared.

"Those maps are tantamount to teaching kids how to commit suicide," charges Carol Golin of AAIM. "By one in the morning, those kids *(continued)*



Instant Fiber.

Have your fiber anytime, anywhere, with Instant Mix Metamucil.®
Handy, pre-measured packets of good grain fiber with less than five calories.
The lemon-lime Regular and tangy Orange flavors mix up instantly with their self-stirring effervescence. So all it takes is tasty Instant Mix Metamucil and a little water to get the fiber doctors recommend most to maintain regularity.
Anytime. Anywhere.

The fiber you need every day. Just say when.





Macaroni and Cheddar Really Tastes Better

The name says what's better about Golden Grain Macaroni and Cheddar.
Real cheddar cheese.
In a creamier sauce.
Just delicious with any entrée you serve.



Real elbow macaroni, too. It's bigger than macaroni in other dinners to hold more of that zesty cheddar sauce.
Yes, you may find macaroni and cheese dinners for less. But there's only one Macaroni and Cheddar.

12¢ OFF

Golden Grain Macaroni and Cheddar



DEALER: We will redeem this coupon for 12c plus 8c handling if used to purchase Golden Grain Macaroni and Cheddar. Mail coupon to Golden Grain, P.O. Box 1480, Clinton, Iowa 52734. Invoices proving purchase of sufficient stock of Macaroni and Cheddar to cover coupons presented must be shown upon request. Offer void wherever taxed, restricted or prohibited. Cash redemption value 1 20c

Coupon Expires April 30, 1985.

STORE COUPON

46002-LHJ-0285-NAT

15300 107321

12¢

are bombed out of their skulls. Then they have to try to maneuver along the back roads to get home. Sadly, there are too many of them who don't make it."

Citizen patrols

To assist police along state borders in tracking down drunk drivers, Golin and AAIM members formed Extra Eyes in 1982. Cruising the state's highways in CB-equipped cars, they watch out for drivers who appear drunk or otherwise impaired. Then they radio the police, giving the location and identification of the vehicle. In their first weekend of operation, July 4, 1982, Extra Eyes was credited with one third of the sixty arrests for drunk driving.

"The program works because we're not a bunch of zealots or vigilantes out on the road," says Golin. "We're trained by the state police, but we're trained to stay out of the way."

Groups like Extra Eyes are having an impact. In Illinois's border communities, arrests are up 400 percent, while alcohol-related traffic deaths have dropped 30 percent. Similarly, motorists in a dozen states now report intoxicated drivers to authorities over special telephone hotlines. The result in Nebraska has been four consecutive years of declining traffic deaths. And increasingly, teens are adopting the designated driver concept. "The police are now finding cars full of drunken kids, but the driver will be sober," says Golin. "It's not the answer, but it's a start."

Raising the drinking age

The situation improved somewhat last July when, faced with losing federal highway funds, Wisconsin legislators voted to raise the state's drinking age to nineteen—the federal government's suggested minimum drinking age. Still, twenty-six states have not adopted that age. And though safety experts estimate that raising the drinking age to twenty-one nationwide could save 1,250 lives a year, they doubt the ultimate elimination of blood borders will occur anytime soon. The liquor lobby and campus organizations have fought a nationwide twenty-one-year-old drinking age requirement. Some lawmakers have also resisted, complaining that states' rights are being trampled in the effort to set a drinking age that would be the same across the country.

And unfortunately, the minimum-age laws do not entirely solve the problem of underage drunk driving. Even in states with the twenty-one-year-old limit, underage teens can easily buy liquor using fake IDs. In response to that problem, more and more states are instituting photo IDs and licenses, and California has even introduced a bill to create color-coded licenses to reduce the chances of faking IDs.

The revolution continues

With so many obstacles still to be overcome, the anti-drunk-driving movement shows no sign of slowing down. There are still too many judges who forgive drunk drivers, like Queensbury (New York) Town Justice William Bacas, who, in December 1983, dismissed DWI charges against a teacher on the grounds that a conviction could undermine her authority in the classroom. And there are too many lawyers who see defending drunk drivers as a lucrative and booming legal specialty—a defendant with money will pay almost any amount to stay out of prison and keep his license.

MADD is currently campaigning to lower the BAC definition of intoxication from .10 to .05 percent. Already, Oregon and Utah have lowered their blood-alcohol limit to .08 percent. But thirty-eight states have yet to legislate statutes that would force bar and tavern owners to ensure that their patrons don't leave their bar stools too intoxicated to drive. And only twenty-three states have open-container restrictions on the books. As a result, in states like North Carolina, some gas stations sell iced-down beer from tubs right at the pumps. "You don't even have to open your door," Charles Hurley of the National Safety Council says, "just reach out and grab one."

"As long as people are killed and maimed in drunk-driving accidents, our constituency is going to grow," says RID's Doris Aiken. In parts of California, in fact, courts are having difficulty selecting jurors because so many citizens are members or supporters of MADD. And Aiken predicts the various groups will one day join together into an organization like the Red Cross. "We may not know how to cure cancer," she says, "but we do know what needs to be done about drunk driving."

A living memorial

Meanwhile, reformers like Carol Golin go about their work as a living memorial to their loved ones killed by drunk drivers. Although her daughter died almost four years ago, Golin's crusader's zeal remains strong to transform the Illinois-Wisconsin state line into a bloodless border. As she says, "You can do three things when you lose somebody you love. You can wallow in your own sorrow, or scream and make everyone around you crazy . . . or you can sit down with people who have their heads together and map a long-range plan to deal with the problem. I think that's what Ann would have wanted." **End**

Free Consumer Information Catalog
Dept. MR, Pueblo, CO 81009



EMOVE HAIR FOREVER

Tweez® is the **ONLY** home electrolysis instru- recommended by 4 medical textbooks (titles on est). 'Tweezer-like' action **permanently** removes from face, arms, legs and body. Save hundreds of rs over salon electrolysis.

AY MONEY BACK GUAR.

5.95—send check/M.O.
residents add 6% sales tax

LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

enclose $16.95 in full payment.
lasterCard/Visa #/Exp. date.
OD requires $4.00 deposit. Pay balance plus COD harges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. LJ-128
15 Armacost Ave., W. Los Angeles, CA 90025

©1981 GENERAL MEDICAL CO.

WANTED

. . . For Stealing Hearts!



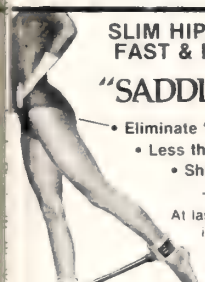
sus, Theodore; alias Big Ted

Watch out for this guy! He's 2'3," chocolate brown, and considered furry! Catch him in the new, 1985 Bear Necessities Catalog—America's *biggest* line up of Teddy Bears and Bearaphernalia! But be careful you don't lose your heart!

Gifts and Collectibles by STEIFF • GUND • HERMANN • N.A.B. • KINSER • ANIMA • AVANTI

lease send me the new ear Necessities Cata- og! I enclose $1.00.

The BEAR NECESSITIES®
115 Brand Rd., Dept. 323,
Salem, VA 24156



SLIM HIPS & THIGHS THE FAST & EASY WAY WITH "SADDLE SLIMMER"®

- **Eliminate "Saddlebags" & Cellulite**
- **Less than 10 minutes a day**
- **Shed inches in days**
- **—Guaranteed!**

At last! A professional exercise instructor has scientifically designed a safe exerciser guaranteed to reduce your HIPS and THIGHS! Using "Saddle Slimmer" with its proven "resistance principle" and exclusive tension spring action you even lose ugly "Saddlebags". In less than 10 minutes a day have thinner, attractive hips, thighs, legs, and tone stomach, waist, chest and s. Guaranteed! Use "Saddle Slimmer" for 10 days, you t be satisfied or return for full refund. Patent Pending.

usands Sold World Wide To Satisfied Customers

MC & Visa accepted. Phone 1-812-425-2546 or il only **$14.95** plus 00 post. & hand. to: der 2 – Save $1.00 ea.
Greator Innovations, Inc.
1253 Diamond – Dept HJ25
Evansville, IN 47711



"I'm wearing an EVA GABOR WIG... (bet you didn't know it)."

So Natural-looking, So Comfortable, So Convenient

Send Coupon for FREE Catalog

of Famous EVA GABOR Wigs. Every Style and Color. Available by Mail-order.



Send Free Catalog to

Name _____

Address _____

City/State _____ Zip _____

Paula Young Dept. 510, Brockton, MA 02403



BE **Size-Wise!**

BORDERLESS COLOR PHOTOS ONLY **$2.95**

FIVE CHOICES only $2.95 each

- 40 POCKETS (1¾" x 2½")
- 8 POCKETS & FOUR-5" x 7"s
- 2 CUSTOM 8" x 10"s
- 20 WALLETS (2½" x 3½")
- 16 WALLETS & ONE-5" x 7"

BEAUTIFUL COLOR COPIES on KODAK paper!

BIGGEST IMAGE! NO BORDERS!

Send only photos up to 8" x 10" (RETURNED) include 75¢ each set for handling and 1st class postage MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO 152-2 BOX 159
STAMFORD, CT 06904

Discount Wallcovering THE PHONE WAY
30% - 50%
Buy Direct-All Brands-First Quality
Free Delivery
No Sales Tax (outside PA)

VISA MasterCard

SHOP IN YOUR NEIGHBORHOOD
Write Down Pattern Number/Book; Then Call
MARTIN SILVER WALLPAPER
3001 Kensington Ave., Phila., PA 19134
Toll Free (outside PA) 1-800-426-6600
PHILA., PA (215) 426-7600

SALE

Sensational "Silk" HYBRID FUCHSIA

WASHABLE NO CARE!



EVERBLOOMING - OUR HANGING FUCHSIA is so incredibly realistic that friends will envy your green thumb! Here's the perfect decorating idea for those who want the lush look of foliage without the care live plants require.

LARGE SIZE - OUR NEW Size 8" hanging pot is overflowing with pink and fuchsia colored blossoms making this "SILK" Beauty the perfect accent piece for any room in the house. Perfect for the porch or patio too.

(Approx. Size 24"X24")

$19.95 (+$3P&H)

SATISFACTION GUARANTEED
Order Toll Free 1-800-631-3825 (N.J. 201-785-4600)
CHRISTOPHER BOOK dept. S22 • P.O. Box 595 • West Paterson, NJ 07424

Please send ____ 8" hanging Fuchsia at $19.95 ($3P&H) ($22.95 Total)
☐ Check ☐ $ Order ☐ Amer. Exp. ☐ Visa ☐ M/C
CARD NO. _____ Exp. date _____
NAME _____
ADDRESS _____
CITY _____ STATE _____ Zip _____

32 COLOR PHOTO SPECIALS $2.45



Full color copies of your favorite photo on quality KODAK paper – at low-low prices! Send any color slide or photo (up to 8"x10") – no negatives please! Original returned.

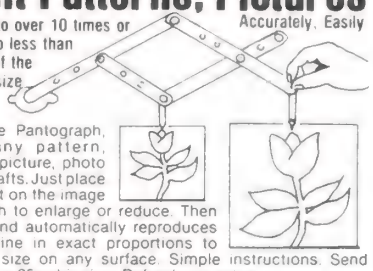
Your choice only $2.45!
P6359 **32 Wallet Photos**
P6360 **16 Wallets, Two 5"x7"**
P6362 **16 Wallets, Four 3½"x5"**
P4082 **Two 5"x7", One 8"x10"**

Order by item number. Add 55¢ per set for postage & handling. Satisfaction guaranteed or your money back.

Walter Drake Photo Labs
2032 Drake Building, Colorado Springs, CO 80940

ENLARGE or REDUCE Craft Patterns, Pictures

Enlarge to over 10 times or reduce to less than 1/10th of the original size. Accurately. Easily



With the Pantograph, copy any pattern, design, picture, photo for all crafts. Just place the point on the image you wish to enlarge or reduce. Then pencil end automatically reproduces the outline in exact proportions to desired size on any surface. Simple instructions. Send $4.98 plus 95¢ shipping. Refund guarantee

NORTON, Dept. 163, Box 2012, New Rochelle, NY 10802

Choose From 25 Career Opportunities!

Get your 2-Year Associate Degree or Career Diploma at Home in Spare Time

Now without attending college or university, without any previous experience, you can train for a money-making career...even get a 2-year Associate Degree. Send for free facts about the exciting career program that interests you most. You will receive color brochure and information on employment opportunities in the field you choose. Mail coupon today and see how easy it is to train at home for a great new career or advancement on your present job.



SEND FOR FREE FACTS!

ICS SINCE 1891 **International Correspondence Schools**
Dept. UBS15 Scranton, PA 18515

Please send me free facts, color brochure and full information on how I can study at home for the career I have chosen. I understand I am under no obligation and no salesman will call. **CHECK ONE BOX ONLY!**

2-YEAR BUSINESS DEGREE PROGRAMS
- ☐ Business Management
- ☐ Marketing–Sales & Advertising
- ☐ Financial Management
- ☐ Accounting

2-YEAR TECHNICAL DEGREE PROGRAMS
- ☐ Civil Engineering Technology
- ☐ Mechanical Eng. Technology
- ☐ Electrical Engineering Tech.
- ☐ Electronics Technology

CAREER DIPLOMA PROGRAMS
- ☐ Secretarial*
- ☐ Art
- ☐ Drafting*
- ☐ High School
- ☐ Bookkeeping*
- ☐ Travel Agent*
- ☐ Medical/Dental Office Asst.*
- ☐ Fashion Merchandising
- ☐ Hotel/Restaurant Mgmt
- ☐ Veterinary Assistant*
- ☐ Interior Decorating
- ☐ Small Business Mgmt
- ☐ Computer Programming
- ☐ Legal Secretary*
- ☐ Catering/Gourmet Cooking
- ☐ Electronics
- ☐ Fitness & Nutrition

*These courses are offered by North American Correspondence Schools. Both ICS and North American are Accredited Members of the National Home Study Council.

NAME _____ AGE _____
ADDRESS _____
CITY/STATE/ZIP _____

Winter Special!

Baby's First Shoes Bronze-Plated in Solid Metal



only $5.99 A PAIR UNMOUNTED

Limited time! Baby's precious shoes gorgeously plated in SOLID METAL. Don't confuse lifetime BRONZE-PLATING with painted imitations. Order in complete confidence. 100% Money-Back Guarantee!

SEND NO MONEY! Rush name & address for full details, money-saving certificate & handy mailing sack to

AMERICAN BRONZING CO. Box 6504-B-6, Bexley, Ohio 43209

Be Proud of Your Group's Cookbook

Our complete program guides you from recipe collection through effective sales in your community and to larger markets.

More than 300 success stories in over 39 states.

Call or write **Wimmer Brothers Books,** Dept. LHJ-2, Box 18408, Memphis, TN 38181. **901-362-8900.**

High School at Home
DIPLOMA AWARDED



Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you. CALL FREE ANYTIME

American School, Dept 20204
850 E. 58th St.
Chicago, IL 60637

1-800-228-5600

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2½ x 3½
- 48 Pocket Photos 1¾ x 2½
- 1-8x10 Enlargement or
- 3-5x7 Photos

Send any photo or polaroid 8x10 or smaller (returned). Add 65¢ per selection for postage and handling, and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

DOLLS



Learn to repair, dress, restore, and make Dolls at home! Start your own business-hobby. FREE BOOKLET describes opportunities. *No salesman.*
LIFETIME CAREER SCHOOLS, Dept. D-181
2251 Barry Ave., Los Angeles, Calif. 90064



Fine quality, smudgeproof, lustre finish. Send Polaroid, instant color print or photolup to 5"x7", negative or slide **GUARANTEED!** Add 65¢ per order for postage and handling. Add 35¢ per order for first class service. Originals returned unharmed.

Big! Big! COLOR POSTER FROM COLOR NEGATIVE, SLIDE OR PHOTO APPROX. 20"x25" ONLY $8.55 GREAT VALUE SUITABLE FOR FRAMING POSTAGE & HANDLING $1.95

CAPRI PHOTO Box 1381, L.I.C., N.Y. 11101, Dept. Z-93

GOVERNMENT BOOKS & MORE!

Send for your free copy.
New Catalog
P.O. Box 37000, Washington, D.C. 20013

Two Famous Farmers!



These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just **$3.00** plus $1.25 shpg. Also available set of 12 notecards of picture for **$3.95** plus $1 post.

Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept FJP-285 1118 W. Lake Box 370, Tawas City, MI 48763

SAVE $5 ON YOUR FIRST ORDER



With Our Full Color **Shillcraft** Latch Hook Needle Arts Catalog

Our Color Catalog gives you hundreds of exciting new latch hook and needle arts kits to make yourself. Choose rugs, wall hangings, adorable "ShilliKins"® latch hook animals. Enjoy making unique gifts...decorate your home easily and inexpensively. Send $1.00 for catalog...Get $5.00 credit on your first order over $20.00.

SEND FOR COLOR CATALOG

I have enclosed $1.00. Please rush the Shillcraft catalog to L46-5

Name _____
Address _____
City _____
State _____ Zip _____

Shillcraft®
Dept. L46-5, 500 N. Calvert St., Baltimore, MD 21202

LADIES' HOME Journal

PRESENTS

SPRINGTIME CATALOG BONANZA

Treat yourself to the very best in new and exciting merchandise.
To bring these catalogs right into your mailbox,
simply complete the coupon at the end of the section,
enclose $1 for postage and handling (plus any catalog charges),
and sit back and enjoy. Shopping's never been more fun!

FREE



400 stationery & gift ideas

- 35 years of quality & service
- Lower prices than card shops
- We pay shipping charges
- 100% money-back guarantee

Current®

Neiman-Marcus

Wonderful Things

There's something for everyone in the Neiman-Marcus catalogs. The best from the markets of the world, packed colorfully in the pages for you to peruse at leisure, then order easily and efficiently by mail. Subscribe now to a sample collection of mailers that includes the famous Christmas Book. Whether you spend $5.00, $500.00, or $50,000.00, there's a unique selection of merchandise to tempt you. The Catalog Sampler: $5.00.

LINDA HAYMAN'S

Art Poster Company



Fine art at a fraction of the cost of an original! The Art Poster Company's expanded, 56-page full color catalog features **over 450 fine art posters and prints.** Choose from a wide selection of themes—contemporary, traditional, abstract, Art Deco, classical, Oriental, botanical, photographic, children's and more. Custom framing, too! To receive this comprehensive catalog, send $2.00 today

---

NOUVEAU NOSTALGIA

Our full-color catalog portrays over 1500 newly-manufactured items which evoke the nostalgia of another time. From Colonial chandeliers to Victorian bath accessories; from Shaker pegboards to Country curtains — all this and more, crafted in solid brass, oak, porcelain and wrought iron. Renovator's Supply can fulfill all your decorating needs: from hardware to those final accent pieces. Send $2.00 for our catalog.

RENOVATOR'S SUPPLY

THE COTTON COMPANY

Fine Cotton Classics! Nothing feels or wears as well as 100% pure cotton. And now there's a full-color catalog dedicated to just that! Featuring the finest spun Pima and mercerized cotton fabrics in classic and casual wear for the whole family, plus home accessories. Everything is absorbent, breathable, washable, color-fast and *unconditionally guaranteed!* Send $3.00 for catalog. (Applied to first purchase.)

TRIFLES

Take a fresh approach to catalogue shopping with fashions and frivolities. Linens and luxuries. Fun and games. Gifts and gadgets. Everything you need, want or just can't do without. And, you can shop by mail or toll-free phone. For spring, summer, fall and the holidays, a full year's worth of fresh ideas, send $2.00.



VICTORIA'S SECRET

An exclusive collection of sensuous, designer lingerie. Send for an exciting, color catalogue of luxurious gowns and kimonos, lacy camisoles and tap pants, french bra and bikini sets, enticing garter belts, alluring teddies and more! The latest in elegant European and American lingerie fashion. Send $3 for a subscription of four catalogs.

Take a Peek for just $2*



Receive 6 big issues of FREDERICK'S famous 80-page full color catalog. Bras for every fashion need. Sexy lingerie, young-look sportswear, designer dresses, knits, tops. Rare finds for men, too. Your first catalog includes a valuable free gift offer. Send only: $2 for 6 issues.

Subscription price covers cost of postage and handling. Subscriptions only in U.S.A.

fredericks OF HOLLYWOOD

© 1985

Bruce Bolind's catalog just gets better and better. 80 pages of budget-minded gifts, both useful and delightful, including the world's finest selection of return address labels. You'll find just the personal item to delight family, friends, even the boss! Send $1.00



HORCHOW

We put the best of everything right at your doorstep. Our exciting catalogues are bursting with gifts, decoratives, linens, fashions, accessories, jewelry, collectibles and things for the home. Shop at home or by toll-free phone. To receive a full year of Horchow catalogues, send $3.00.

---

laura ashley

Thirty years ago Laura Ashley created her first design. Today the name Laura Ashley still means fresh, romantic and timeless style for you and your home, available in over fifty shops in the U.S., Canada and by mail order.

Our yearly catalog subscription of $5.00 includes five fashion catalogs plus our 1985 Home Furnishing Catalog, one of a very few catalogs sold in fine bookstores.

UNIQUE PETITE FASHION CATALOG FOR WOMEN 5'4" AND UNDER



Fret no more, *Petites!* Easy catalog shopping is yours with stylish choices from Koret, Personal, R&K, London Fog, Leslie Fay, many more. Petite sizes 2-16. Shoes in hard-to-fit sizes down to 2.

Send $1 for latest UNIQUE PETITE and we'll include a $2 BONUS CHECK good on first order.

COUNTRY NOTEBOOK

In earlier times, skilled craftsmen formed simple, everyday items to be used and admired, too. Today, recognized folk artisans work with authentic materials to recreate those beautiful handcrafts of the past. We have gathered their finest works into our full-color, 32-page catalog. Collectibles, gifts, cuddly toys, and decorative and practical items abound in Country Notebook — this catalog will delight anyone who enjoys the good, old-fashioned quality of handcrafted items. 52

L.L.Bean®

Outdoor Sporting Specialties

The L. L. Bean Spring 1985 Catalog features quality apparel and footwear for men and women. Fishing, hiking, camping, canoeing and cycling equipment. Furnishings and accessories for home and camp. Mail order shopping at Bean's is fast and efficient. We ship promptly and pay postage. All products are fully guaranteed to deliver 100% satisfaction.

Send for FREE Catalog.

GRAND FINALE

Save 30 to 70%

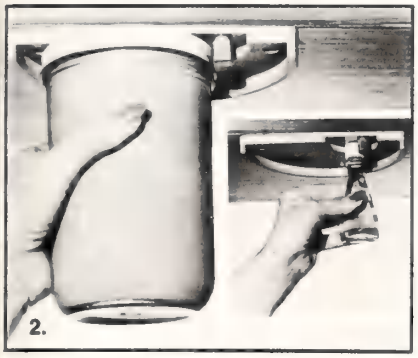
Imagine saving up to 70% on luxury merchandise from famous companies! Jewelry, designer clothes, a host of entertaining ideas, luggage, gifts, games and things for the home — all at a fraction of the original price. Satisfaction is guaranteed. Sorry, U.S. addresses only. For a full year's worth of bargains, send $2.00.

Journal Store

By Sheryl Kraft



1.



2.



3.

Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!

1. **Delightful "silken" dogwood branches . . .** are perfect to fill that empty urn in the hallway. Each branch is 36" tall and shapes to your desire with over 3 dozen realistic blooms. Choose from white, peach or blue; mix or match. $10 ea., 2/$18, 4/$32, plus $2 p&h per total order. CHRISTOPHER BOOK, Dept. 2LH, P.O. Box 595, W. Paterson, NJ 07474.

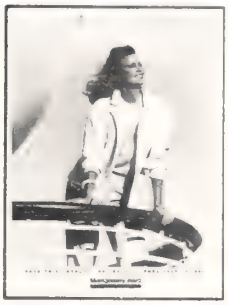
2. **Open lids easily** No more twisted wrists! No more frustration! Just slip your jar into the UN-SKRU until it wedges, then turn the jar . . . quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." A wonderful kitchen aid. Send $7.50 plus 85¢ p&h; save on 2 for $14.50 plus $1 p&h. HOLST, INC., P.O. Box 370, Dept. LHO-284, 1118 W. Lake, Tawas City, MI 48763.

3. **Color Photos . . .** can be yours for only $1.95! Choose 32 pocket size or 8 pockets with three 5x7" enlargements. All copies full color, borderless, on Kodak paper. Send photos 5x7" or smaller with $1.95 plus 74¢ p&h. RELIANCE COLOR LABS. STUDIO 2LH, P.O. Box 159, Stamford, CT 06904.

Hearthside Quilts

High quality quilt kits from Vermont!

Finest quality, PRE-CUT patchwork quilts are displayed in this color catalog. Since the pieces are PRE-CUT, your project will look much better. Catalog contains projects from pillows, to placemats, to infant quilts, to full size quilts . . . Projects for the beginner to the expert. Included with every catalog: over 70 swatches of 100% cotton cloth; discount coupons worth up to $15.00 or more. For your copy, along with new product announcements during the year, send $2.00.



FREE! Montgomery Ward Full Figure Fashions Catalog for Spring 1985. Dress better with less hassle . . . Our range of women's sizes from 36 to 52 and half-sizes from 12½ to 24½. Beautiful collection of figure-flattering styles & colors in dresses, blouses, lingerie, suits, sweaters, skirts, pants & more. Send for your Free catalog today . . . supplies are limited.

THE DISNEYANA COLLECTOR

Home delivery of The Disneyana Collector; one year just $1.00! Published four times yearly, this informative newsletter contains all the exciting news from the world of Disney Collectibles. GROLIER, Disneyana Newsletter, $1.00

© MCMLXXXV Walt Disney Productions

LADIES' HOME Journal

CATALOG SHOPPING GUIDE

Please check the box next to the catalogs you wish to receive. Enclose a check or money order including a $1.00 handling charge. Please allow 4 to 6 weeks for delivery.

SEND TO:
LHJ CATALOG FULFILLMENT
P.O. BOX LHJ 2
GARNERVILLE, NY 10923

- ☐ 1. Current (Free)
- ☐ 2. Renovator's Supply ($2)
- ☐ 3. Victoria's Secret ($3)
- ☐ 4. Neiman Marcus ($5)
- ☐ 5. Cotton Company ($3)
- ☐ 6. Trifles ($2)
- ☐ 7. Art Poster Co. ($2)
- ☐ 8. Frederick's ($2)
- ☐ 9. Bolind ($1)
- ☐ 10. Horchow ($3)
- ☐ 11. Laura Ashley ($5)
- ☐ 12. Unique Petite ($1)
- ☐ 13. Country Notebook ($2)
- ☐ 14. L.L. Bean (Free)
- ☐ 15. Grand Finale ($2)
- ☐ 16. Hearthside ($2)
- ☐ 17. Montgomery Ward (Free)
- ☐ 18. Grolier Disneyana Newsletter ($1)

Total cost of catalogs ordered $_____

Add 1.00 for handling $ 1.00

TOTAL ENCLOSED $_____

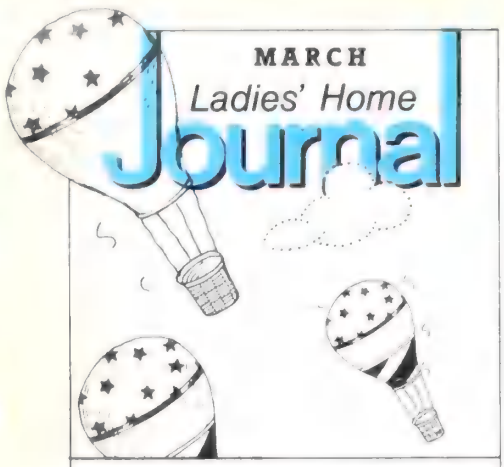
Name_____

Address_____

City_____

State_____ Zip_____

Continental U.S.A. only. Make check or money order payable to: CATALOG FULFILLMENT
No cash or stamps accepted



The facts about the men in your life

More than 74,000 *LHJ* readers responded to our questionnaire. The results just might surprise you!

The anti-aging skin guide

At last! Dermatologists share their secrets with you.

What worries today's kids most?

Teens' top ten fears and what you as a parent can do about them.

Breakfast bonanza

Great American recipes guaranteed to get your whole family up each and every morning.

How to battle the blues

New facts about anxiety and depression.

Family album

Part 2 of Danielle Steel's story of a strong woman and the man she loved.

All this and lots, lots more. On sale February 14.

Last Laughs

Out of the mouths of babes

"Recently, our little boy, Carl, turned to my husband and said, "Dad, I wish I could marry Grandma when I grow up."

"Oh, honey," my husband said, "you can't do that. You see, you'd be marrying my mother."

"Well," Carl replied immediately, "you married mine."

—Elsie Twomey, Mesa, AZ

One morning, I was reading a story called "Now I Know the Changing Seasons" to my three-year-old.

I wanted to see if he really understood the story, so when I finished reading, I asked him, "What season are we in now, Brian?"

He thought for a moment, and then said brightly, "Basketball!"

—Jerry Collier, Kansas City, MO

We had just moved into our new home out West, and my young son was standing on the porch surveying the neighborhood. A little girl skipped up the street and introduced herself.

"Did you know that I'm half Indian?" she asked him.

My son looked her in the eye, pulled himself up to his full six-year-old height and replied, "That's nothing. I'm *all* cowboy."

—Patricia Johnson, Denver, CO"

Bittersweet love

My husband's very fond of me—
I surely don't deny it,
But every Valentine's he tries
To sabotage my diet.

Bring flowers, cards, a diamond ring—
Let Cupid have his frolic,
But take that candy box away—
You *know* I'm a chocoholic!

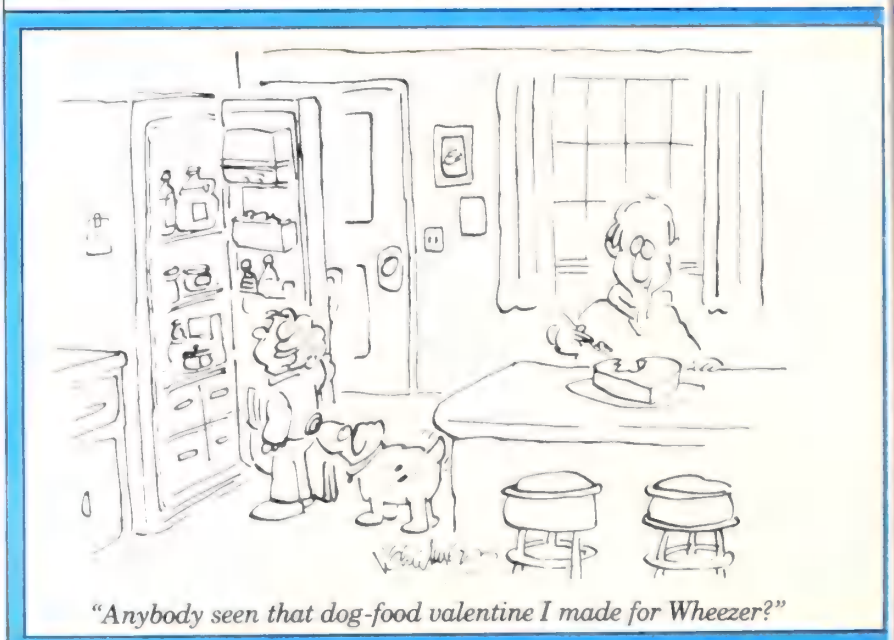
—Debbie Gilbert

Little white lies

- Five extra pounds is nothing on someone your height.
- It's delicious, but I couldn't touch another bite.
- No, your haircut's not too short.
- You made it yourself? I never would have guessed.
- Gee, you don't look a day over thirty.
- Well, at least they won't sag when you get older.
- It's just a tiny spot—no one will notice.

—Corinne Clements

We'll pay $25 for accepted anecdotes or poems. Address contributions to Last Laughs, LHJ, 3 Park Ave., New York, NY 10016. Contributions cannot be acknowledged or returned.



"Anybody seen that dog-food valentine I made for Wheezer?"



What's the secret of the fresh-dressed woman?

Fresh panties all the time.

Carefree Panty Shields®

When you're fresh and clean right down to your pretty underwear—you feel wonderful! One little way to have that feeling is with Carefree Panty Shields. Use them every day—it's like having fresh panties all the time.



Between-period discharge is normal but can be uncomfortable. Why put up with this kind of discomfort when it's so easy to feel dry and comfortable with Carefree Panty Shields. They're so light and soft you hardly feel them.



Light, small and comfortable enough for every day. No wonder so many women make Carefree Panty Shields part of getting dressed.

Certain contraceptives can cause problems. If you're wearing an I.U.D. you may have spotting—and the pill can increase vaginal moisture. Carefree Panty Shields keep your panties fresh and you secure.

Ovulation or hormonal changes can cause stains. Carefree Panty Shields are the comfortable answer.

At the end of your period or to back up your tampon. Use Carefree Panty Shields. Pretty panties are expensive so why not keep them new-looking longer with Carefree Panty Shields.

Deodorant Carefree Panty Shields are for extra freshness.



CAREFREE PANTY SHIELDS is a trademark of Personal Products Company, Millltown N.J. 08850 © PPC 1984


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method
© Philip Morris Inc. 198
MERIT
New crush-proof box.
Also available in soft pack.
Low Tar Filter
20 CLASS A CIGARETTES
A world of flavor in a low tar.
MERIT

March 1985



THE TRUTH ABOUT MEN TODAY



3 9042 01794062 5

$1.50
March
1985
Ladies'
Home

Journal

NINE WAYS TO PREVENT WRINKLES

COOKBOOK OF DESSERT CLASSICS



Special Report from London DIANA NOW

WHAT WORRIES KIDS MOST

ANTI-CANCER WEIGHT-LOSS DIET

HOW TO BATTLE THE BLUES

DECORATING MAGIC WITH PAINT

74,000 readers tell all about their men & pick their favorite stars

An interview with Newman

On the set with Selleck

Update on Alda

BURLINGAME
MAR 11 1985
LIBRARY

STYLE IT!



SHORT CUTS

(When you're short on top and even shorter on time.)

STEP ONE

Shampoo.
Towel it dry.
Spray with Final Net.
Then finger it through.

STEP TWO

Drop head forward.
Hang hair down.
Blow dry.
Finger combing as you do.

STEP THREE

Brush sides back and up.
Direct the spray.
For sides that stay.
(A slightly damp brush adds sleek for nighttime chic.)

STEP FOUR

Finger comb the top straight up.
Hold and spray.
Don't let go 'til dry.
(For an even spikier look—spray fingers and twist the ends.)

STEP FIVE

Curl back under with brush.
Spray.

STEP SIX

Step out.
(15 minutes from start to Final Net finish—short on time, long on style.)

A COOL ALTERNATIVE

A straighter approach that can be as forward looking as you like. Just eliminate the hot roller step from "HOT LOOKS THAT LAST."





A LITTLE FINAL NET

HOLD IT!

HOT LOOKS THAT LAST
(Hot blow it.
Hot roll it.
Hot curl it.
For hot looks all day.)

STEP ONE
Build in body. (Use Steps One and Two from "Short Cuts.")

STEP TWO
Set with hot rollers.

STEP THREE
Take out rollers.
Back comb (tease) lightly all through.

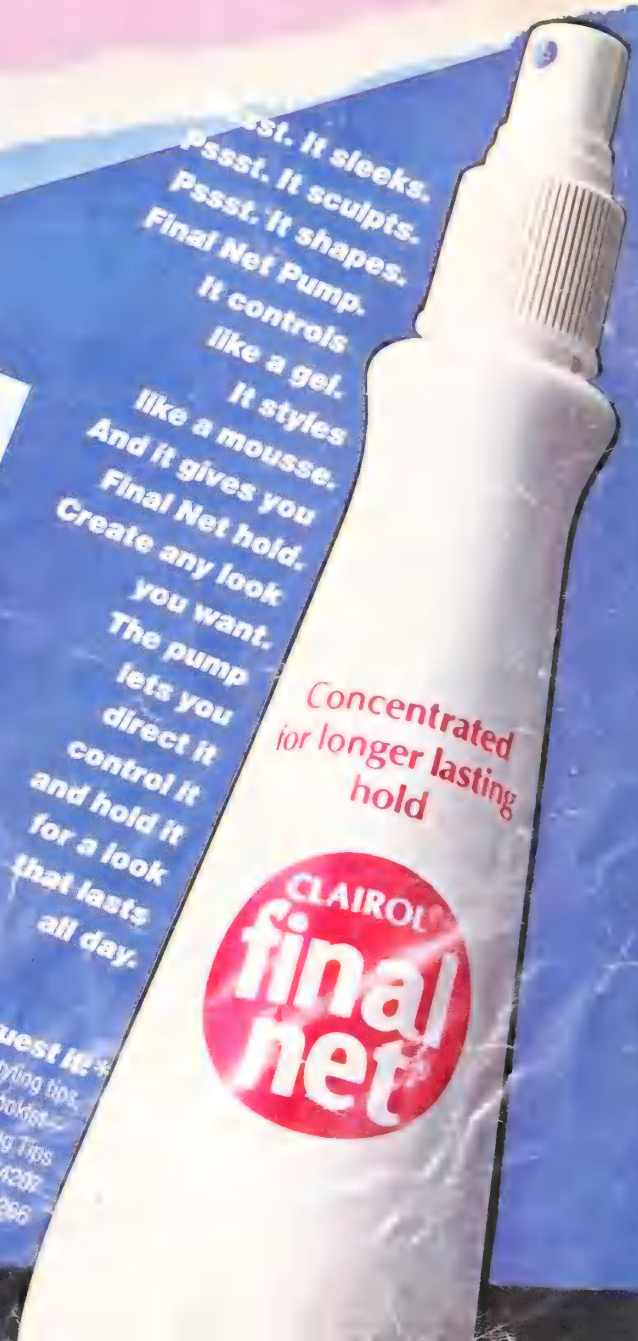
STEP FOUR
Spray with Final Net.
Draw fingers through.
Working hair into shape.
(Finger combing pulls out curl to avoid "set" look.)

STEP FIVE
Brush up side.
Spray to stay.



**...sst. It sleeks.
Pssst. It sculpts.
Pssst. It shapes.
Final Net Pump.
It controls
like a gel.
It styles
like a mousse.
And it gives you
Final Net hold.
Create any look
you want.
The pump
lets you
direct it
control it
and hold it
for a look
that lasts
all day.**

Request it:
For more styling tips, send for free booklet—
Final Net Styling Tips
P.O. Box 14287
Baltimore, MD 21286



*Offer good until 12/31/85 or while supplies last. Limit one request per household.

GOES A LONG, LONG WAY.

LADIES' HOME
Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin Sondra Forsyth Enos
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, senior editor
BETH WEINHOUSE associate
ROBERTA ANNE GRANT associate
LINDEN GROSS associate
BETH KNOBEL ANNE VACCARO

BOOKS AND FICTION
Constance Leisure, editor
ALICE WEIL

COPY DIRECTOR
Phyllis Schiller

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE
HELEN HUMMER FEID

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S. JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL copy editor
ROSEMARIE SMITH copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
ELLEN R. GEISELMAN
DEBRA F. LEWIS
JAMES M. FRANCO photo researcher

ART PRODUCTION
Frank Della Femina, coordinator
JAY SCOTT FRANCIS

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN Ph.D.
CLIFF JAHR ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J. WEISS (WASHINGTON)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

EDITOR'S JOURNAL

By Myrna Blyth

It Takes Time



George Barkentin

Look who's with Journal *staffers (counterclockwise, bottom left) Tamara Schneider, Mary Clarke, Beth Weinhouse and George Barkentin.*

How long does it take to produce a feature for *Ladies' Home Journal*? Sometimes, months and months. For example, it was last summer that we decided it would be fun to do a spring fashion story with London as a background. And if we were going to London, it seemed only right and proper to have everyone's favorite Prince and Princess in the picture. In early fall, Associate Beauty and Fashion Editor Mary Clarke began scouting the market to find some super clothes to take with us. Meanwhile, our London team found locations for pictures, as well as some fabulous fakes—models Isabella Connell and Peter Hugo.

Then it was off to London in November for Mary, Art Director Tamara Schneider, photographer George Barkentin and Associate Articles Editor Beth Weinhouse, who was to write a story on the real Diana. The group stayed at the luxurious Inn on the Park but spent ten-hour days photographing the fashions and our elegant impostors in a variety of oh-so-loverly London settings. Look at the pictures they brought back (pages 106–109) and read Beth's story, filled with some fascinating tidbits (page 110). Intrepid reporter that she is, Beth even had her hair done by Diana's own hairdresser to get the latest on Di's new hairstyles.

What else took extra time and effort? Well, you may remember our survey in the June 1984 issue in which we asked your opinion on the men in your life. Seventy-four thousand readers took part in the poll, which Executive Editor Sondra Enos and her husband, Dr. Clive Enos, of the New York Institute of Technology, spent several months analyzing and interpreting. We think what *Journal* readers have to say about today's men is newsy and fascinating (page 99).

In this issue, too, you'll find the best breakfast recipes in the U.S., compiled by food experts Jane and Michael Stern, who spent months crisscrossing America and sampling good-morning menus at a variety of famous as well as out-of-the-way inns and eateries (page 104). There is also an extraordinary report from Cambodia about a woman whose life was changed by war, written by Executive Editor Jan Goodwin (page 80), and a fact-filled special feature on anxiety and depression, focusing on the latest research, written by Greta Walker, Ellen Frank, Ph.D., and David J. Kupfer, M.D. (page 147). You know, everything in our magazine takes time, effort and lots of work—but it's well worth it if you enjoy it.

© 1985 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Family Media, Inc. registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal (ISSN 0023 7124) March 1985. Vol. CII, No. 3. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices U.S. and Possessions, 1 yr. $20.00, 2 yrs. $32.00; all other countries, 1 yr. $26.00, 2 yrs. $44.00. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.

Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

Gregory W. Dunn, VP/Advertising Director
Stephen B. Levinson, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Giella, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Lauter, Promotion Director
Ron Valerio, VP/Associate Publisher, Family Media
Jeremy Gravze, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clapp, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

For smokers who prefer
the convenience of five more cigarettes per pack.

New Marlboro 25's



Now, famous Marlboro Red
and Marlboro Lights
are also available in
a convenient new 25's pack.

Not available in some areas. © Philip Morris Inc. 1985

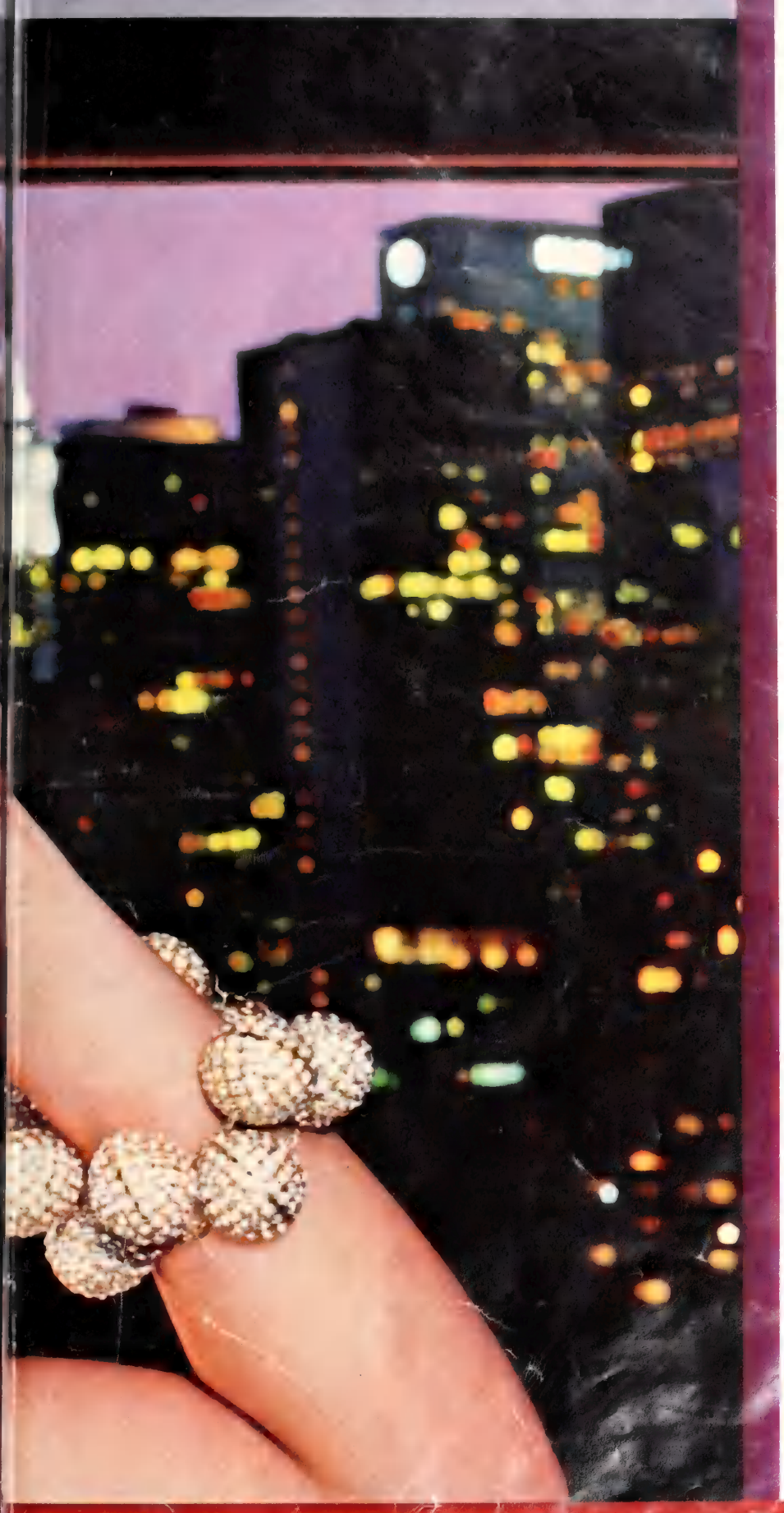
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Lights: 11 mg. "tar," 0.7 mg nicotine—Kings: 17 mg. "tar," 1.1 mg nicotine av. per cigarette, by FTC method

REVLON



On her lips and nails, our Bird in Paradise is wearing Metro Mango. Fragrance: Scoundrel. Jewelry: Leo Wills. ©1985 Revlon Inc.



Come soar with Revlon's new colors for eyes, lips, cheeks, and nails.

Bird in Paradise

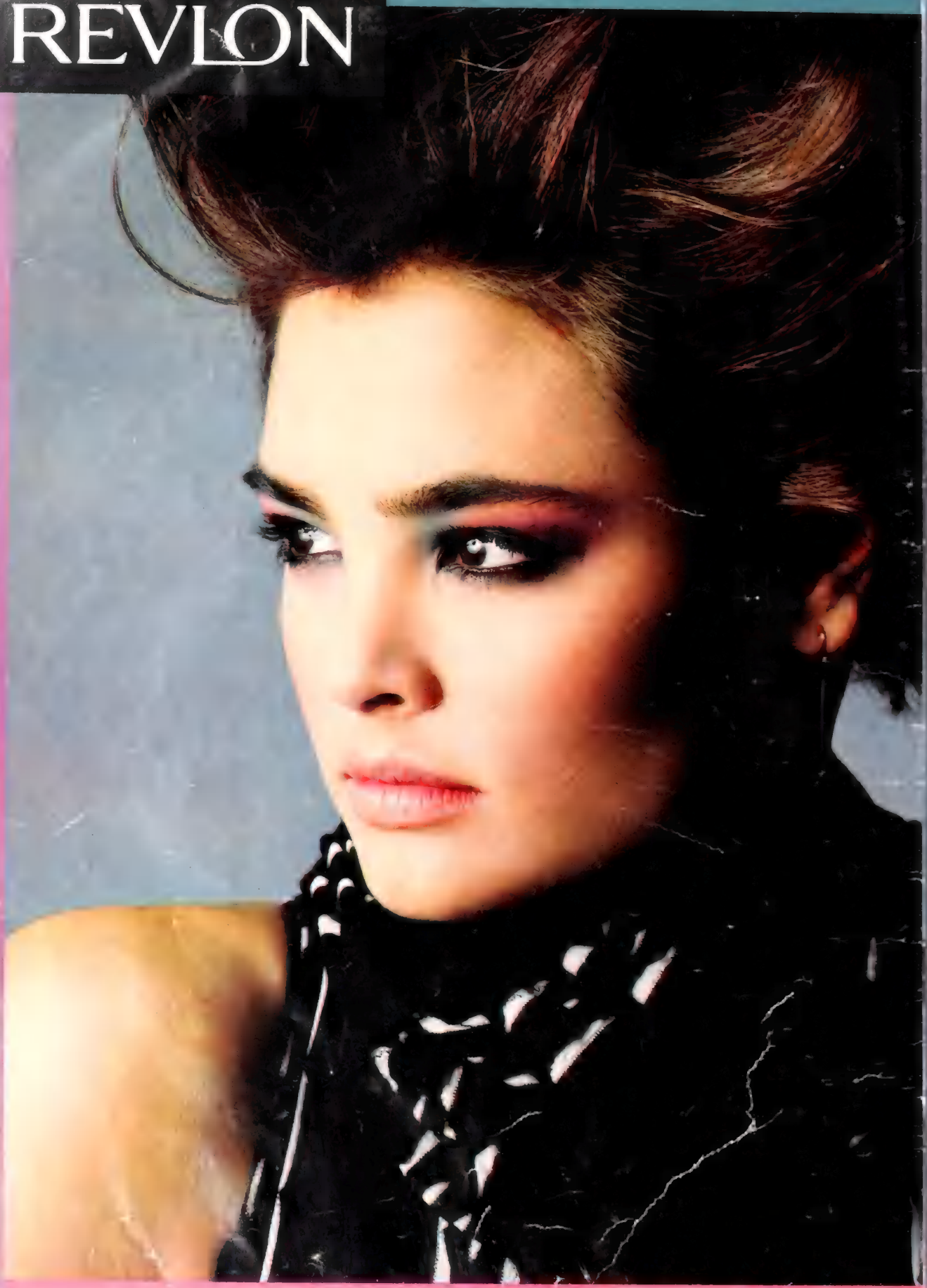
The colors of purple and tangerine, in intensities that range from very dark to fledgling pale. Shades like Civilized Purple, Metro Mango, and City Iris. The fascination here is the color combination. Soaring, unconventional. It's going to make other color combinations seem very earthbound. Don't be scared. It's much more exciting to fly than to walk.

Revloncolor



Revlon. The difference between looking good and looking great.

REVLON



Jewelry by Muehling. Clothes by Anna Sui © 1984 Revlon, Inc.





Skin Balancing Makeup, for 7 out of 10 women,

was formulated to help solve the problem of partly dry, partly oily skin. Skin Balancing eliminates the dry/oily split personality. Puts skin into perfect balance. And leaves it looking great.

Revlon. The difference between looking good and looking great.

Is a dull complexion part of growing older?

It doesn't have to be, if you use Aapri® Apricot Facial Scrub.

Over time, your skin's natural renewal process slows down. And a dulling layer of dead skin cells covers your new, young skin. Fortunately, that's a part of aging you can help reverse, with Aapri.

Aapri is a natural scrub which does more than clean. It gently washes away those dulling skin cells. And frees your fresh, young skin by allowing it to come to the surface.

To keep your skin looking young and free, wash away the years with Aapri.

Aapri Apricot Facial Scrub. Now available in Gentle Formula.



© 1984, Aapri Cosmetics, Inc.

LADIES' HOME

Journal

VOL. CII NO. 3 MARCH 1985

Articles

2 EDITOR'S JOURNAL

17 CAN THIS MARRIAGE BE SAVED?
"I don't want to be a battered wife"
By Jane Marks

22 A WOMAN TODAY
"Why I became a single mother"
By Susan Walker

28 HOW TO TALK AND LISTEN TO YOUR KIDS
By Merton P. Strommen and A. Irene Strommen
Children's top ten fears, plus ways to open up lines of communication.

42 HOW TO BE A SMART SHOPPER
By Carol Krucoff
Get the most for your dollar.

50 THE ANTI-CANCER WEIGHT-LOSS DIET
By Oliver Alabaster, M.D.
A diet designed to keep you thin—and healthy.

147
THE FIGHT AGAINST FEAR
By Greta Walker
THE BATTLE AGAINST THE BLUES
By Ellen Frank, Ph.D., and David Kupfer, M.D.
In this special report, experts discuss the latest research on anxiety and depression, their causes and treatments.



99
THE MEN IN YOUR LIFE
By Clive Enos, Ph.D., and Sondra Forsyth Enos
How 74,000 LHJ readers feel about men, relationships.

58 MONEY NEWS
By Katherine Barrett and Richard Greene

69 MEDINEWS
By Beth Weinhouse
Twenty frequently performed operations; new treatments for infertility; and more.

70 THE GREAT FUN CAMPAIGN
By Mary Barmeyer O'Brien
How one family learned to make room for good times.

76 PSYCHOLOGIST'S JOURNAL
By Sonya Friedman, PhD.

80 WAR TORN!
By Jan Goodwin
She was forced to make the toughest decision a mother could be faced with. Here's part two of a two-part series.

91 NEWS FOR PARENTS
By Mary Mohler
Information about child rearing in the eighties.

102 NICE GUYS FINISH FIRST
By Donna Haupt, Linden Gross and Cliff Jahr
Meet your favorite stars: Paul Newman, Tom Selleck and Alan Alda.



PUMP MORE FUN

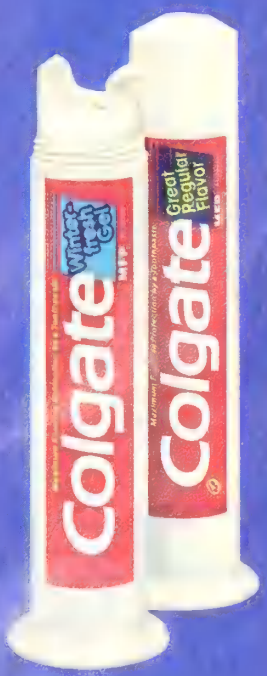


NTO FIGHTING CAVITIES!

INTRODUCING THE COLGATE PUMP

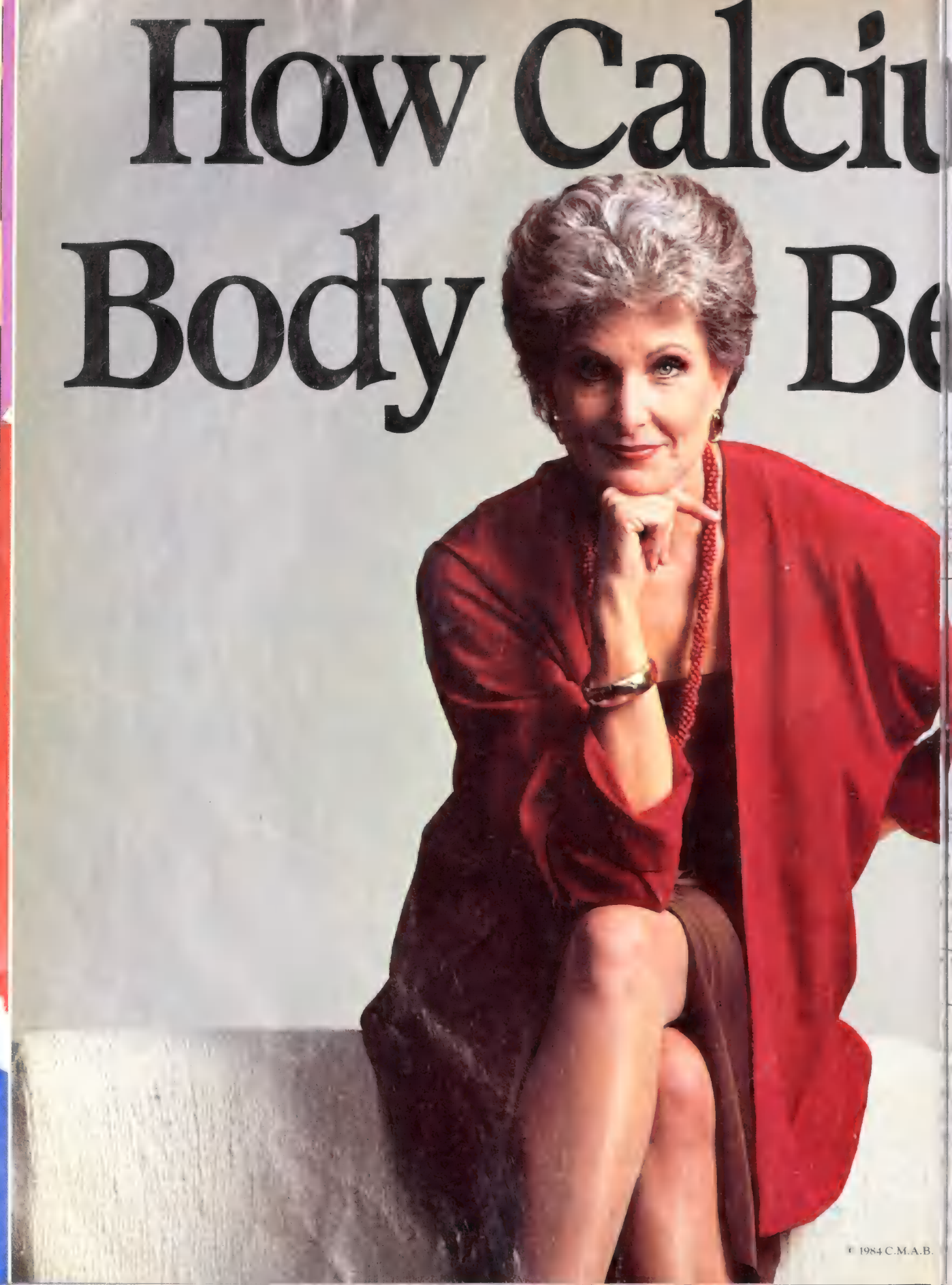
Meet the very neat, new Colgate Pump. Kids love to push the button, and watch the toothpaste come out neat and easy. Moms, of course, love the MFP* fluoride. And everyone loves the great, minty fresh taste of Colgate!

Two great tastes. Maximum Fluoride Protection . . . At Your Fingertips.



"Colgate® with MFP* fluoride has been shown to be an effective dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association
See your dentist, limit sweet snacks, brush regularly with Colgate. © 1984 Colgate-Palmolive Company

How Calciu
Body Be



© 1984 C.M.A.B.

n keeps the utiful.

Your beautiful body is shaped by calcium. ere is no mineral more important for strong nes. Plus it's vital for regulating heart and rve functions. Your body can't make its own cium, so nature provides an excellent supply simply and deliciously—in dairy foods.

FOR NATURAL CALCIUM, GO RIGHT TO THE SOURCE.

Dairy foods are your best source of calcium throughout life. They have more of this bone-building mineral than other foods you normally eat, plus they offer you a variety of ways to meet your daily requirements.

Two glasses of milk and an ounce of eese contain your recommended dietary owance of 800 milligrams of calcium a day. r try another combination of milk, cottage eese and yogurt. Dairy foods provide all kinds wonderful ways to get the calcium you need ch day. And that's beautiful news to any body.

YOU NEED CALCIUM AS MUCH AT FIFTY AS YOU DID AT FIVE.

Your bones may have stopped growing ıt they haven't stopped changing. etween the ages of thirty and forty, you egin to lose some of the bone min- al that keeps them strong. And nce you go through menopause, ou lose even more each day.

The calcium in dairy foods elps you replace that loss. So ave your favorite dairy foods very day, just as you did when you were younger. Because you need as much calcium to maintain those beautiful bones as you needed to build them.



THE CALCIUM IN DAIRY FOODS HELPS KEEP YOU STANDING TALL.

Growing older doesn't have to include a stooped back, fractured hip or loosened teeth. These problems are often signs of osteoporosis—a condition that may result from a lack of calcium over many years until a simple movement like getting out of bed pushes thinning bones to collapse, causing permanent damage.

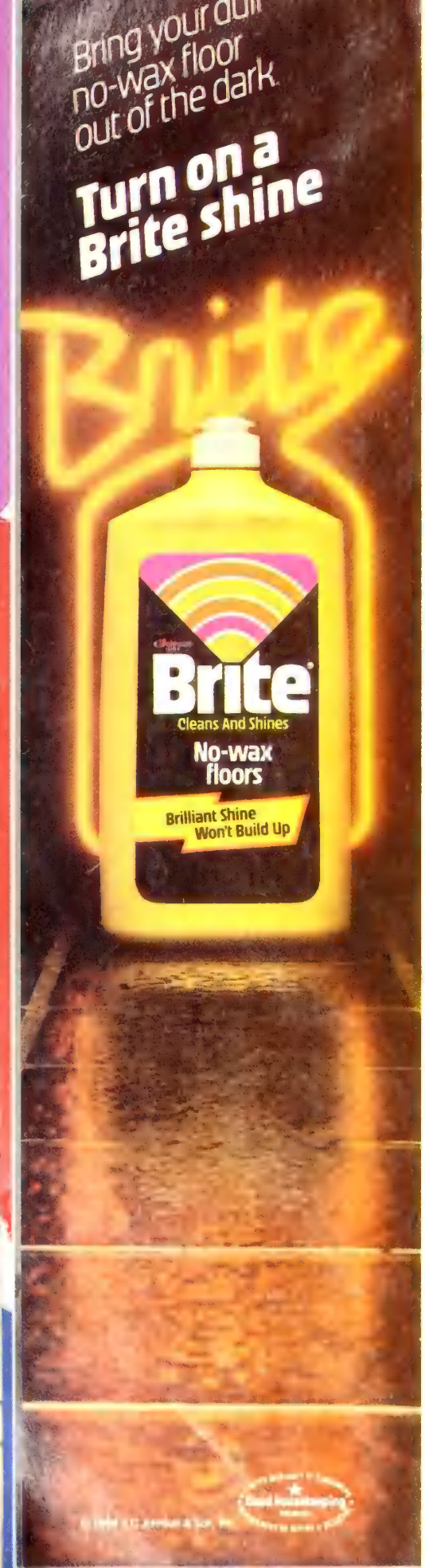
But it's easy to help keep your good posture and winning smile by eating calcium-rich dairy foods like milk, cheese, yogurt, buttermilk, cottage cheese, or ice cream. Dairy foods also give you protein for strength. Vitamins and minerals that help keep you looking and feeling your best.

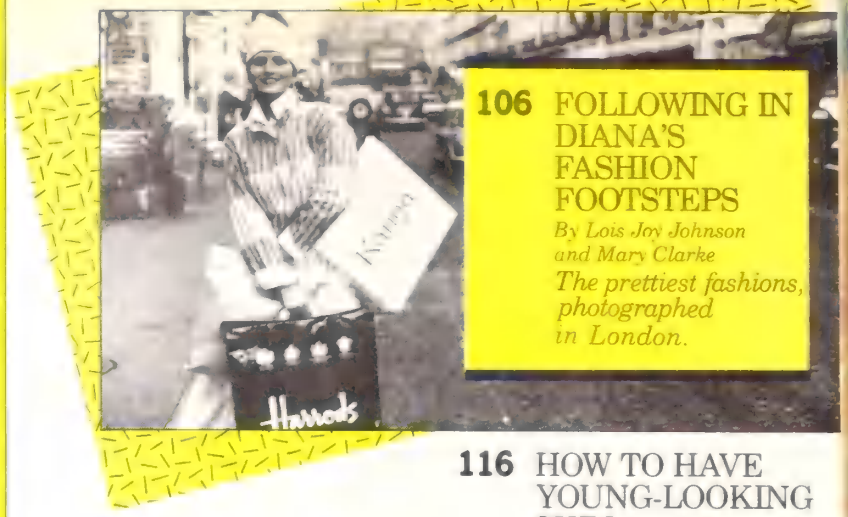
So go ahead. Enjoy naturally delicious dairy foods as part of your balanced diet. You'll be doing your body a beautiful favor.



Dairy Foods. Calcium the way nature intended.™

REAL ® NATIONAL DAIRY BOARD





106 FOLLOWING IN DIANA'S FASHION FOOTSTEPS
By Lois Joy Johnson and Mary Clarke
The prettiest fashions, photographed in London.

110 DIANA NOW
By Beth Weinhouse
The Princess has an adorable new son and a sophisticated new style . . . and we've discovered some of her shopping secrets.

186 LAST LAUGHS
Quips and quotes from all over.

Fiction

36 FAMILY ALBUM
By Danielle Steel
She was a movie star; he was a soldier—part two of the love story that began in Guadalcanal and went all the way to Hollywood.

Good looks

26 BEAUTY JOURNAL
A hair-care primer for looking your best, plus an easy thigh toner, new-product notes.

112 TAKE A CAN OF FRUIT
By Sue B. Huffman
Old reliable recipes get a tasty new twist with favorite canned fruits.

116 HOW TO HAVE YOUNG-LOOKING SKIN
By Susan Duff
Techniques that work—from top dermatologists and researchers.

Food

34 EASY AS 1-2-3
By Jan Turner Hazard
A super burger supper.

62 THE FINE ART OF DESSERTS
A community cookbook of tempting meal finales from the Winterthur Museum and Gardens.

104 STOP FOR BREAKFAST
By Jane and Michael Stern
Specialties from America's inns and eateries.

124 LET'S TALK TURKEY
The noble bird isn't just for Thanksgiving.

142 RECIPE INDEX

At home

120 PAINT PLUS IMAGINATION
By Marilyn Diane Glass
An unbeatable formula for a design scheme.



Cover photo of Paul Newman by Steve Calhoun. Inset photos: Alan Alda by Steve Schapiro / Sygma. Tom Selleck by D. Fineman / Sygma. Princess Diana by Tim Graham.

Who makes the moistest, tastiest chicken ever? Best Foods, Lipton and you.

Now you can bake up an exciting, new chicken dish that promises a delicious surprise in every bite. Lipton® Onion Soup makes the crispiest onion coating. Best Foods® keeps the inside juicy and tender. Together, they make the tastiest chicken ever. It's so easy, why not ask Best Foods and Lipton to dinner tonight?



Moist 'n Crispy Onion Chicken

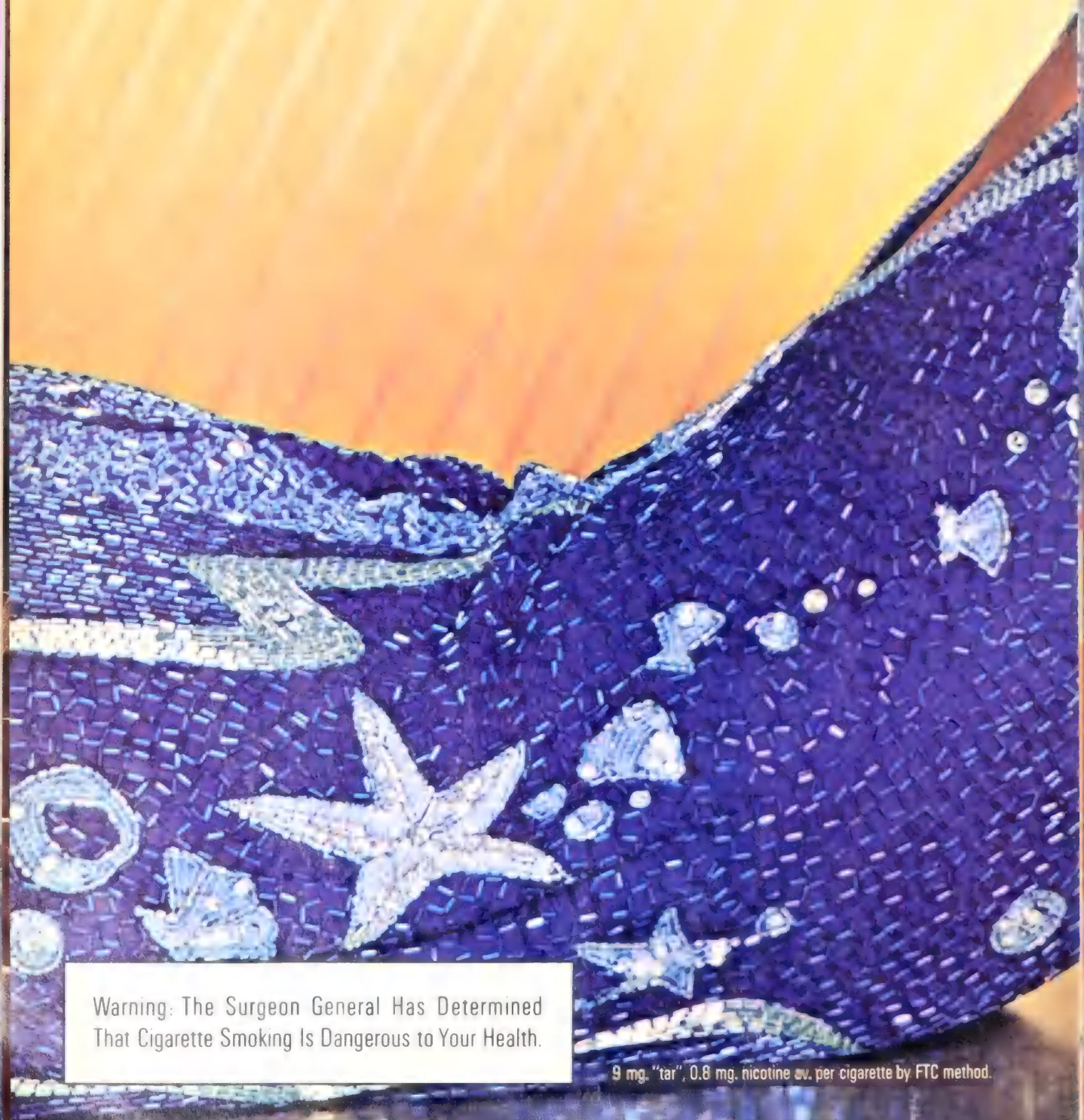
1 envelope LIPTON® Onion Recipe Soup Mix
3/4 cup fine dry bread crumbs
1 (2 1/2 to 3 1/2 lb) broiler-fryer chicken, cut in parts
1/2 cup BEST FOODS® Real Mayonnaise

Place Onion Soup Mix and bread crumbs in large plastic food bag and shake to blend. Brush chicken on all sides with Mayonnaise. Place one piece of chicken in bag at a time; close tightly and shake till coated. Place chicken on rack in broiler pan. Bake in 400°F oven 40 to 45 min. or until golden brown and tender. Serves 4.

For extra oniony chicken: Use 2 envelopes of Lipton Onion Soup Mix and reduce bread crumbs to 1/3 cup. Proceed as above.

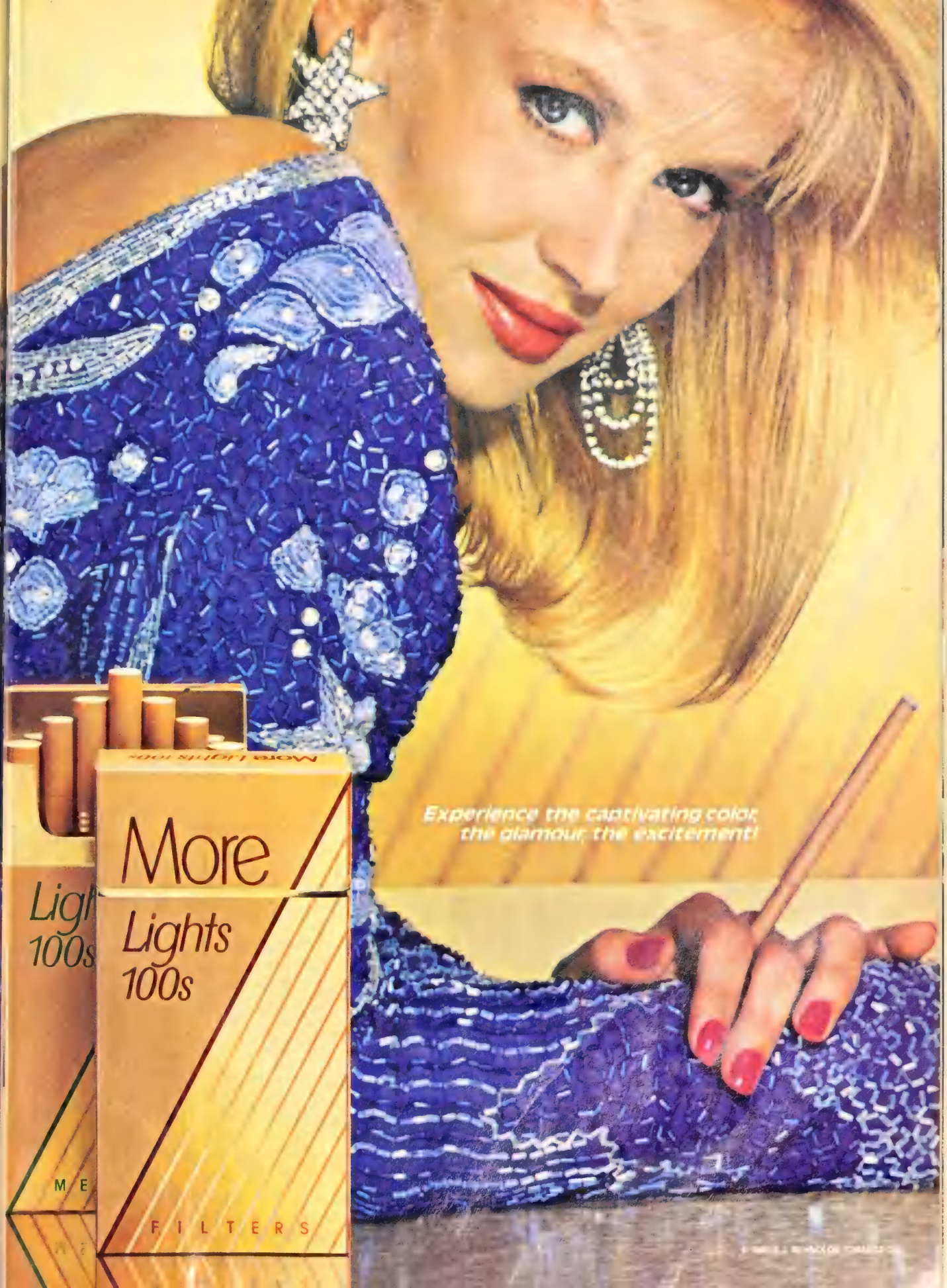
© Thomas J. Lipton, Inc. 1985
© 1985 Best Foods CPC International Inc.

GET READY FOR MORE LIGHTS 100s!



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.


Experience the captivating color,
the glamour, the excitement!
More
Lights
100s
FILTERS









Express yourself.

Introducing Safari from GMC. It's the van that's new-size outside, you-size inside. Its personality is your personality!

Safari's roomy interior lets you carry eight passengers (with optional seating) or up to 151.8 cu ft of cargo. Even tow up to 5,000 lbs, properly equipped. So Safari's always ready to go fish with you. Antique with you. Whatever you want to do, our new van will eagerly do, too. And Safari's sleek new size lets you slip easily through traffic or slide into a parking space, garage or car wash.

And because Safari's a GMC, it offers all the luxurious options you expect from the folks who specialize in trucks you can live with. So you can dress up your Safari with plush interiors. Power windows and door locks. Air conditioning units for front and rear passengers. Add the powerful Vortec engine, the biggest V-6 available in a van.



Express yourself in a Safari from GMC. It's new. It's you. With more uses, more comfort, more fun than any new-size van yet. Look up your nearest GMC dealer in the Yellow Pages, under "Trucks." Then buckle up and head for a look at Safari. See how fast you'll say, "This GMC is me!"

Vans shown with customized paint and wheels not available from GM.

GMC

A truck you can live with.

GM

By Jane Marks

"I don't want to be a battered wife"

Greg was affectionate—until something snapped. What happens when an abused wife refuses to go on pretending?



This case is based on information from the files of Canarsie Mental Health Clinic, a division of Brooklyn Psychiatric Centers, in Brooklyn, New York, a nonprofit organization funded by voluntary contribu-tions. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was Esther Rosenthal, M.S.W., A.C.S.W.

Lisa's turn

"I don't want you to think that Greg is a terrible person," said Lisa, a pretty, intense-looking woman of twenty-eight, with thick dark curls and pale skin. "Maybe there's something I do or fail to do that really triggers his anger.

"I guess I've always let people down. Even as a child I remember so clearly trying to make my parents happy, but I always seemed to mess up, even when it came to little things like having good table manners or cleaning up my room. If one toy was out of place in my room, my father would pick it up, throw it against the wall and scream at me. Sometimes Mom and I would have to lock ourselves in the bathroom until his temper subsided. Mother was always crying . . . and I was always trying to calm her down, but I never seemed to be able to help her. My father finally left home when I was twelve, but even then, life was grim. Mother was so depressed, all she could do was lie in bed, watch TV and drink. I shouldered most of the household chores, and I suppose I became something of a recluse. With all the work there was to do around the house, I had precious little time for friends. I dated a few boys in high school and after graduation, but nobody special.

"That's why I was very ripe—if not *starved*—for affection by the time I met Greg. I'll always remember the day, because it was my twenty-first birthday. Greg was a research analyst who had come for a meeting at the Board of Health office where I worked as a receptionist. We chatted awhile, and I was attracted to this very sensitive-looking man. When he asked me out, of course I said yes immediately.

"Greg was very affectionate. We went out every night and fell so crazily in love that we decided to get married just three weeks later. I can't even describe how wonderful it was to be Greg's wife. We spent every spare moment snuggled up together, very, very close—hugging and kissing. Not that there wasn't a dark side . . . like the time he was on his way to work and I ruffled up his hair when I hugged him. Greg smacked me—hard. I was shocked. But he quickly put his arm around me and kissed me. 'Look, I'm sorry,' he said. 'But don't do that again. Don't fool with my hair, okay?' I felt shaky and terrible for making him angry, but I tried to forget about it. I wasn't supposed to stay upset with my husband.

"Greg wanted to have a family right away, which made me very happy. How tenderly he held me when I told him I was pregnant! Life seemed perfect then. And it was, except when I did some little thing that provoked him. He would give me a shove or a smack on the back. Greg never stayed angry; and I wasn't supposed to, either. I had to pretend to recover a lot faster than I actually did, or he'd get upset.

"By the time our little girl, Betsy, was four months old and sleeping through the night, I became pregnant with Jamie—we wanted the children to be close in age so they could play together. Greg adored both kids. He was always taking pictures of them, and he'd whip out those snapshots and show them to people at the slightest excuse. One night he said, 'Let's have another Superbaby,' and I couldn't resist. But as our life grew more complicated, the hitting incidents became more frequent. By the time I was six months pregnant with Randy, Greg would strike me every few days. The trouble was, the harder I worked at trying to figure out and eliminate whatever was irritating Greg, the worse it seemed to get.



"Lately I spend a lot of time wondering: Am *I* falling down on the job, or is Greg being unrealistic? I do my best, but still he finds fault with me or the children. If they are shy, fearful or frustrated—as all kids are at times—he worries that they won't be popular. Betsy is five now, and when she started kindergarten, Greg was concerned that the kids wouldn't like her, which I find really absurd. But he doesn't listen when I try to assure him that things are okay.

"Yet those worries are nothing compared with his totally misplaced jealousy. Greg has absolutely no reason to be jealous, but one night he arrived home just when the new pastor dropped by to introduce himself. Greg walked in, and his face contorted with anger. What now? I wondered. As soon as the young pastor left, Greg grabbed me by the hair and said, 'In another second, you'd have been on his lap.' Then he slapped me hard and sent me spinning across the room. Did he really think I was flirting with the minister?

"That night I slept in the extra twin bed in Betsy's room. Greg kept pounding on the door, begging me to forgive him, but I just stayed where I was. My little Betsy actually climbed out of her bed and gave me her stuffed bunny to help me fall asleep. *(continued)*



CAN THIS MARRIAGE BE SAVED? "Sure I have a short fuse, but Lisa should know how much I truly love her."



continued

"The next morning, Greg was sitting at the kitchen table with his clothes all rumpled. I guess he had fallen asleep in his suit. He tried to be nice. I was seething inside, but I still knew better than to make an issue of his behavior.

"In truth, though, I'm worn out both physically and emotionally. I know I should be more forgiving, but it's gotten harder for me to turn around and say, 'Oh, it was nothing, honey.' At this point, there is so much tension between us that when we make love, I just lie there like a zombie.

"I probably wouldn't even have come for help if Betsy hadn't been playing with my makeup last week. She took some dark gray eyeshadow and put it all over her cheeks. When I asked her why, she said, 'I'm the mommy after the daddy's hit me.' I thought then about all the pain I suffered during my own childhood, and I realized I had to stop covering up—for everybody's sake."

Greg's turn

"I know I have a short fuse," said Greg, a tall, thin, freckled man of thirty-four, with sad gray eyes. "But Lisa should remember how much I truly love her.

"I wouldn't hit her, though, if she didn't provoke me. And I do think she should learn to forgive me, be done with it and not hold a grudge for as long as she does. Am I that bad a guy? My father used to hit my mother—and me—sometimes. He was a very loving man, but that's what he did when he was sore about something. It really wasn't such a big deal. I mean—it wasn't as if I thought there are those who love and those who hit. In my life, those who loved *did* hit when the situation at hand called for it.

"I fell in love with Lisa the day I first saw her. I was captivated. There was something about her—something so womanly. I never thought she could love a lonesome misfit like me.

"Lisa and I went out that same night; and it was a very passionate evening. We clung to each other, and I think by the end of our second date we were naming our children. Though it must have seemed presumptuous, I was ready to make a commitment to her. I had always been such a lonely kid. My mom died when I was ten. After that I was always the outsider at school. I wanted to make close friends, but I didn't know how. But with Lisa, I began to feel wanted, and very important.

"Within weeks we were married; and we were so in love. Did I hit her back then? Only after real provocation. I guess there was a time or two, but she's the first to admit that she deserved it . . . after she'd messed up my hair, for example. She knew I had a meeting with my division supervisor that morning, and I was already late.

"We wanted a family right away. Betsy, our first baby, was an angel. And we knew we wanted more. Each birth was more special than the previous one.

"But the problem was, too often, I'd see the *reality* of our life and feel swamped. It was—is—chaotic: kids ripping apart the house, making a constant racket. I could see what a strain it was for Lisa, what with all the runny noses, coughs and dirty diapers. Then, as the kids grew older, I became very anxious—and a little frightened. The problems and the possibilities for disaster are so real. I worry about things going wrong.

"I know Lisa does a good job with the children. But if I see she's tense or tired or annoyed, I feel guilty that I'm messing up her life. It drives me nuts to see her unhappy. That's when I might give her a shove. I figure, if she's unhappy, if she's going to leave me, then I'll give her reason to. Once I came home and saw this guy in the living room—a real handsome guy—and I felt as if someone had punched me in the stomach. Lisa introduced him as the new minister, but minister or not, I saw the way he looked at her legs. Had she been coming on to him? Did she think he was better-looking than I am?

"Lisa's my whole life. I honestly don't know why she can't be more understanding. I don't want my kids to be the sad little oddballs that nobody plays with. And I don't want my wife to be dissatisfied. I just want everybody to be happy. Is that so bad?"

The counselor's turn

"It was clear," said the counselor, "that both Lisa and Greg felt desperately responsible for each other's happiness, and inadequate for not being able to maintain it. Given their backgrounds, it is not all that surprising that Greg resorted to physical abuse to express his panic at the thought of losing Lisa . . . and not surprising that Lisa felt she had to take it. Nevertheless, I told them firmly during the first session that there was to be no more violence. They could be annoyed with each other and they could argue; but there wa nothing Lisa could ever say or do tha would justify Greg's hitting, slappin or shoving her.

"This was actually news to Greg, wh in fact said, 'Well, when *is* it okay to h your wife?' Because his otherwise kin father had hit his mother regularly an without remorse, he honestly believe that some physical force was acceptabl and not uncommon in marriage.

"For her part, Lisa had so little sel esteem that she allowed herself to b abused—physically and emotionally- to please her husband. Though it mad her increasingly depressed to do so, sh would hide her true feelings simply t placate Greg. They had merged s wholeheartedly at the outset of thei marriage that they had almost forgo ten they were separate people. One o our first goals was to show both Gre and Lisa that they needed to step bac and allow each other to experience hi or her own pain, fatigue and worr *without* feeling pressed to correct it. told Lisa emphatically that she had right to her anger and her sadness- even if that made life temporarily ur comfortable for Greg.

"During one session, Lisa remem bered in a rush of tears how deepl responsible she had felt for cheering u her depressed mother. This realizatio was cathartic and very constructive. I was essential for Lisa to recognize tha this was a fairly easy trap for her to fal into, too, with her own daughter.

"Lisa also had to stop equating Greg occasional silences with outright rejec tion. Though it was understandable tha she should do this—after all, both he parents had abandoned her—such thinking only made her frantic an further escalated the tension betwee them. Unfortunately, violence was no alien to Lisa, either. However, she com pounded her problem by trying desper ately to submerge her own feelings an concentrate on meeting other people's ex pectations, no matter how unrealistic.

"I suggested instead that she begi to recognize her inner signals an cultivate her own interests. This wa an entirely new concept for Lisa, bu she took it to heart. One afternoon she arrived flushed and exhilarated with the news that she had just enrolled in a modern-dance course, taught at the lo cal high school—something she had al ways yearned to try.

"Greg, so long haunted by the fan tasy that his mother, in *(continued)*



"I used to have everything to lose. Now I have everything to gain."

I look better.
I feel better.
I'm more alert, more energetic.
I have a new confidence that comes from doing something good for myself.
I lost the weight I wanted to without drugs, crash diets, or special foods.
And I've gained the knowledge and support I need to keep up the good work.
I was looking for a healthy way to lose weight.
Now that I've found it, I know it will stay with me for the rest of my life.

DIET CENTER®

Lose weight
without losing your mind.

Call the Weight Loss Professionals for your first free consultation. Look under "Diet" in the white pages of your phone book.
1900 locations.



dying, had rejected him, projected this fear of abandonment onto Lisa. He grew unrealistically concerned that she, too, would leave him.

"After a few sessions, Greg was able to see that in many instances his own insecurities triggered anxieties that were totally unrelated to the situation. His violent reaction to the incident with the young minister, for instance, was a response that was quite inappropriate. To avoid such panics, I suggested that he try to monitor his anxiety when it came up, and to consciously calm himself down, either with deep-breathing techniques—that is, by taking deep abdominal breaths, holding them for a count of four, then slowly releasing them—or, if necessary, by leaving the room until he felt much calmer.

"Though Greg and Lisa's relationship had begun in a very physical way—the cuddling and clinging interspersed with violence—there had never been much honest communication between them, except in seeking and giving I'll-always-love-you reassurances. As their life became more complicated, the tension and the abuse increased. When Greg grabbed Lisa and hit her in front of the children, he was trying to tell her, in a very inappropriate way, that he needed her and could never give her up. In therapy, this couple learned to verbalize their feelings, with surprisingly good results. They learned to ask each other 'How was your day?' in a truly interested, receptive fashion instead of in a defensive or nervous tell-me-you're-happy-or-I'll-panic-and-feel-like-a-failure way.

"Greg also came to realize that he was projecting his own fear of failure onto his children. Once he could acknowledge that his worrying about their sociability came from his own sense of inadequacy during a lonely childhood, he began to short-circuit his erroneous belief that Betsy, Jamie and Randy had to be perfect. When he finally relaxed and stopped constantly judging his children, Greg became more tolerant of their vulnerabilities, less threatened and much warmer. The tension at home then began to ease.

"Many months have passed since Greg has hit Lisa, and this has rekindled Lisa's sexual feelings for her husband.

"They have worked very hard in therapy and still come to see me now and then if either one feels the need to talk. They have, however, succeeded in ridding themselves and their marriage of the desperation that allows one partner to resort to violence and the other to silently accept it." **End**





Maidenform
Sweet Nothings.
Sensual!
Sensational!
Spirited!

A new world of sexy shapes and feel like something Sweet Nothings by Maidenform. I love my choice of colors. And when I feel that satin and lace around my body, I know again that sweet dreams begin with Sweet Nothings.





front-close bras from $10.50. Bikini $7. Camisole and pant $14 each. from the Sweet Nothings Collection. Prices are suggested retail. prices higher in Canada. All "Antron" III nylon. Lace: all nylon. exclusive of decoration. ANTRON III DuPont Registered Trademark. clothes by Adrianne Vittadini.

The Maidenform Woman
Dares to Dream.

By Susan Walker

"Why I became a single mother"

I thought the people in my community would shun me for having a child on my own, but I had underestimated them.

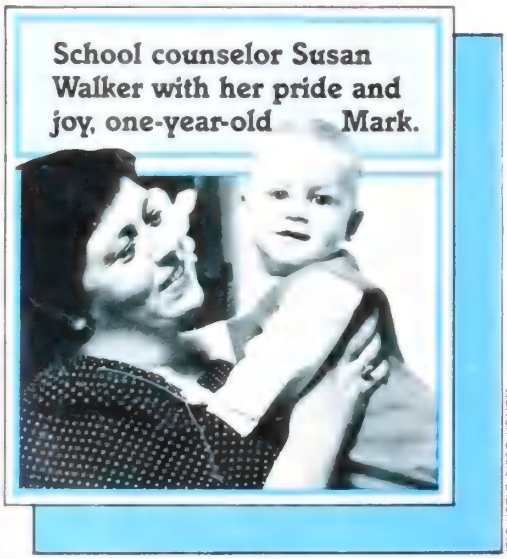
As I sit here in the nursery looking at my sleeping son, I see a living miracle. Like so many women, I'd wanted a baby for years, and now at thirty-seven, I finally have my dream come true. Yet Mark, while perfect in every possible way, is different from most other babies—different and very special—because I chose to bring him into the world alone. I will never know the father of my child.

My story begins in 1975 when, as a single working woman, I first decided to adopt a child. A private agency accepted my application but later turned it down because I did not have enough money. They required more savings from me than they would ask of a couple, because if something happened to me there would be no second breadwinner to provide for my child. I next applied to the local department of social services, and in 1978, after a year of extensive research, their case study was completed. I was finally on the list of parents-to-be—despite some county review boards' unofficial objections to my single status—but the only children offered to me were either severely handicapped or already teenagers. As a school counselor, I know that the teenage years are troublesome, and I didn't feel that I would have enough time to establish a sufficiently good rapport with an older child to carry us through that difficult period. And as a single wage-earner, I felt my financial resources would be too limited to take care of a disabled child.

The next step was to try adoption overseas. To my dismay, this also failed. Most other countries require that their children be adopted only by couples. Another idea—to get assistance from physicians who might know of unwed mothers willing to give up their children for adoption—was explored. But there were more couples waiting to adopt children than there were children available. They certainly had priority; so another door was closed.

Finally, in 1981, after I had tried for six long years to adopt a baby, one doctor looked me straight in the eye and said, "If you want a child, you'd better have it yourself!" He then described to me the technique of artificial insemination.

I was stunned. It had never occurred to me to have my own child. I am a deeply religious person and would never consider having sex with a man out of wedlock. But this new method involved no intimate contact. At first I was apprehensive. Yet, the more I thought about it, the more enthusiastic I became.



School counselor Susan Walker with her pride and joy, one-year-old Mark.

Warren Uzzle/Black Star

Then I thought back on my life up to that point, reflecting on how I had come to be so desperate for a child that I would consider this controversial method of conception. As an only child, my goal had been to have six children when I grew up. In high school and college I had dated, but I never seemed to find anyone who was just right for me. My mother always told me I was too particular. Maybe I was—I don't know. I do know that I never met anyone I wanted to make a lifelong commitment to.

After college I taught for eight years in a local elementary school, before becoming a counselor. Time rolled by. Then my father, a Baptist minister, died when I was thirty-one. He had encouraged me to adopt a child, and now his absence made me feel more deeply than ever that despite the company of my mother and large numbers of aunts, uncles, cousins, a grandmother and many wonderful friends, my life was very empty without a family of my own.

I began to pray daily for guidance and to gingerly test the idea of single motherhood with close friends and my own mother. Frankly, I had already pegged the friends and co-workers I felt would object or disapprove. I was steeling myself for a fight, especially at school. As an elementary-school counselor, I felt that I needed the approval of my superiors. When I did finally mention the subject, they explored the pros and cons with me and to my complete astonishment backed my decision totally. I soon realized that the love and support of those who mattered most in my life were there in abundance for me, and that the Lord must want me to have this child.

Armed with my basic conviction and the ardent support of my close friends and relatives, I went back to the physician who had originally suggested artificial insemination. Was he surprised to see me! He had probably believed I would never be brave enough to follow his suggestion. Nevertheless, he agreed to accept me as a patient.

After monitoring my temperature for three months to determine my period of ovulation, I received an injection of frozen sperm. But two attempts at three hundred dollars each were *(continued)*



Bravo!
A standing ovation for a great pair of L'eggs.

All L'eggs. All styles. For all occasions. Three cheers for the smashing way they make you feel. Like the Rockettes, you'll love the applause, 'cause ***Nothing Beats A Great Pair of L'eggs.***®

©L'eggs Products, Inc. 1985. Garments slightly altered to meet special requirements of Rockettes wardrobe. ®L'eggs® is the registered trademark of Consolidated Foods Corporation.

"With eight brothers and sisters, birthdays used to be a problem." Now I send the Birthday Party® Bouquet from my FTD® Florist. It's more than a gift, it's a celebration.



Merlin Olsen

Send your thoughts with special care.™

® Registered trademark of Florists' Transworld Delivery Association

A WOMAN TODAY

continued

unsuccessful, and my physician, after doing some tests, told me my fallopian tubes were blocked. When I suggested the tests be done again (a technician had told me I might only be having tubal spasms), the doctor curtly told me that if I wanted to challenge his opinion, he would treat me no longer. I left his office in tears, resolutely determined to seek help elsewhere. Another physician referred me to a popular fertility clinic one hundred miles away, where I managed to schedule an appointment.

Finally, the long-awaited appointment at the fertility clinic in Greenville came. The clinic's physician objected in theory to single motherhood, but he was curious to know what could motivate a single woman to opt for pregnancy. A friendly debate ensued. In the years to come, I told him, I would not find it difficult to explain to my child that "I wanted you very badly and so chose artificial insemination as the only morally acceptable way to have you."

After a long discussion, the doctor accepted my reasoning and agreed to begin the insemination process.

I began going to the fertility clinic every month. More tests showed that my tubes were not blocked after all. My only knowledge of the carefully screened donor was that he was a medical student. At one point, I begged my doctor for more information, but he pointed out that giving up any right to knowledge of the donor was one of the conditions I had agreed to accept in order to have my child.

Month after month, I took time off from work and made the long trip there and back alone. After almost a year, I became discouraged. More fertility tests showed no reason why I should not become pregnant. Yet we had no success.

During summer vacation, the day for my monthly trek to the clinic came. This time, because I was visiting away from home, it would be a five-hour trip each way. At first I almost didn't go, but out of habit, or perhaps inner faith, I went anyway, leaving before dawn. Not even the beautiful sunrise lifted my spirits. There was little hope that this would be the magic trip.

After the insemination I began to count the days in my cycle, as I always did. But this time, the date for my period went by, and the magic number of forty-two days arrived. I hurriedly called the physician. He, too, was excited and made arrangements for a blood test. When the results came back positive, I shouted for joy. I was finally on my way to becoming a mother.

I immediately called a florist and asked to have two long-stemmed red roses delivered to my mother, one from me and one from the new life within me.

There was one more hurdle. At sixteen weeks, I went to a clinic in Chapel Hill for an amniocentesis. I would be thirty-seven when my baby was born and I wanted to be sure that nothing was genetically wrong. Another four weeks dragged by as I waited for the results. The week before Christmas, the clinic called and said, "You are expecting a perfect little boy!"

From then on, my pregnancy went beautifully, and I treasured every minute of it. My friends were wonderful. I was the guest of honor at four baby showers and people were constantly telling me how very courageous they thought I was. I didn't feel courageous at all—simply lucky.

On April 24, 1984, Mark James was born by a caesarean section. Although his heartbeat was strong, he was not responding to the nonstress test; so my doctor decided not to take any chances with what he called a premium child.

As soon as I was awake—I had chosen a general anesthetic over a spinal—I was taken from the recovery room to the nursery to touch, feel and kiss my dream come true. I knew I wanted a child, but I never could have imagined the joy of seeing and holding my own son. There were times in the hospital when I just couldn't believe he was real and my very own. Would they really let me take him home and keep him? I found myself wondering. But of course, they did. He was my son, and I was his mother.

Mark and I spent a glorious summer at home together, and when I returned to school in the fall, I had found Mary, a wonderful babysitter who keeps Mark at her house while I work.

Today, as I rock my son in my arms, I'm not foolish enough to believe that everyone will accept my decision. Nor do I believe that Mark and I won't go through some shaky times without a father. But already I see signs of a strong character in Mark, and I'm hopeful that if he can accept what I tell him, he won't care what other people think. I'm also counting on God's help, and all the love I have for Mark, to carry us through whatever the future may have in store.

There are many single women who want a child. I can't say what's best for each woman—I can only say that I know I made the right decision for myself. In fact, I'm seriously considering having another baby this year. I think Mark would make a wonderful older brother, and having given birth to one child, I know now without a doubt that I have enough love for two. **End**


I love only one man. I wear only one fragrance.
Emeraude by Coty

Beauty Journal

Hair and now news to put the shine back in your style; new-product roundup; get-set-for-spring stretch



How to keep your hair looking its best

Winter weather can be especially hard on hair, turning it dull and dry. But if you've been compensating by stepping up conditioning treatments and using a richer shampoo, you might be trading one set of problems for another. Residues of hair-care products can cling to your hair, making it look limp and greasy. Permed hair may become less curly or colored hair look dull even when it's just been washed. To find out how to keep hair clean *and* looking its best, we interviewed David W. Cannell, Ph.D., vice-president of research and development at Redken Laboratories.

Product buildup

Obviously, overusing shampoo or conditioner can dull hair. Too much of a good thing is *not* wonderful.

- When it comes to conditioners, note that creamy ones tend to leave more residue than clear.
- Use shampoo and conditioner made by the same manufacturer. They're designed to work together, with less chance of product buildup.
- To strip hair of buildup, after shampooing, try this rinse twice a month: 1 quart warm water, 6 ounces witch hazel, 4 ounces lemon juice or vinegar. Or add 1 teaspoon baking soda to a dollop of your shampoo twice a month to make it more alkaline and cut buildup.
- Don't overuse mousses, gels and sprays. They contain alcohol, which can dehydrate your hair.

Quick guide to conditioners

Instant conditioners, also known as "finishing" or "creme" rinses, coat hair shaft, adding shine and easing postshampoo combing.

Deep conditioners must be left on hair for up to thirty minutes. (Cannell suggests wrapping hair in a towel or wearing a shower cap. This holds in body heat, allowing ingredients to penetrate faster.) Use only once or twice a month.

Oil-free or low-pH conditioners are best for colored or permed hair as they help overporous hair.

Other tips for shiny hair

Don't finish shampooing with a final cold-water rinse. The abrupt drop in temperature will cause many ingredients in the shampoo to congeal or "sit" on hair surface, causing more buildup.

Be careful when using hot rollers or curling wands. The high temperatures can "bake" ingredients into hair. Look for styling preparations specifically made for use with thermal setting appliances.

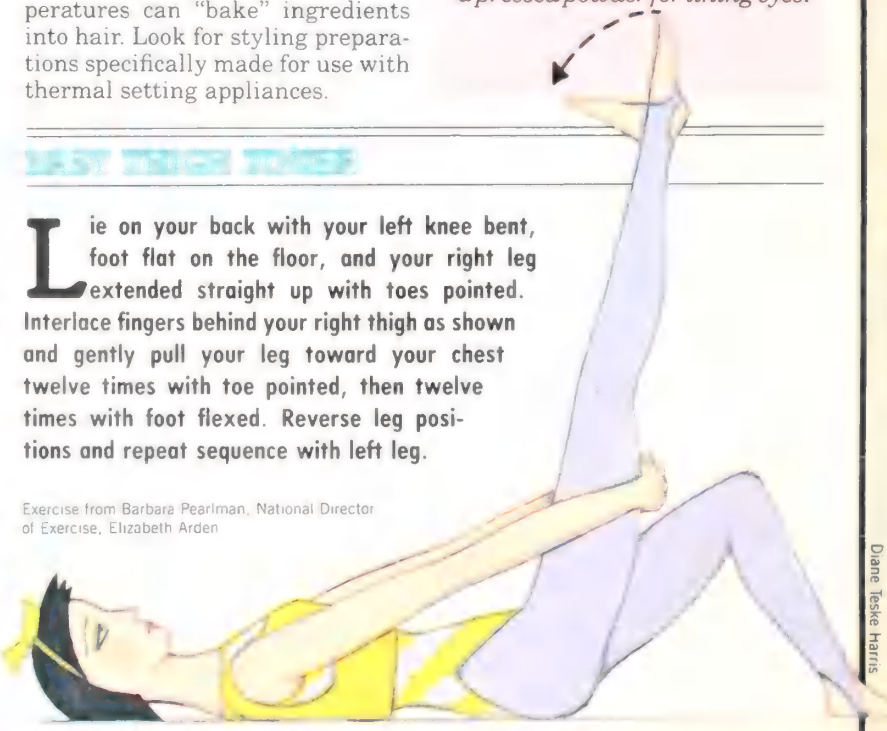
Beauty newsflash

- *Keeping lips in line: Flame Glow's new Shape and Hold Lip Liner Duos outline and smoothly accent lips with a creamy formula that helps control lipstick bleeding and feathering. Each pencil offers two color-coordinated shades.*
- *Nail note: The new two-in-one Touchstone Nail/Cuticle Groomer by Revlon will add a professional touch to your at-home manicures. One end pushes back cuticles, the other smooths rough nail edges.*
- *On the clean scene: Olay Beauty Cleanser "lifts" away dirt from skin so it can be rinsed off. The glycerine formulation won't leave residue.*
- *Your eyes only: Aziza's new Eye Tech Shadow/Liner Kits contain three color-keyed All Day Performing Eyecolors plus a pressed powder for lining eyes.*

Easy thigh toner

Lie on your back with your left knee bent, foot flat on the floor, and your right leg extended straight up with toes pointed. Interlace fingers behind your right thigh as shown and gently pull your leg toward your chest twelve times with toe pointed, then twelve times with foot flexed. Reverse leg positions and repeat sequence with left leg.

Exercise from Barbara Pearlman, National Director of Exercise, Elizabeth Arden



Diane Teske Harris

TRY TONE ONCE AND YOU'LL SAY "BYE, BYE DRY"



Let's face it. Most soaps can leave your skin feeling dry. That's why so many people are giving Tone Skin Care Bar a try. Tone has both glycerine—to attract moisture, and cocoa butter—to help retain it. Try Tone, and help your skin feel soft, beautiful and younger.



T O N E

How to talk and listen to your kids

A special study by the Search Institute of Minneapolis found that adolescents worry about very specific things and really need to talk with their parents. Here's how you can help your youngsters open up.

By Merton P. Strommen and A. Irene Strommen

Family closeness actually fortifies children with an inner resistance to the problems of life. In the Adolescent-Parent Study, which we conducted in 1983 at the Search Institute in Minneapolis, we polled more than 8,000 children and 10,000 parents and found that adolescents in a close family unit are the ones most likely to say no to drug use, premature sexual activity and other antisocial and alienating behavior. They are also the ones most likely to adopt high moral standards, develop the ability to make and keep friends, embrace a religious faith and involve themselves in activities that help others.

From our study, it became evident that families grew close through good communication—a goal many teens and their parents say they want to achieve. When 2,000 young people completed a statement that began "I wish . . . " an oft-repeated response was: "I wish I could talk to my folks about some of my problems." And when 2,000 parents completed the same statement, a frequent response was: "I wish I could talk with my teenager about the things troubling him." *(continued)*

From the book FIVE CRIES OF PARENTS. Copyright © 1985 by Merton P. Strommen and A. Irene Strommen. Reprinted by permission of Harper & Row, Publishers, Inc.



Tom Arma

Now dip into three *New* Granola Dipps.



Now you can dip, dip, dip into three new chewy wholesome granola bars dipped in real milk chocolate.

30¢ OFF any new flavor of Granola Dipps bars.™



7230 MO5

RETAILER: Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted from your retail customers in accordance with our redemption policy (copy available on request) and on the purchase of product(s) specified. Only retailers and Quaker authorized clearing houses send to: The Quaker Oats Company, 815 Commerce Drive, Oak Brook, IL 60521. **LIMIT ONE COUPON PER TRANSACTION.** Void if transferred, assigned, copied, taxed, licensed, or where prohibited. Good only in U.S.A., A.P.O.s, F.P.O.s. Cash value .001¢.

MO5 7230

MANUFACTURER'S COUPON
EXPIRES JUNE 30, 1985

30¢

QUAKER™

©1985 The Quaker Oats Company

© 1985 Chesebrough-Ponds Inc



HOW TO TALK TO KIDS
continued

Fortunately, some families have succeeded in establishing meaningful communication—thus common understandings—on difficult subjects. For example, about one third of the adolescents in our study say they have had good talks with their parents about sex. But this figure is well below the number of youths we polled who wish they could discuss this and other troubling issues with their parents (for example, "deciding what to do with my life," "how to handle my feelings"). Boys want these conversations as much as girls do. And even more than the children, parents wish they could have such talks. In fact, 60 percent say they "definitely would like to talk more" with their children about worries, hopes and dreams.

Changing your relationship

A teenager needs to mature, to become more independent, to develop a broader social network of confidants. But this process does not require breaking off communication with one's parents. In fact, our study showed that as young people grow older, increasing numbers of them wish they could turn to friends *and* parents for advice.

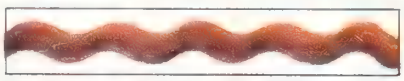
A major finding in our study is that preadolescents (grades five and six) are more parent-oriented than peer-oriented. They prefer being able to talk with their parents about issues that bother them. Thus, grade five is a time of special opportunity for parents to help youngsters initiate conversations and learn how to communicate.

A second major finding is that this type of communication is not taking place for the majority of preteens and teens. If parents want closer family relationships, they must take the initiative in establishing better communication.

Four techniques

We have found four effective techniques that parents can use to encourage parent-youth communication. Studies have shown that closeness and adaptability reach a low point during the years of adolescence. In part, this communication breakdown may occur because a change in the basic parent-child relationship is needed. These communication techniques may help improve your rela-

What a way to get even.
New improved Rave® Soft Perm.
Its new "even waving" formula means even curl all over. No more drooping tops. No more lopsided sides. Just soft all over curl from crown to ends!
So go on, get even.



New even waving formula means an even wave pattern from roots to ends!

Rave
REGULAR-SOFT PERM

No odor.
And, definitely no frizz.



New improved Rave® Soft Perm.

tionship with your adolescent and the atmosphere at home.

Recognize natural communication blocks. It is difficult to initiate communication with an adolescent because of certain traits that characterize adolescence itself. However, knowing about these blocks can help you circumvent problems they might cause.

● Growing self-consciousness. Adolescents are preoccupied with themselves, and with good reason, considering the enormous physical and psychological changes occurring within them. Anything that could be interpreted as criticism makes them feel as though they have been slapped on a sunburned back. This touchiness is too easily interpreted by a parent as a signal to leave the child alone. In reality, the adolescent's oversensitivity only emphasizes the need for communication.

● Limited verbal skills. Adolescents, particularly boys, have difficulty describing their emotions.

There are ways a parent might help an adolescent develop this ability. Simply asking a question such as "How do you feel about . . . ?" may open new dimensions in conversation. A father tried this technique with his ninth grader; he asked him about his *feelings* concerning a disturbing situation that had come up in class. To his amazement, his son answered on that level—he talked about his feelings. "We talked for two hours!" said the father. "That had never happened before."

● A growing resistance to authority. An adolescent's desire to make personal decisions increases with age. The Adolescent-Parent Study indicated that there is a definite increase from fifth to ninth grade in the percentage of kids who reject authority. Thus, it would seem that when an adolescent exhibits growing resistance to authority within the family structure, a parent should make sure he or she talks with the child on a peer level. This kind of relationship reduces the social distance—and the defenses—between parent and adolescent. Children whose parents relate to them as peers often refer to their parents as "friends." The beauty of this relationship is that it can begin early and endure for life.

Take time to establish relationships. A little more than half (53 percent) of the adolescents in the *(continued)*



Get safe, fast relief with St. Joseph® Aspirin-Free Chewable Tablets, Elixir or Infant Drops.

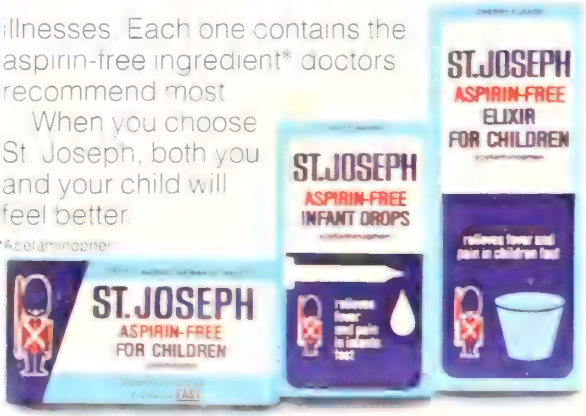
For years, mothers have trusted St. Joseph medicines to bring down children's fever safely and quickly.

Today, St. Joseph brings you a complete line of pleasant tasting, aspirin-free fever reducers for children. They're made with the same ingredient as Tylenol® ... but they're made by St. Joseph.

Choose St. Joseph Aspirin-Free Chewable Tablets, Elixir or Infant Drops. They all reduce fever quickly and relieve the aches and pains that come with colds and other childhood illnesses. Each one contains the aspirin-free ingredient* doctors recommend most.

When you choose St. Joseph, both you and your child will feel better.

*Acetaminophen



No one cares more than you and St. Joseph.

Use only as directed © 1984 Polyph Inc.

Adolescent-Parent Study spend less than thirty minutes a day with their fathers. And 44 percent spend less than thirty minutes with their mothers. That's the same amount of time parents take for watching the news on TV. Even more alarming, one fourth of the ninth graders in this study spend less than five minutes (on an average day) being alone with their fathers to talk, play or just be together. No doubt this neglect is one reason 46 percent of the fathers in the study admit they worry ("quite a bit" or "very much") about how their children feel toward them.

In his book, *Promises to Peter* (Word Books, 1970), Charlie Shedd relates that during his children's growing-up years he took each child out for dinner alone once a month. The kids chose the restaurant. Shedd says that even when his children reached adolescence and didn't talk much to the family, they still enjoyed these monthly outings with their father.

Some parents arrange for regular times when the family discusses any issue they wish. In this way, parents come to understand and empathize with their children's opinions on personal matters, their school, the community, the world.

Share your thoughts and feelings. Some parents find it hard to admit to adolescents that they, too, have personal struggles and failures. The nature of the early relationship between parent and child dictates that the parent control most situations and decisions. Thus, the parent may be unwilling to reveal weaknesses or talk about personal problems; this, the parent reasons, might weaken the position of authority, confuse the child or make the child think the parent is inadequate. But it is important that the parent and the child are free to reveal their humanness to each other, their capacity for failure and struggle. This is a vital part of parent-youth communication, one that creates an attitude of mutual understanding and trust.

Focus on their concerns and interests. Adolescents want to talk about the very issues parents wish could be discussed—namely, their worries. For parents, these concerns can serve as door-openers to numerous topics.

To adolescents, personal problems are mountainous obstacles. But kids fear that parents will consider these problems insignificant, and so the parents are never given a chance to help ease these worries.

One young woman remembers trying during her teen years to approach her mother with a *(continued on page 144)*

What do kids worry about?

In the Adolescent-Parent study, we found the following topics to be the top ten things that kids worried about. Any one of these might provide the impetus for a good conversation between parent and child.

1. School performance. Fifth graders especially want to talk about the top worry of young adolescents: "How I'm doing in school." It is important for them to make their parents proud by doing well both at school and in extracurricular activities. They even want to talk with their parents about trouble at school. If parents do not make use of the chance for open two-way conversations, it will be more difficult in the years ahead, especially with boys, whose desire to do well in school declines as they near the ninth grade.

2. Looks. Worry about one's physical appearance reaches its highest point among eighth-grade girls. Because teenagers are preoccupied with how they look to their peers, fads in clothes and styles need not be a subject of parental censure. Rather, the parent might make efforts to affirm those styles that flatter the adolescent. Chances are the fad will assume its proper perspective if the adolescent isn't nagged about it.

3. Popularity. This worry peaks in the seventh grade. Both girls and boys show a rise in desire to be liked at this age—not by parents, but by peers. It is important for parents to make peace with this fact and not criticize or make disparaging remarks.

4. That a parent might die. Adolescents are often afraid to tell their parents about this fear. Verbal expression of fears such as this presents an opening for caring communication between parent and child.

5. Treatment from friends. This worry is at its highest point among eighth graders, 45 percent of whom voiced this concern. Parents might use this as the basis for discussing with the adolescent what it means to be a friend to someone else, shifting the emphasis away from "what my friend can give me" to "what I can give my friend."

6. Hunger and poverty. Interestingly, this is the number-one worry of fifth graders, suggesting how conscious they are of the suffering of others. Significantly, this worry declines as the children grow older.

7. Violence in the country. Most conscious of this worry are, again, fifth graders, the worrywarts among preadolescents. In *(continued on page 145)*



SUPER QUICK MEALS

Easy as 1-2-3

Fun way to serve the family-favorite burger; handy kitchen hints

By Jan T. Hazard, Associate Food Editor



Thom DeSanto

BEAN 'N' BURGER CUPS

Inside, saucy pork and beans with sauteed bacon and green onions.

Preheat oven to 375°F. Combine 1 pound ground beef, ¼ cup unseasoned bread crumbs, ¼ cup chopped green onions, ¼ cup milk, 2 tablespoons bottled steak sauce, 1 egg, beaten, and ½ teaspoon salt; mix well. Divide mixture among 4 greased 10-ounce glass custard cups, patting against bottom and sides. Place cups on a cookie sheet; bake 10 minutes. Pour off drippings.

Meanwhile, in skillet cook 4 slices bacon until crisp; drain on paper towels and crumble. Pour off all but 1 tablespoon bacon drippings. Add 1 chopped onion and saute until translucent. Add a 16-ounce can pork and beans in tomato sauce, ¼ cup ketchup, 1 tablespoon brown sugar, 1 teaspoon dry mustard and a dash red pepper sauce; stir to combine. Cook until heated through.

To serve, remove meat cups from custard cups. Spoon beans evenly into each; garnish with crumbled bacon and chopped green onions.

CONFETTI COLESLAW

Extra easy, extra creamy blender recipe, tangy with sour cream.

Peel 1 medium carrot and cut into 1-inch pieces. Put into food processor or blender and process or blend until well grated. Cut 1 pound cabbage into chunks. Cut 3 green onions into 1-inch pieces. Add to processor and process until chopped. If container will not hold the full amount, process in batches. Empty the chopped vegetables into a small bowl. To processor add ½ cup sour cream, ½ cup mayonnaise, the juice of ½ lemon, 1 teaspoon sugar, 1 teaspoon salt and a dash red pepper sauce. Process until well mixed. Spoon dressing over chopped vegetables; toss until well coated. Makes 3 cups.

COCOA BANANA SMOOTHIE

A luscious stir-and-serve dessert with a crunchy cookie bonus.

With a wooden spoon or spatula, stir 2 tablespoons hot cocoa mix into 1 cup frozen whipped topping with cream, thawed. Slice 2 ripe bananas and fold into cocoa mixture. Crumble 8 chocolate-sandwich cookies. Fold in half the cookies. Garnish with remaining cookies. Refrigerate until ready to serve.

READER HINT

For the freshest, most economical coffee, I buy the three-pound can and divide the contents into thirds. One third goes into an old one-pound can in the refrigerator for immediate use, the rest into two Seal-A-Meal bags or freezer bags that I store in the freezer until needed.

—Shirley Larson, Richland, WA

Now, for everyone who likes to eat well — but eat lite — there's a delicious solution.

Classic Lite™ Dinners from Armour. They're complete meals that will satisfy the most discriminating taste. Yet each dinner has less than 300 calories. There are nine tempting dinners to choose from. Savor a classic combination of Beef Pepper Steak with rice and green beans in a light butter sauce. Or select from other classic choices, like Turf and Surf, Chicken Oriental, Filet of Cod Divan and Chicken Burgundy. No matter what your pleasure, you'll enjoy every bite more knowing your dinner has less than 300 calories. Classic Lite Dinners from Armour. They're the classic way to eat lite.



PRESENTING THE CLASSIC WAY TO EAT LITE.



© 1984 Armour Food Co.



family album

best-seller bonus

She was alone with her children. How would she manage? Where was he when she needed him most?

In Part One of Family Album, *which appeared in our February issue, beautiful Faye Price, one of Hollywood's biggest stars of the 1940s, met the man of her dreams, shipping heir Ward Thayer. They fell wildly in love, and Faye gave up her acting career to marry him. They had five children and lived a fantasy life in Beverly Hills. Ward showered his beautiful wife with jewelry and expensive gifts.*

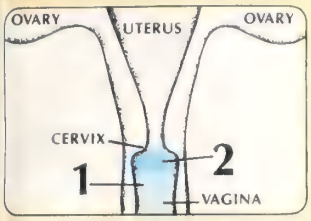
But with all the lavish spending, Ward, who never paid attention to the company he had inherited, soon found himself bankrupt. The Thayers had to sell everything to pay their debts, and they moved out of (continued)

From the book FAMILY ALBUM by Danielle Steel. Copyright © 1985 by Benitreto Productions, Ltd. To be published by Delacorte Press.

By Danielle Steel

"I found a birth control method I trust."

"I looked at a lot of birth control methods before I found Encare. And the thing I like most is Encare's 2-way protection. **1.** Encare Contraceptive Inserts give you a precise dose of the spermicide doctors recommend most. **2.** Encare forms a foaming physical barrier against the cervix to help prevent pregnancy. I like that.



"Encare contains no hormones so it's an excellent option for any woman planning to come off the pill. Just remember, it's essential that you insert Encare at least 10 minutes before intercourse and that you follow the package instructions. Some Encare users experience irritation. If you do, simply discontinue use.

"Encare is approximately as effective as vaginal foam contraceptives in actual use, however no birth control method is 100% effective, so talk to your doctor. If he or she has told you not to become pregnant, ask which method including Encare is best for you and discover birth control you can trust."





© 1984 Thompson Medical Co

Encare

Birth control you can trust.

So effective—improvement begins overnight.
Yet you don't need a doctor's prescription.



overnight success

Cellular Replacement Cream

Remarkable advance in face treatment technology: This night-strength cream is so advanced it helps remove old dry skin cells as emerging younger cells replace them. Actually helps diminish the aging look of drying skin while you sleep. With nightly use, you'll wake up to smoother, younger looking skin.

Clinical tests prove it: Overnight Success begins to work overnight! And after 3 nights use, 98% of women showed an improvement in the condition of their skin. Yet you don't even need a doctor's prescription. Now that's something to sleep on.



From COTY

Discover Overnight Success tonight. Wake up to younger looking skin.

© 1983 Coty N Y

FAMILY ALBUM
continued

heir Beverly Hills splendor into a dilapi-lated house. Ward didn't know what to lo; he had never held a job. He began to lrink heavily. Finally, though he still oved Faye, he couldn't face the reality of heir situation. He moved out and began a elationship with a wealthy heiress.

Faye was destitute. She had known overty as a child but was determined o make a better life for her children. She knew it was too late to return to her cting career. She would have to find nother job.

t had been six years since she last poke to her agent, Abe Abramson, and aye's hand trembled as she dialed the hone. It was entirely possible that he vouldn't have time to speak to her now, lthough he had been her agent during ll the years of her stellar movie career.

There was an interminable pause fter she gave the secretary her name. nd then Abe got on the line, sounding s warm as ever. "Is it really you, aye?" She was suddenly sorry that she adn't seen more of him over the years, ut she'd been so busy with Ward and he kids, and Hollywood was part of nother life. "It's me—the same Faye rice Thayer."

"To what do I owe the honor and the leasure of this call, Mrs. Thayer?" hough he could guess . . . he read the apers, just like everyone else. He new how much trouble she was in—with the Thayer fortune devastated, ve children to support, and now her usband gone.

"I have a favor to ask, Abe. Could I ome in and see you?"

"Of course, Faye. Name your day."

"Tomorrow?"

"Fine. We'll have lunch together at he Brown Derby."

For just an instant she thought longingly of the old days before her marriage, her days as a famous actress. After she hung up, she walked upstairs, a secret smile on her face. She just hoped Abe wouldn't tell her she was out of her mind when she told him she wasn't looking for an acting part, but a chance to try directing.

When she met with Abe the next day he didn't act like she was crazy. He took a few minutes to absorb all she said. She had certainly moved down in the world since Ward Thayer had squandered his fortune and left her in a humble house in Monterey Park. It was so far from her old life in Beverly Hills. But she was one hell of a gutsy girl, always had been, Abe thought.

"I read that Ida Lupino directed a movie for Warner Brothers, Abe."

"I know. But I don't know anyone who is going to give you that chance."

Abe hadn't changed much. He was still rotund, gray-haired, sharp, demanding, but kind, and honest to a fault. And best of all, she sensed instantly that he was still her friend.

"You know"—he sat back and drew pensively on his cigar over dessert—"I do like your idea of women directing pictures. If we can sell it to a studio, it would really be something."

"Will you try?"

He pointed his cigar at her. "Are you asking me to be your agent again?"

"I am." She met his eyes and smiled.

"Then I accept. I'll sniff around and see what I get."

He didn't call for six weeks, and when he did, he asked her to come into his office. She took the bus from Monterey Park to Hollywood and was breathless when she arrived—but still beautiful, he noticed as she sat down. She was wearing a striking red silk dress with a lightweight black wool coat—clothes kept from better days.

"Well, it's nothing fabulous," Abe said, "but it's a start—if it appeals to you." He was talking about a job as assistant director, for pathetic pay, at MGM. The head of the studio had liked the idea of hiring Faye. He was well aware of what Ida Lupino was doing at Warner Brothers and was interested in having a woman on his team, too.

Abe went on, "The director is under contract, and he's no good. If this film turns out halfway decent, it'll be all your fault—but you won't get the glory."

"Is the picture any good?"

"It could be, Faye."

"When would I start?"

"Next week."

That didn't give her much time, but this was what she wanted. She looked Abe in the eye and told him she would take it.

"You'll have to be on the set at six o'clock every morning. You may have to stay till eight or nine at night. I don't know how you'll manage."

"I still have one woman who comes in to help me out."

"Good." He stood up.

Faye grinned. "Thank you, Abe."

"Never mind that." His eyes told her that he still respected her. "Come back tomorrow and sign the contract."

She had a job! She wanted to shout it as she ran down the stairs. She was grinning all the way home on the bus, and she burst into the house the way one of her children would have to announce happy news to her.

She hadn't spoken to Ward since he had packed his things and walked out of their house in Monterey Park. But that night he called to ask about the children. She didn't ask *(continued)*

Now
A night-strength lotion as effective as the cream
overnight success
Cellular Replacement Lotion by Coty


• Improvement begins overnight
• The drier your skin, the more dramatic the improvement
• Light, greaseless, absorbs quickly
• Skin looks younger
© 1984 Coty N.Y.

him about Maisie Abernathy, that spoiled heiress he had an affair with just before he left.

"Guess what?" she said. "I have a job. As assistant director on a movie that starts next week at MGM."

"Are you out of your mind? What did you do that for?"

"One of us had to, Ward."

"I told you I've been trying to make contacts."

"Great. Then something will turn up for you soon. But in the meantime, I want to do this."

"Is that what you want, Faye? Hollywood again?"

"It's a chance for a new start, Ward." She fought to keep her voice calm, to hide the longing she felt for him. She could still remember all the way back to Guadalcanal . . . when he'd been the handsome lieutenant she'd met on tour. But now he couldn't face the reality of what was happening to them. He'd deserted her when she needed him most.

"Did you have this in mind all along?" Ward asked. "That you could go back to Hollywood and end up married to some big star?"

"If I'd ever wanted that, I could have had it years ago," Faye said. "But I didn't. I wanted you." Still want you, she had to keep herself from saying.

"You don't know any more about directing than I do."

"Well, I'm going to learn. That's the whole point of the job. Ward, you might try to get yourself hired as a producer. What better job for you? Look at all the people you know, the contacts you have. I bet some of your friends would just jump at the chance to invest in films and get a little bit involved with Hollywood."

Suddenly, something in her snapped. "Listen. I don't care what you or anyone else thinks. This is what I want to do. And one day, you'll be glad I did." Instantly, she regretted the words. She was so torn between her feelings for Ward and her determination to do anything to pull her family out of the poverty she despised.

"Great. Then you don't need me."

When she hung up the phone, she sighed again as she kissed Lionel and tousled her younger son's hair. Golden-haired Greg looked so much like his father. Faye reached down to pick up the twins in her arms. She was strong enough to carry them. She was strong enough to do a lot of things. Maybe that's what Ward really minded.

The director hated everything she did, but Faye felt a magic between the actors and herself. It showed in the daily rushes, and she thought it showed in the print finally delivered to Dore Schary, head of the MGM studio.

Abe called her at home one night late in January, a week after they had wrapped the film. His familiar voice boomed in her ear. "I've got good news." She held her breath. "Schary wants to give you another shot."

"On my own this time?"

"No. But he wants you to work with someone good." He mentioned a name that took Faye's breath away. He had directed Faye herself years ago.

She needed the money as well, for God knew she wasn't receiving anything from Ward. She hadn't heard from him.

"When do I start?" she asked Abe.

"Six weeks."

"Good. That'll give me some more time with the kids."

After she hung up, Faye crossed the room and stared into the winter twilight. The view looked out on their neighbor's run-down house and the trash in his yard. In spite of the good news, she couldn't keep her thoughts from Ward—wondering where he was.

Faye fought to hide the longing she still felt for Ward. Suddenly, something inside her snapped.

Soon she had plenty of work to occupy her thoughts. The second film was far more of a challenge than the first. The director was constantly making demands, but when all was said and done, he gave her a rare gift. He taught her the tricks of the trade.

After they had finished the film, Abe offered Faye her first job as a director at MGM. It would be an enormous challenge and she was thrilled. The new movie would begin in the fall.

Faye was eager to begin on the new film. Even though she was busy with the children it was hard to keep her mind off Ward. She had asked Abe for the name of a divorce lawyer, but somehow she had never gotten around to calling him. Something always came up, and the memories of her happy days with Ward would flood over her again: all their good times, from Guadalcanal to Beverly Hills. What other man could have shared all that?

And then one day in July, Ward reappeared. The children were playing out back, in the yard they had cleaned up and carefully planted with flowers.

Ward was at the door in a white linen suit and a blue shirt, looking more handsome than ever. For an instant, Faye felt the old familiar pull.

"May I come in?"

She stared at him nervously, and he looked uncomfortable, but it was obvious that he wouldn't go away until she let him in. "It'll upset the children if they see you here." They had only recently stopped asking for him.

"I haven't seen my children in months. Can't I at least say hello to them?" As she hesitated, she noticed that he was thinner than he had been before. She hated to admit how handsome he was. There was no point in falling in love with him all over again.

Finally she held the screen door open for him, and he stepped inside. The house looked even uglier to her than it usually did, seeing it again through his eyes as he looked around.

"Well, nothing's changed here," he said. It was a simple statement of fact, but it riled her immediately.

"I suppose you're living in Beverly Hills again." There was a sharp edge in her voice that cut him, as she had intended it to do. He just had hurt her so terribly when he left.

He turned to her quietly. "I'm not living in Beverly Hills, Faye. Do you really think I would leave all of you in a place like this and go back to Beverly Hills myself?" He looked horrified, and Faye just stared at him. Somehow that was exactly what she had assumed.

At that point, the children came running in. When Greg saw his father, he hurled himself into his arms. The twins followed suit, but Ann, not yet two, simply stood staring at him, with no idea who he was. Lionel seemed more cautious than the others, and he looked toward Faye, as though needing to know what she thought of it. "It's all right," she said to her oldest boy. "You can play with your dad." Within a few moments, Ward talked them all into going upstairs to get cleaned up, with the promise of taking them out for hamburgers and ice cream cones.

She looked nervous as she faced him now, but he seemed equally so. Four months was a long time. They were almost strangers to each other. She expected him to bring up her directing, but instead he made his own announcement. "I have a job, Faye." He said it as though he expected trumpets to play; she resisted the urge to smile.

"Oh?" *(continued on page 156)*


Kraft brings creaminess to Light.
Nothing tastes creamier than KRAFT Real Mayonnaise. And now Kraft brings creamy taste to KRAFT *Light* Reduced Calorie Mayonnaise. So smooth and delicious, with only half the fat of real mayonnaise.
Either way you choose, Kraft means creamy.
KRAFT
Real
Mayonnaise
SATISFACTION GUARANTEED
KRAFT
Light
Reduced Calorie Mayonnaise
Creamy Taste with Half the Fat
of real mayonnaise.
KRAFT

How to be a smart shopper



If you have ever found yourself the owner of a new lawn mower or an expensive sweater that you neither really need nor want, these crucial shopping tips will help you spend more wisely.

You enter a posh store and tell a clerk that you want to buy a sweater and a suit. Which item would a savvy seller trot out first to encourage you to spend the most money in the long run?

"The suit," says social psychologist Robert Cialdini, who went underground for three years into the world of sales professionals—retailers, fund-raisers, even con artists—to learn how they get customers to say yes and pay top dollar.

"Clothing stores instruct sales personnel to sell the costly item first," Cialdini says, "even though common sense might suggest that if someone has just spent a lot of money to purchase a suit, he or she might be reluctant to spend more to buy a sweater as well."

But clothiers—like car dealers, real-estate agents and other sales experts—rely on a psychological phenomenon called the "contrast principle."

"Simply put," says Cialdini, "if the second item is fairly different from the first, we tend to see it as more different than it is."

That's why a $75 sweater won't seem excessive after you've purchased a $275 suit, and an attractive house will appear even nicer after you've initially viewed several dumps, while automobile options—tinted windows, an FM radio—will seem trivial after shaking hands on a $12,000 car deal.

The contrast principle is one of many subtle but powerful weapons of influence that sellers use to encourage purchasers to part with their money. While psychologists have for years studied the dynamics of the buyer-seller relationship to help the seller exploit these principles to his advantage, Cialdini is one of a growing number of experts analyzing the interaction in an effort to assist the consumer.

Today's shoppers "are much more savvy than they used to be," says University of *(continued)*

By Carol Krucoff

Sam Weissman



Peanut butter and Karo® make the snacks you knew and loved new and more loveable than ever.

Peanut butter adds a new and
licious twist to that traditional
vorite snack—crispy treats.
They're still simple and fun to
ake, but the KARO peanut butter
cipe makes them new and more
veable than ever.

'84 Best Foods, CPC International Inc.

New Peanut Butter Crispy Treats

1 cup KARO® light or dark corn syrup
1 cup sugar
1 cup Skippy® creamy or super chunk peanut butter
6 cups Rice Krispies® cereal

Grease 13" x 9" x 2" baking pan. In large saucepan over low heat stir together first three ingredients. Stirring constantly, bring to boil and boil 3 min. Remove from heat. Add cereal; toss to coat well. Press into pan. Cool. Cut into 2" x 2" squares. Makes 32.



Karo. The simple way to simply delicious snacks.

Comfort stride

The comfortable light support panty hose from No nonsense.



South Carolina marketing professor Arch Woodside, wh heads the consumer psychology division of the American Ps chological Association. "Selling is very difficult today. Bus nesses are willing to be aggressive in their sales practices."

To outsmart a salesman, "you've got to think like a sale man," advises Cialdini, whose interest in sales psycholog arose from what he calls his "long-standing status as a sucker

So the thirty-nine-year-old professor took a sabbatical become, he says, "a spy of sorts. When I wanted to lear all about the influence tactics of encyclopedia or portrai photography or dance-lesson sales organizations, I wou answer a newspaper ad for sales trainees and have the teach me their methods." The result is *Influence: How an Why People Agree to Things* (William Morrow and Co 1984). It defines six basic categories of influence tactics th sales professionals use to trigger what Cialdini calls "a kin of automatic, mindless compliance from people—a willing ness to say yes without thinking."

(continued

Nine techniques for Psyching-out salespersons

Consumer psychologists offer these strategies to counter subtle influence techniques.

1. If a salesperson offers you a complimentary gift, be aware that this is a sales gimmick, not a present.
2. Separate your feelings for a product or a service from the person who is selling to you. If you decide to buy Supersalesperson's stereo, remember you'll be listening to it in the living room, not him.
3. Trust your own instincts and judgment. You've been buying clothes for years, so why be swayed by a salesperson who says something looks absolutely divine on you when you know it doesn't.
4. Don't be afraid to challenge a seller who purports to be an expert. An honest merchant welcomes questions. Get second opinions, check credentials.
5. Do your homework. You'll be much less likely to fall for sales gimmicks and will gain valuable negotiating advantage if you've thoroughly researched the item you want to buy.
6. Remember that there is no free lunch. If an offer sounds too good to be true, it probably is.
7. Ask questions. Find out about warranty, service, availability of parts. Read a contract before signing, get references, consult your local consumer protection office or Better Business Bureau if you're suspicious of a seller.
8. Go to the top. Nearly everyone has a boss. If you believe a salesperson is employing dishonest strategies, tell his or her superior. If an advertiser uses an offensive sales strategy, write the company to say that you refuse to buy its product.
9. Try negotiation. If you're dealing with a seller who has the power to make pricing decisions, it never hurts to ask, "Is that your best price?"

Alive with pleasure!

Newport



© Lorillard, U.S.A., 1981



After all, if smoking isn't a pleasure, why bother?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

17 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report March 1984.

"There are 29 million good reasons why you see this wherever you go."



At a coffee shop or a five-star restaurant, you see the same thing...the little pink packets of Sweet 'N Low. That's because they know Sweet 'N Low's got the right taste for 29 million Americans who are cutting down on sugar.

Wherever I go...for a quick bite or a gourmet dinner...I know I'll always find my good friend, Sweet 'N Low.

Wherever you go...



Sweet 'N Low is a registered trademark of Cumberland Packing Corp.

These "yes-producing" techniques are:

Authority. When the seller is an ex-rt we are more likely to buy. This works en if the endorser is someone who only s the appearance of authority, like an tor who portrayed a doctor on televi-n pitching a health-related product. Arch Woodside found that sales rose nen the buyer perceived the seller as an pert, even though the seller only re-ated the material on the box.

Reciprocation. If someone has done us favor—given a free sample—we feel ligated to reciprocate.

Commitment and consistency. When make a decision, our need to stick by can lead us to make major commitments justify the earlier decision. For exam-e: "Would you say a good education is nportant to your child? Would you say ne books are a basic part of a good lucation? Well, then, I'm sure you'll ant to take a look at this important aterial." This same logic is used by the awkers of home computers.

Social consensus. If other people are oing something, we tend to think that it ust be worth doing. Various groups -from TV producers dubbing in canned ughter to hatcheck clerks putting ollar bills on the tip plate—have learned manipulate this human response.

Scarcity. We tend to want things hen we think their availability is windling. One-to-a-customer sales nd "limited time" offers make prod-cts immediately more desirable.

Liking. Home sales parties, compli-nents from a salesperson and a seller's ttempt to establish a link with the uyer all play on this principle. Flat-ery is the oldest sales trick in the book. We're all hungry for affection, so when omeone flatters us we're apt to buy it," Woodside says.

The best defense, according to Robert Cialdini, is "to stop and think. When ou feel your 'yes' trigger being pulled, gure out what's going on.

"And," adds Cialdini, "remember that ou are free to say no." You outsmart he salesman if you concentrate on our real need and on getting it met at he best possible value for the money.

Consumer assertiveness training can elp buyers use their power to avoid ales tricks. In a study done at Purdue Jniversity by psychologists Ronald Ku-ich, James Curran, Jacob Jacoby and Marco Mariotto, consumers were taught echniques to use sales psychology to benefit themselves. Among them:

- The broken-record approach. Con-inue to agree with the salesperson without yielding your position.
- Friendliness. Use the salesman's name, and make eye contact.

(continued)

The occasion calls for

"Edith", spring's strikingly feminine kidskin pump. Available in other colors, combinations and solid shades. About $62.

selby



Price shown is manufacturer's suggested retail price. Actual price may vary from dealer to dealer.
For more information about where to find Selby shoes, **call 1-800-821-7700, ext. 338.**

© 1984 THE CLOROX COMPANY

60% SAND vs. 0% SAND

Most scouring powders contain harsh, scratchy sand.

Soft Scrub's milder abrasives clean like a scouring powder without scratching like one.

USE ONLY AS DIRECTED



SMART SHOPPER

continued

● Honesty. Don't make up phony excuses to get rid of a salesperson. If a salesperson is trying to sell you a $500 membership in a health club, don't try to fend her off by saying, "My husband would never let me spend that kind of money." She might counter, "Five hundred dollars over three hundred sixty-five days breaks down to a dollar and sixty cents a day. That's the price of a tuna fish sandwich. Do you need your husband's permission every time you buy a sandwich?" Then you're launched on a useless and irritating discussion.

● Sticking to the point. Never answer an irrelevant question; keep the salesperson on the topic and summarize his or her points to shorten the transaction. If a television salesman notices your college sweatshirt and tries to get chummy by talking about the big football game your alma mater is playing, politely say, "Yes, it's an important game, but what I'm interested in is your explanation of the quality difference among these three models."

Wise consumers are particularly alert to closing techniques, says one of the study's authors, Jacob Jacoby, director of the Institute of Retail Management at New York University.

The most effective closing technique, Jacoby says, is "assumed consent. After a salesperson has described the product or service he says, 'May I have your name and address?' You've never been asked, 'Do you want to buy?'"

Defense: Point out the fact that you have not agreed to buy and that you are put off by this high-pressure tactic. Take time out to think it over.

A second common technique, Jacoby says, is "the puppy-dog close. It's used by car dealers who tell a customer, 'Take it home and enjoy it for a while.'"

This technique exploits the fondness most people develop for a new vehicle as well as the pressure of having neighbors see a new car.

"Do you ever give back a puppy after you've taken it home?" Jacoby asks.

Defense: Realize this is a sales technique—not a complimentary car. Be aware how much harder it will be to give it back than to keep it.

The take-away close is often tied in with the scarcity tactic. "This is when the salesman says, 'I'm not sure you qualify as a buyer,'" Jacoby notes. "When it appears you're going to be denied, it makes the item suddenly even more desirable."

Defense: Avoid letting this tactic intensify your interest in the item. Who would be hurt more if you didn't qualify—you or the salesman?

Another area in which sales psychology is particularly crucial is in figuring out how much to charge, says Lynn Kahle, assistant professor of consumer behavior at the University of Oregon. "Setting price is partly determined by what quality the salesperson wants people to see his product as having. This is especially true with items whose value most people can't immediately ascertain—like jewelry, art or perfume."

Studies have shown that some slow-selling, low-priced items sell out when marked with a high price.

"One liquor company introduced a low-priced brand of vodka and then repackaged and raised the price of their medium-priced vodka to compete with an expensive imported brand," Kahle says. "A computer company that lowered its prices suffered because it couldn't discount any further, unlike competitors who'd knock off twenty-five per cent. Even though their bottom line was the same, people thought they were getting a better machine at a bargain price with the other brand."

The lesson for consumers: "There isn't always a one-to-one relationship," Kahle says, "between quality and price. People believe that *(continued on page 163)*

ave over 60% on quality Oneida ommunity Stainless.



ntroducing
pring Rose
-pc. Place Setting $6.99

Here's why you should act NOW:

You pay only $6.99 a place setting! That's over)% off the comparable retail sale price, more an $10.00 savings per place setting.

Added Bonus! Save an additional $2.01 when ou order four 5-pc. place settings.

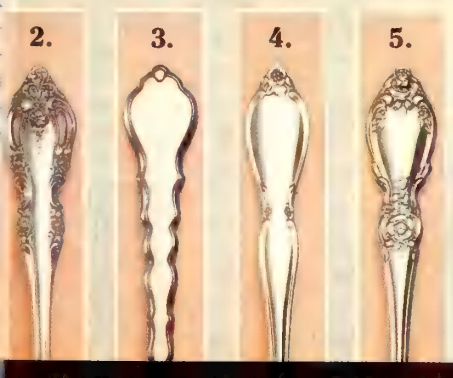
You get 5-pc. place settings of handcrafted, p-quality Oneida Community Stainless prices you can't beat!

Try it today at no risk—you are rotected by our 100% money-back uarantee!

OFFER EXPIRES SOON— don't delay!

Choose from these five exclusive Better Crocker patterns by Oneida.

1. Spring Rose (shown above)
2. Brahms
3. Cello
4. Chatelaine
5. Plantation





- **This special offer introduces you to the Betty Crocker Coupon Catalog Program.** Along with your order, you'll get a free catalog offering additional place settings, serving pieces and other items for your home at similar big savings with Betty Crocker coupons found on your favorite General Mills products.

Mail this coupon today.
Or for faster service,
call toll free

1 800 328-5085 (In Minnesota, call 1 800 322-8325)

Phone orders accepted for VISA and MasterCard orders *only.* Call between 9 AM and 9 PM CST Monday-Friday and have credit card and order information ready.

MAIL TO: General Mills, Inc., Box 5394, Minneapolis, MN 55460

☐ **YES!** Send me the place settings I've indicated below at $6.99 each. Bonus—save $2.01 when you order 4 place settings! Each 5-pc. place setting includes dinner knife, dinner fork, salad fork, soup spoon and teaspoon.

Indicate pattern:

☐ 1. Spring Rose ☐ 2. Brahms ☐ 3. Cello ☐ 4. Chatelaine ☐ 5. Plantation

$6.99 X _____ (No. of place settings—limit 4)	=	$	(Subtotal)
Subtract $2.01 discount when you order 4 sets	–	$	
Add postage and handling	+	$ 1.00	
Order total	=	$	

METHOD OF PAYMENT:

☐ Check or money order enclosed
(Do not tape or staple payment to order form.)

Charge to my ☐ VISA ☐ MasterCard
(Minimum charge order $10.00.)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Card Expires Mo._____ Yr._____

Signature X _____
(Charge not valid unless signed.)

Print Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone (_____) _____
(In case we have a question about your order.)

Please allow up to 8 weeks for shipment. Offer expires April 30, 1985. Good only in U.S.A.

© 1985 General Mills

THE ANTI-CANCER WEIGHT-LOSS DIET

By Oliver Alabaster, M.D.

A leading expert on cancer offers a regimen designed to make you thin as well as healthy

Can there be a diet that promotes weight loss and also fortifies your body against many diseases? The answer is yes. For not only is diet a factor in conditions such as high blood pressure, atherosclerosis and, of course, obesity, but also there is a proven relationship between diet and cancer. In fact, scientists who have studied the effects of diet have found that about 60 percent of cancer in women and 30 to 40 percent of cancer in men is related to eating habits. Such a remarkable conclusion justifies a complete reevaluation of our diet to determine which foods we should eat and which we should avoid. This view was endorsed by the National Cancer Institute, an expert committee appointed by the National Academy of Sciences, in its 1982 report titled "Diet, Nutrition and Cancer," and again confirmed by the American Cancer Society in its recent 1984 dietary guidelines.

High-fat diet—a cancer cause

Of all dietary ingredients, fat has been most closely associated with the development of cancer. Evidence obtained from epidemiological studies (the study of populations in different regions or countries) clearly links fat intake with cancers of the breast, ovary, uterus, bladder, prostate, colon (bowel), liver and pancreas. These observations are supported by experimental evidence.

With this evidence, many scientists who specialize in nutrition are advising people to reduce fat intake; I advise a daily average of 20 percent of total calories. (The diet of most Americans is 45 percent fat!) Therefore, the reduction of fats is one of the most important aspects of this diet. But this is not a change many people find easy to make at first. Fat is often a hidden component of what we eat. For example, even lean meat has a high fat content—sometimes as high as 60 percent.

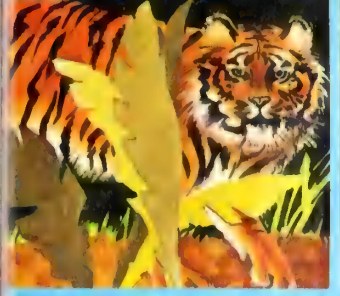
Another fact to remember: Fat is very high in calories. So even if you think you do not eat very much, if your diet is typically high in fat, it is doubtless high in calories, too.

What's more, the foods most Americans love are very high in fat. Those are foods such as dairy products (milk, butter, cheese), most meats and cold cuts, as well as foods that are as diverse and popular as nuts, ice cream, cookies, pastries and potato chips.

Clearly, the only successful weight-reducing plan must be one that helps you develop new habits that become a permanent part of your lifestyle. And these new habits should be the right *(continued on page 56)*

Copyright © 1985 by Oliver Alabaster, M.D. From the forthcoming book WHAT YOU CAN DO TO PREVENT CANCER, by Oliver Alabaster, M.D., to be published by Simon and Schuster, Inc. Printed by permission.

Joan Kramer and Associates























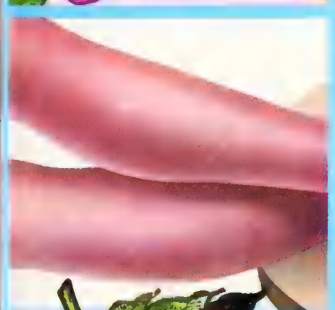


















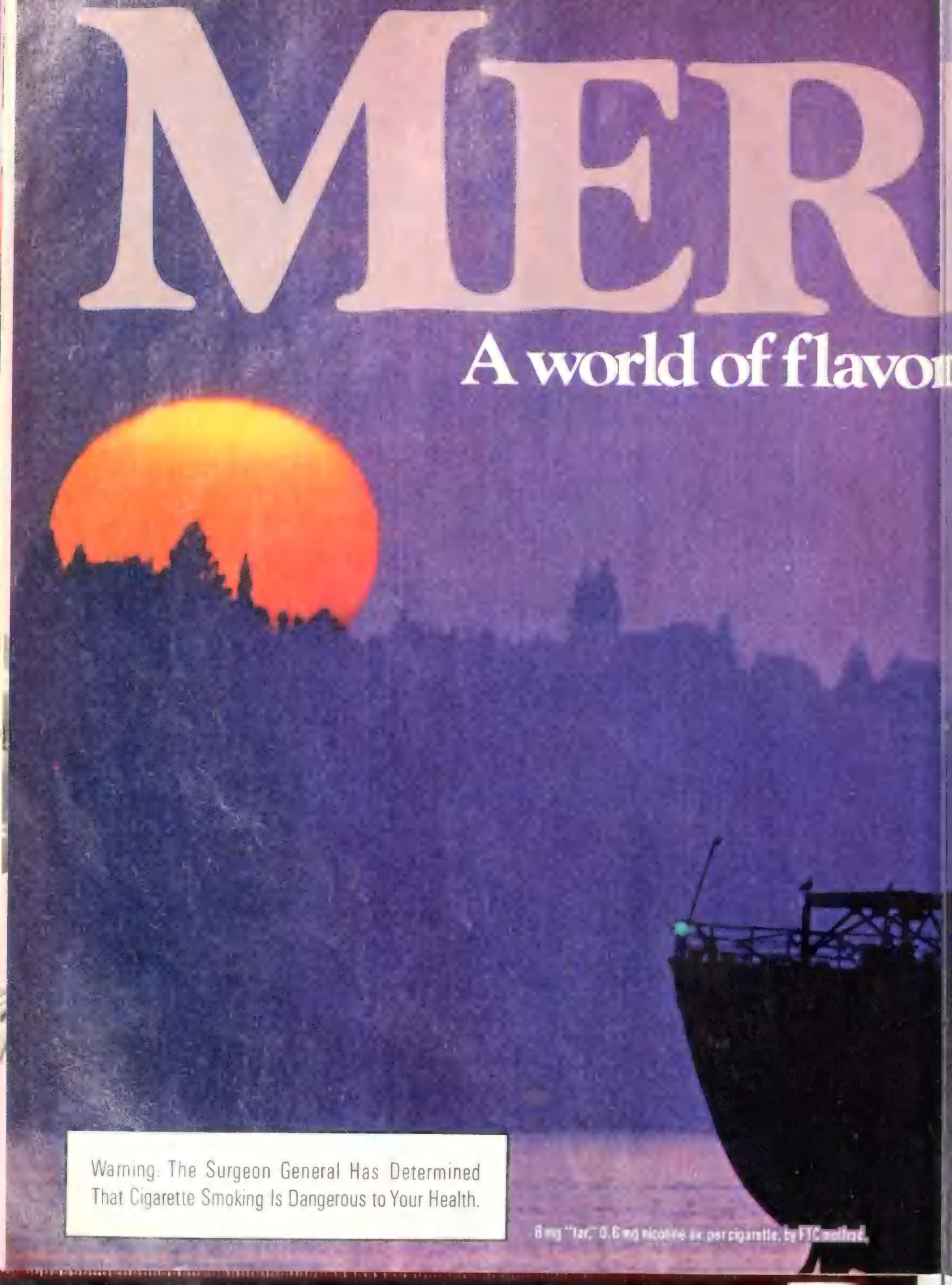


Color yourself in Hanes®

In a sensational selection of tantalizing textures and colors to suit your every mood.

Gentlemen Prefer Hanes.®

©1984 Hanes Hosiery


MER
A world of flavor
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.


T
n a low tar.
MERIT
Menthol
MERIT
MERIT
Filter
MERIT
© Philip Morris Inc. 1984

Ever Since Yo
You've Wanted



Somewhere, deep in your mind, is a child who grew up with dreams of adventure and romance.

A child who could turn a toy boat into a sailing ship. And a bathtub into the bounding main.

On a Royal Caribbean cruise, you could find yourself getting to know that child all over again.

You could spend seven, eight, ten, or even fourteen days discovering storybook islands ringed with palm trees and scented with hibiscus.

You could dance to the pulsating rhythm of steel drums. Dine on fresh pineapple and flaming babalu. Meet a neon-blue fish, face to face, in the lacy shadows of a coral reef.

Or stand high on a polished deck, with a warm breeze in your face, as your ship glides through an indigo sea that stretches all the way to the edges of your imagination.

Just see your travel agent about a Royal Caribbean cruise.

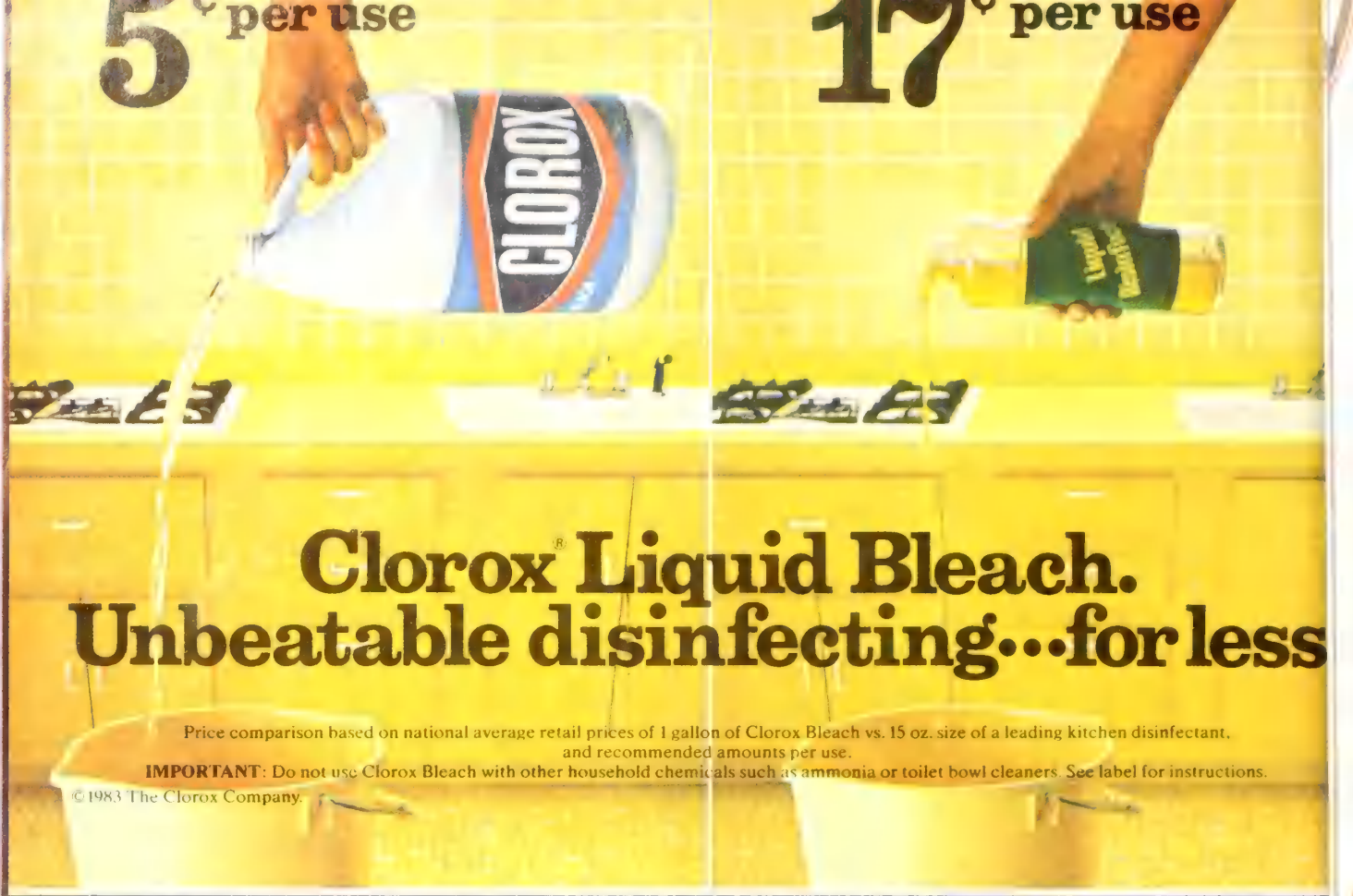
It can take you away to some of the most beautiful places on earth.

And take you back to some of the most beautiful times of your life.

ROYAL CARIBBEAN

Song of Norway, Song of America, Nordic Prince, Sun Viking
Ships of Norwegian Registry

Were A Kid, Take A Cruise.



ANTI-CANCER DIET

continued from page 50

ones for you in every way, minimizing your cancer risk and helping you control your weight. This diet will provide a balance of carbohydrates, protein and fat that will make losing weight and keeping it off easier.

Here are the ten rules of healthy anti-cancer eating, which you should make a part of your life.

1. Maintain protein intake between 12 and 18 percent of total calories (sixty to eighty grams a day). You may be surprised to know that if you eat three to four ounces of light-meat chicken for lunch and the same amount of flounder for dinner, you will be consuming about sixty grams of protein. Remember, you also get protein from dairy products, eggs, beans and nuts. Americans tend to consume too much protein, so monitor your intake carefully—especially since protein foods are also usually high in fat. A hamburger, for instance, can be 50 percent fat.

2. Reduce your fat intake by approximately half, so that it constitutes about 20 percent of your total calorie intake.

3. Balance your fat intake more or less equally among saturated (butter, fat in meats and poultry), mono-unsaturated (olive oil) and polyunsaturated (safflower oil, corn oil, etc.) fats. In practice, this really means decreasing your consumption of animal fats such as those in meat, dairy products and eggs.

4. Increase complex carbohydrates (whole grains, beans, vegetables, fruits) and naturally occurring sugars to about 50 to 60 percent of total calories.

5. Reduce your consumption of refined or processed sugars to about 10 percent of total calories.

6. Increase your intake of foods containing vitamin A, vitamin B-complex, vitamin C and vitamin E. Reinforcement of your diet with supplements of beta-carotene (vitamin A), folic acid and vitamins C and E is optional. Foods containing vitamins A and C have been shown to have properties that may protect against cancer.

7. Increase your selenium intake. (Selenium is found in green leafy vegetables and whole-grain cereals, but it's difficult to know how much you are getting because the concentration varies.) You can also take an optional daily 200-microgram supplement.

8. Increase your fiber intake to forty to sixty grams a day. Eating fruits and vegetables will help increase your fiber. So will consuming whole-grain breads and cereals. For example, one cup of all-bran cereal contains twenty-five grams of fiber. A large apple has five.

9. Moderate your alcohol intake to the equivalent of one glass of wine per day.

10. Limit your calorie intake so that you achieve and maintain your ideal weight.

The 1,200-calorie Anti-Cancer Weight-Loss Diet is planned to last for one week. Obviously, this is meant to be a start-up program. The idea is to get you going on a lifetime of better dietary habits. Despite its low calorie count, this diet will increase your vegetable, fruit and fiber intake while lowering your fat intake to 20 percent of total calories.

Fat reduction can make it hard to stick to a low-calorie diet because when you remove fat you lose lubrication and flavor. To avoid blandness, use herbs, spices and lemon juice. Salt, however, should be used sparingly. Bear this in mind as you prepare your meals. As you follow the menus, use your own imagination and cooking skill to make them as interesting as possible. Some dishes can be served hot or cold, depending on your preference.

Although this diet is highly nutritious, the calcium and iron level is a little below the daily requirement. Calcium, iron *(continued on page 138)*

FREE
Half-Gallon Milk
with purchase of OREO® Cookies and HONEY MAID® Graham Crackers



Served at the finest clubs. . .the yummiest snack in town!

Kids know a good thing when they taste it. that's why they love OREO Cookies and HONEY MAID Graham Crackers with a cold glass of milk.
Now, get a store coupon good for a FREE half-gallon of milk. Just mail in the Official Order Form along with two Purchase or Brand Seals from any packages of OREO or OREO Double Stuf® Cookies and two from any packages of HONEY MAID Graham Crackers

NABISCO BRANDS

REAL. This is a registered trademark of United Dairy Industry Association, [illegible]

A TRUFFLE TREAT

MADE EASY WITH CARNATION® EVAPORATED MILK AND NESTLÉ® MILK CHOCOLATE MORSELS.



TOASTED ALMOND TRUFFLES

½ cup *undiluted* CARNATION® Evaporated Milk	One 11½ oz. pkg. (2 cups) NESTLÉ® Milk Chocolate Morsels
⅓ cup sugar	½ to 1 teaspoon almond extract
	1 cup finely chopped almonds, toasted

Combine evaporated milk and sugar in small heavy-gauge saucepan. Cook over medium heat until mixture comes to a full rolling boil. Boil 3 minutes; stir constantly. Remove from heat. Stir in morsels and almond extract until morsels melt and mixture is smooth. Chill 45 minutes. Shape into 1-inch balls. Roll in almonds. Chill until ready to serve. Makes about 2½ dozen truffles.

1985 Carnation Company © 1985 The Nestlé Company, Inc.

Look for $1.00 Refund Offer at participating stores.



Create Easy Chocolate Treats!

The Cooking Hill

TASTE FRESH



Choose fresh tast
Minute Maid® frozen concentrated fruit juic
They're 100% pure, with that special taste and qua
you expect from the makers of Minute Maid®. And now save 15¢ with the attached coup

TASTE MINUTE MAID®

© 1985 The Coca-Cola Company Minute Maid® is a registered trademark of The Coca-Cola Company

SAVE 60¢ on HERSHEY'S Reese's EASTER FAVORITES



Delicious Easter Treats from HERSHEY'S Reese's

© 1985 Hershey Foods Corporation

America's Greatest Name in Chocolate.

Enjoy Cinnamon Raisin Loaf. New breakfast recipe from Pipin' Hot®!





IN THE DAIRY CASE

NEW! CINNAMON RAISIN LOAF

10-oz. can Pipin' Hot® Refrigerated White or Wheat Loaf
¼ cup sugar
1 teaspoon cinnamon
¼ cup raisins

GLAZE

½ cup powdered sugar
2 to 3 teaspoons milk

Heat oven to 350°F. Lightly grease cookie sheet. Unroll loaf to form a sheet of dough. Combine cinnamon and sugar; sprinkle over dough to within ½ inch of edges. Top with raisins. Roll up starting at end without slits. **Firmly** press seam to seal. Place slit-side up on prepared cookie sheet. Bake at 350°F. for 25 to 35 minutes or until golden brown. Cool slightly. In small bowl, combine glaze ingredients. Drizzle over warm loaf. 4 to 6 servings.

© 1985 The Pillsbury Company

Get your juices going with Carnation.



Give yourself a real shake. Carnation® Nonfat Dry Milk turns good-old-orange juice into a frothy, icy orange drink. How can anything so good be so nutritious?



Orange Shake (Makes about 2 cups)

1 cup orange juice
1/3 cup dry CARNATION® Nonfat Dry Milk
1 to 2 tablespoons sugar
1/2 teaspoon vanilla
1/2 cup ice cubes

Place all ingredients in blender container. Cover. Blend on high speed until ice is crushed.

For more delicious blender drink recipes, send your name and address to: It Whips! P.O. Box 530, Pico Riviera, CA 90665. Limit one per family or address. Void where prohibited, taxed, or otherwise restricted by law. Offer good through December 31, 1985 or while supplies last. Allow 8 weeks for shipment.

Old package.



New package.



Now in your grocer's refrigerated section.

The taste of fresh lemon juice is taking a great new shape. Because now, there's Real emon 100% Pure Lemon Juice from Concentrate. It's refrigerated right from the start, so it tastes just as good as the juice you used to squeeze from lemons. Fresh and natural.

Now in your grocer's refrigerated section.



BE care*free WITH Judi Sheppard Missett's Jazzercise®

"The Original, The Best, The Leader"



Bring 3 CARE*FREE Big Pack outer wrappers to your local Jazzercise location and get...

TWO FREE* ($6.00 VALUE) JAZZERCISE CLASSES

Here's 15¢ to be Care*Free.

CALL 1-800 FIT-IS-IT FOR THE JAZZERCISE® CLASS NEAREST YOU.

IN CALIFORNIA – CALL 1-800-962-9200

*Offer good at participating classes only and not valid for currently registered students. Two free classes per person.

NABISCO BRANDS, INC.

© 1985 Life Savers, Inc., division of Nabisco Brands, Inc.

It takes a lot of love and a lot of nutrition





Purina understands. Growing puppies and kittens need extra nutrition during their first year. That's why Purina® created Puppy Chow® brand puppy food and Kitten Chow® brand kitten food with all the extra nutrition your little pet needs for a healthy start in a long, loving life.

Purina

Helping pets live longer, healthier lives™

® © Ralston Purina Company, 1985

Scotties®
GIVES YOU MORE



- **More Softness** . . . Scotties are Softer than Ever
- **More Tissues** . . . 200 in every box; it's like getting 25 FREE!
- **More Box Designs** . . . Scotties has seven beautiul box designs to complement your decor.
- **Try Scotties**—The Facial Tissue that Gives You More.

We just dropped $1.00 off the price of Murine® eye care.



But hurry, offer expires May 31, 1985.



Regular Murine soothes, comforts and relieves your eyes anytime. Relieve, refresh and moisturize your dry, tired eyes, as often as you need.

Murine Plus relieves and removes redness fast. You'll see the difference as it whitens your eyes in seconds, for a clear, fresh look.

Trust the most comforting names in eyecare . . . Murine and Murine Plus.

©Ross Laboratories 1985

Listed below are all the products that can protect your food from freezer burn better than we can.

,

,

,

,

,

,

,

.

When it comes to the competition, we're at a loss for words. Because nothing molds tighter to your foods to keep air out, taste and tenderness in. And that means nothing can protect your foods from freezer burn better than Reynolds Wrap® aluminum foil.



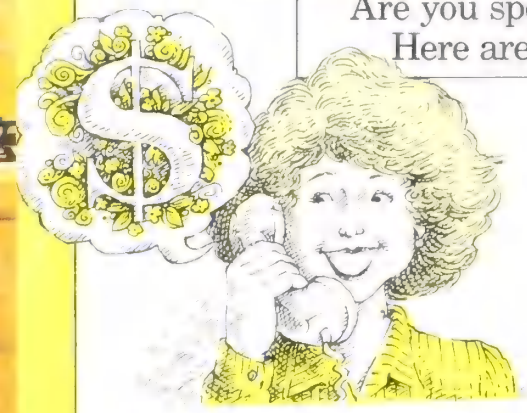
Reynolds Wrap wraps right.

For FREE booklets, "Freezing Foods" and "Short Cut Recipes for Busy Work Weeks," write: The Reynolds Wrap Kitchens, Dept. A-4, P.O. Box 27003, Richmond, VA 23261.

By Katherine Barrett and Richard Greene

MONEY NEWS

Are you spending shrewdly and investing wisely? Here are useful tips to help you manage your money.



Hide that number

Here's some good news for users of alternative long-distance services and telephone credit cards. After much confusion, the Federal Reserve Board has recently clarified the question of who is responsible for phone calls made without the cardholder's knowledge.

You can be held accountable for a maximum of only $50, and as soon as you report that someone is using your number or has stolen your card, you're pretty much off the hook.

It's still important, of course, to be careful with your secret number. Many consumers confuse these access numbers with account numbers, writing them on their checks or on the outside of payment envelopes. Small-business owners sometimes even post the numbers on bulletin boards—for all employees to see and use. "I don't think people understand the importance of guarding a code," says Sam Simon, president of the Telecommunication Research & Action Center. "It does have to be protected just like a credit-card number."

Aid to entrepreneurs

If you were starting a business, would you know where to borrow money or how to evaluate your competition?

These are some of the things you can find out on the toll-free hotline of the American Woman's Economic Development Corporation, designed to meet the needs of women business owners.

The hotline offers women the chance to ask experts brief questions or arrange for an in-depth counseling session of an hour to an hour and a half. There's a fee of $5 for the short conversations (usually under ten minutes) and $25 for the counseling, but the long-distance phone calls are free.

You can reach the organization during business hours, Monday through Friday, at 1-800-222-AWED (1-800-442-AWED in New York State and 212-692-9100 in New York City, Alaska and Hawaii). To arrange for the longer session, you have to fill out an information sheet and schedule in advance. This service is also available evenings, Monday through Thursday.

For more information about the hotline and other programs, write to: The American Woman's Economic Development Corporation, The Lincoln Building, 60 East 42nd St., New York, NY 10165.

An investment crash course

It's not easy to sort out the many investment options available these days —especially if the financial world is foreign to you. There are, however, a number of free and low-cost booklets put out by the government and financial organizations. These help explain the basics of investing, in language that's easily understandable, and they'll introduce you to a variety of ways you ca make money on your money. Here a some sources you may want to tap.

- The government. "Before Tradin Commodities, Get the Facts" (590-N) one pamphlet you can get free; "Th Arithmetic of Interest Rates" (418-N costs fifty cents, and both booklets ar available from the Consumer Informa tion Center, Pueblo, CO 81009. "Fact About U.S. Saving Bonds" (SBD-1746 is another free booklet you can get fro the Office of Public Affairs, U.S. Sav ings Bonds Division, Department of th Treasury, Washington, DC 20226.
- The New York Stock Exchange. Th exchange offers a $4 "Investor's Infor mation Kit" of booklets. "Glossary," "Un derstanding Financial Statements, "Understanding Stocks & Bonds" an "Getting Help When You Invest" ar among the titles included in the pack age. Send your check to the New Yor Stock Exchange, Publications Depart ment, 11 Wall St., New York, NY 10005 and allow about four weeks for delivery.
- The American Association of Indi vidual Investors. This nonprofit organi zation offers "A Lifetime Strategy fo Investing in Common Stocks" for free but send a self-addressed, stamped en velope. The association's address is Dept. LHJ, 612 N. Michigan Ave., Chicago, IL 60611.

HELPLINE

Q *I had a pair of diamond earrings locked in a bank safe-deposit box, but when I recently went to get them, I was horrified to find they were gone. Isn't the bank responsible for my loss?*

A No. Banks regard the contents of safe-deposit boxes as a completely private matter and have no way of knowing what has been locked inside. Therefore, they do not assume responsibility for missing contents.

It's wise, before you rent a box, to add a rider onto your homeowners policy insuring its contents individually. Also, keep a receipt or have the items appraised to prove their value in case there is a loss.

Nancy Barrett, consumer affairs director of Chemical Bank, in New York City, has several other tips.

- Keep the two keys you get for the box in a very safe place, but *do not* put them in the safe-deposit box. The bank will not have another key.
- Do not keep cash in the box.
- Do not keep the only copy of your will in the box, since entry to a safe-deposit box may be temporarily forbidden by your state if the owner dies.



WHEN IT COMES TO CLEANING THE BATHROOM, WE FIGHT DIRTY.



In the bathroom, it's a never ending war on grime.

That's why you need Dow Bathroom Cleaner with Scrubbing Bubbles.

They not only clean and shine tile, porcelain and chrome, they disinfect and leave a fresh, clean smell. And they never scratch.

Scrubbing Bubbles clean so well, they will pass your toughest inspection.

So if you've had it with cleaning the bathroom, use Dow Bathroom Cleaner with Scrubbing Bubbles.

We do the fighting. So you don't have to.

DOW BATHROOM CLEANER. LET US DO YOUR DIRTY WORK.

Fasten your seat belt.
The Masque is here.
It's not just another conditioner.
It's not just another anything.
In just two minutes in the shower,
it turns strands of hair
into streams of glistening light.
Then rinses clean.
Introducing
Rave™ Hair Masque.
You'll see the
difference in shine
after just one use.
Brilliant.




© 1985 Dreamthrough Books Inc.

The fine art of DESSERTS

COMMUNITY

WINTERTHUR
Museum and Gardens

COOKBOOK

As part of our continuing series on community cookbooks, the *Journal* has crossed the country, from Florida to Seattle, with dozens of stops in between. This month, intrigued by the elegantly photographed, mouth-watering specialties of *Winterthur's Culinary Collection*, we stayed closer to home: six miles northwest of Wilmington, Delaware, to be exact, deep in the heart of the Brandywine Valley. Our destination was Winterthur, the 963-acre estate-turned-museum formerly owned by Francis Henry du Pont, a premier—and pioneer—collector and admirer of American decorative furnishings. Opened to the public in 1951 following *(continued)*

Photographed in the splendor of Winterthur's Georgia Dining Room, a picture-pretty dessert sampler. Shown clockwise from top: Forgotten Torte, elegantly crowned with strawberries; Red Raspberry Cookies, lavishly dusted with confectioners' sugar; Tavern Rum Pie, filled with a spirited cream custard; Orange Cake, a buttery ring rich with raisins.



Lilo Raymond



Not so long ago,
it would have cost you $1,000 for a bottle of Baileys.

You would have had to fly all the way to Ireland to get it. Now, just a few years after it was first imported, more Baileys is bought & served & shared & given than any other liqueur in the world.

Baileys.® It must be magic.



The Original Irish Cream® Liqueur.

ported by The Paddington Corporation,
', N.Y. 34 Proof. © 1984

Turn your cookie jar into a fruit bowl.



If the name of the cookie is Newtons, the heart of the cookie is real fruit.

Fruit Chewy Newtons® only from Nabisco. Famous Fig Newtons® and now new Apple Newtons™. The deliciously moist cookies you'll feel good about keeping in your cookie jar because they're full of the goodness of real fruit. Kids know they taste good. You know the are good. So turn your cookie jar into a fruit bowl... fill it with Fruit Chewy Newtons.

NABISCO BRANDS INC.

© 1984



Turn routine to Florentine

Suddenly, an ordinary meal becomes something special when you add deliciously different new UNCLE BEN'S® Rice Florentine. A tantalizing blend of garden herbs, savory seasonings and the finest long grain rice. And it's so simple to prepare. So tonight, turn routine to Florentine with Rice Florentine from UNCLE BEN'S.

When only the best will do, say Uncle... Uncle Ben's.



COMMUNITY COOKBOOK

continued

n Pont's exacting specifications, it is a .ting repository for his vast collection American antiques, a showplace in n area already rich in colonial history. 'hat makes the museum stand out is ot simply the beauty of its grounds, ith its many acres of carefully tended ardens and its vistas of rolling green .wns, or even the huge array of ac- uisitions housed within. It is the way ne objects are displayed in over a hun- red different room settings (rather nan stuffy display cabinets) that look s if at any moment a family straight ut of America's past would step in and at dinner or light a candle or rock a aby in a quilt-covered crib. Each room as been re-created in detail—books, raperies, embroidery, rugs, ceramics, aintings, tableware; fireplaces, ceil- ngs and walls were salvaged from intage homes. The dining-room set- ng that we photographed, for in- tance, was the interior from the ockwell mansion in Milledgeville, eorgia, built about 1837.

But it's more than just a museum. Vinterthur, a nonprofit educational orporation, is also an ongoing re- earch and education center. To help support its general operations, the cookbook project was initiated in January 1983. More than 300 family recipes from staff and other members of the museum's community were tested and tasted. The result was the immensely popular 198-page spiral-bound *Winterthur Culinary Collection*, which debuted in September 1983.

The reason for the cookbook's success is evident the moment one opens the charming volume to the chatty introductory "reminiscences" of du Pont's daughters about life at Winterthur. And then there are color photographs that introduce the chapters, each of a different museum setting, and delicate line drawings of Winterthur antique serving pieces interspersed among the pages. Some of the recipes for dishes that the du Pont family enjoyed at Winterthur have been included, as well as special-occasion menus compiled by the chef, Hubert Winkler, of Wilmington's famed Hotel du Pont.

While we have featured recipes from the tempting "Sweets" section, everything from meal starters to soups, salads, breads, meats, fish, poultry and beverages is covered—plus an entire chapter devoted to chocolate extravaganzas—for an authentic taste of fine American cooking.

Winterthur's Culinary Collection is produced by the Winterthur Museum and Gardens, a museum of American decorative arts that was formerly the Delaware estate of F. H. du Pont. The spiral-bound softcover book features nearly 350 recipes, ranging from elegant menus to regional specialties.

For your copy, send $11.95 plus $1.50 shipping and handling to:

Winterthur's Culinary Collection
Direct Mail Division LHJ
Winterthur Museum and Gardens
Winterthur, DE 19735

Make checks payable to Winterthur Museum and Gardens. Major credit cards accepted; be sure to specify card, account number and expiration date.

FORGOTTEN TORTE

pictured on page 62

- 5 egg whites
- ½ teaspoon cream of tartar
- ¼ teaspoon salt
- 1½ cups sugar
- 1 teaspoon vanilla extract
- 2 pints strawberries
- 1 cup heavy or whipping cream, whipped

(continued)

MARDI GRAS®
A CELEBRATION OF GOLDS, BROWNS AND YELLOWS...



NOW FOR A LITTLE LESS GREEN.

15¢ OFF
SAVE 15¢ ON MARDI GRAS PAPER TOWELS OR NAPKINS.
15¢ OFF

DEALER: Fort Howard Paper Company will redeem this coupon for a total of 15¢ off plus 8¢ handling provided the coupon is redeemed on one (1) package of Mardi Gras paper towels or napkins. Coupons may not be assigned or transferred. Invoices proving purchase within the last 90 days of sufficient stock to cover coupons presented for redemption must be shown upon request. Failure to do so will void all coupons submitted for redemption. Sales tax must be paid by the customer. Void where prohibited, taxed, or restricted by law. Cash redemption 1/20¢. Use other than under the terms stated herein constitutes fraud. Not valid in conjunction with other Mardi Gras coupon offers. For redemption of properly received coupons, mail to: Mardi Gras Products, P.O. Box 1697, Clinton, Iowa 52734. Offer expires June 30, 1985.



73310 111213

COMMUNITY COOKBOOK
continued

Preheat oven to 450°F. Grease a 9-inch pie plate or 9-inch springform pan.

In large mixer bowl combine egg whites, cream of tartar and salt. Beat at high speed until foamy. Gradually beat in sugar. Add vanilla and beat 5 minutes longer. Spread evenly over bottom and sides of pie plate. Turn off heat and put pie plate in oven, leaving it overnight (do not open door). To serve, fill with strawberries and top with whipped cream if desired. Makes 8 servings, about 280 calories each with cream.

—Joyce Smedley

RED RASPBERRY COOKIES

pictured on page 62

- 1 cup butter or margarine, softened
- 1½ cups sugar
- 1 egg
- 1½ teaspoons vanilla extract
- 3½ cups all-purpose flour, stirred before measuring
- 1 teaspoon salt
- ½ to ¾ cup red raspberry preserves
- Confectioners' sugar

In large mixer bowl cream butter or margarine and sugar until light and fluffy. Add egg and vanilla and beat well. Stir in flour and salt until blended. (If dough is hard to handle, mix with hands.) Wrap and refrigerate about 2 hours.

Preheat oven to 375°F. Lightly grease 2 cookie sheets. On lightly floured surface roll half the dough ⅛ inch thick. Cut with a 2½-inch round cookie cutter. Roll out remaining dough; cut with a 2½-inch cutter with a hole in the middle. Bake 8 to 10 minutes or until lightly browned. Cool about 30 minutes. To serve, spread preserves on solid cookie, top with a cut out cookie and sprinkle with confectioners' sugar. Makes 2 dozen, about 215 calories each.

—Beverley Brainard Fleming

TAVERN RUM PIE

pictured on page 62

- 50 vanilla wafers, crushed (about 2⅔ cups)
- ½ cup butter or margarine, melted

Filling

- 1 envelope plus 1 teaspoon unflavored gelatin
- ½ cup cold water
- 6 egg yolks
- 1 cup sugar
- Pinch salt
- ½ cup light rum
- 1 pint heavy or whipping cream

Chocolate curls, for garnish

Preheat oven to 375°F. In 10-inch pie plate combine crushed wafers with butter or margarine. Press into bottom and sides of plate. Bake 10 minutes; cool.

Filling: In small saucepan sprinkle gelatin over water; let stand 1 minute. Stir over low heat until gelatin is completely dissolved; set aside. In large mixer bowl beat egg yolks at medium speed until light. Gradually add sugar and salt; continue beating until light and fluffy. Gradually add dissolved gelatin and rum. Whip cream until soft peaks form and fold into egg mixture. Refrigerate, stirring occasionally, until it mounds when dropped from a spoon. Spoon into crust and refrigerate up to 6 hours or until set. Garnish with chocolate curls. Makes 8 to 10 servings, about 610 calories each per 8, 490 calories each per 10.

—Alberta Melloy

low to dress a delicious Vlasic® pickle.

Casual



Formal



985 Vlasic Foods, Inc.
Bloomfield, MI 48033



Vlasic refrigerated Deli Dills
are not available in all areas...yet.

No matter what the occasion, the great taste of Vlasic can make it better.

How many ways are there to enjoy the great taste of Vlasic pickles? Actually, the possibilities are endless. But however you like your Vlasic pickles, their crunchy, delicious flavor is sure to dress up any occasion.

The best tasting pickle you ever heard. **vlasic®**

ORANGE CAKE

pictured on page 62

Cake

- 4 teaspoons vinegar
- 1½ cups milk
- 1 cup butter or margarine, softened
- 2 cups sugar
- 4 eggs, beaten
- 2 teaspoons vanilla extract
- 2 teaspoons lemon extract
- 2 cups raisins
- Peel of 2 oranges
- 4 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt

Glaze

- Juice of 2 oranges
- 1 cup sugar

Cake: Preheat oven to 325°F. Grease a 12-cup Bundt pan or 10-inch tube pan; set aside. Add vinegar to milk to sour it. In large mixer bowl cream butter or margarine and sugar until combined. Add eggs and continue beating until light and fluffy; add vanilla and lemon extracts. Chop raisins with orange peel; set aside. Combine flour, baking soda and salt; add alternately with milk. Fold in raisin-orange mixture. Pour into prepared pan and bake 1 hour or until toothpick inserted in center comes out clean.

Glaze: In small bowl combine orange juice and sugar. Invert cake onto a rack and brush warm cake with glaze. Makes 12 to 16 servings, about 615 calories each per 12, 460 calories each per 16.

—Mrs. John Learned

HEIRLOOM GINGERBREAD

- 1½ cups all-purpose flour
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ cup butter or margarine
- 1 egg, slightly beaten
- 2 tablespoons molasses
- 1 teaspoon baking soda
- Scant teaspoon salt
- 1 cup buttermilk

Preheat oven to 350°F. Grease an 8-inch square baking pan; set aside. In large bowl combine flour, sugar, cinnamon and ginger. With pastry blender or two knives, cut in butter or margarine. Reserve ¼ cup for topping. Stir egg and molasses into flour mixture. Stir baking soda and salt *(continued on page 134)*

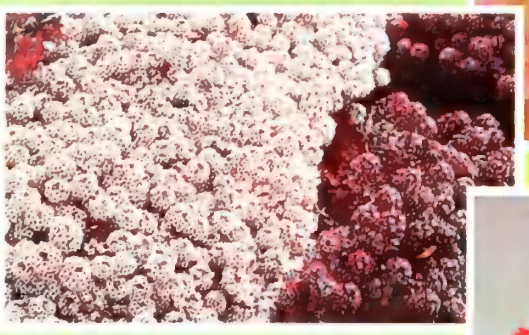
How spring can cost 70% less this year

Save up to 70% when you plant...

- Brilliant Thumbelina Zinnias
- Snow-White Alyssum
- Flaming Diablo Cosmos



Zinnia Thumbelina



Alyssum



Cosmos Diablo Bouquet

3-packet Garden-Starter Seed Set

from Northrup King—America's most trusted seed company!

And get $1.70 in valuable coupons!

Coupons to save on your next purchase of Dietene, Gas-X and Ex-Lax Pills.

Here's how...

© EX-LAX, Inc., 1985

Save on Garden-Starter Seed Set

3 packets + 3 coupons = $4.55 value!

To receive your full-size packets of Zinnias, Alyssum, Cosmos...plus your 3 savings coupons:

1. BUY: Any size of any of the following: Dietene Diet Shake Mix, Gas-X Tablets, Ex-Lax Pills.
2. CLIP: UPC symbols (picture at right)
3. SEND: 1, 2, or 3 UPC Symbols plus appropriate amount as shown. (All Symbols may be from packages of same product.)

I enclose the following Symbols (check one):

_____ 3 Symbols plus 75¢ _____ 2 plus $1.00 _____ 1 plus $1.25

Symbols enclosed are from (circle) DIETENE, GAS-X, EX-LAX PILLS

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: Ex-Lax Company Seed Offer, P.O. Box 2238, Maple Plains, MN 55393

Zip Code must be included to insure delivery. Void where taxed, regulated or prohibited. Offer limited to one refund per group, organization or address. This certificate must accompany your request and may not be reproduced in any form.
Allow 6 weeks for delivery.

LHJ Offer expires 12/31/85

HEALTH

Taking Care by Abby Walker

How to Lose Weight Fast Without That Tired, Rundown Diet Feeling! Delicious, filling DIETENE® Shakes help keep you feeling great while you lose weight fast.

The DIETENE Plan is rich in the vitamins, minerals and protein your body needs. DIETENE Shakes have no appetite suppressants, no caffeine. Your appetite is retrained naturally so you have your chance to stay thin for good. Available in great-tasting chocolate, vanilla, and strawberry.



The Strongest, Fastest Reliever for Gas Pains and Pressure. Miserable gas pains and pressure can hit hard after meals, and under tension. Now **Gas-X®** brings you the strongest, fastest ingredient doctors recommend to relieve gas pain misery. Take one or two Gas-X tablets after meals or at bedtime, as directed. Your doctor can tell you there is no faster relief from gas pain and pressure symptoms.



When You Need a Little Help With Constipation, one little pill from Ex-Lax, taken at bedtime, gives you all the help you need to get your body's natural rhythm going again. Your own system takes over and does the rest. Gently. Overnight. Next morning you're right back on schedule. All because one little pill from Ex-Lax helped your body help itself.



EX-LAX, INC., 1985

A SANDOZ HEALTH CARE COMPANY

By Beth Weinhouse

MEDINEWS

The latest findings to keep your family healthy



March 17-23: Poison Prevention Week

ere's good news: Childhood poisonings have been steadily decreasing in e U.S. in recent years. The welcome cline is due in large part to the Poin Prevention Act, passed in 1970, nich requires both prescription and er-the-counter medicines, as well as rtain household products, to be sealed th child-resistant safety caps. The t has been so effective that between 73 and 1982 there was a 46 percent crease in children's hospital visits for gestion of prescription drugs, accordg to the Consumer Products Safety mmission. Among children under 'e, deaths due to all household prodts dropped 75 percent between 1972 id 1981, according to the National enter for Health Statistics, and deaths ie to aspirin products are down 87 rcent for children in the same age oup in the same period.

As encouraging as the numbers are, ey could be better. A recent spot check New York City pharmacies by the ate Attorney General's office found at nearly one third were violating the t by dispensing prescription medicaons in containers *without* safety caps. This Poison Prevention Week, take ie time to check and make sure that l your medications and poisonous ousehold substances do have safety ips. To be extra safe, store them out of ildren's reach. When you have preriptions filled, check the container ie pharmacist hands you—insist on a fety cap. And, as a final precaution, lways keep the phone number of a poin control center next to the phone.

The GIFT of life

In vitro fertilization (test-tube babies) was just the beginning; the latest treatment for infertility is called GIFT—Gamete Intra-Fallopian Transfer. GIFT was developed through the reproductive research program at The University of Texas Health Science Center at San Antonio. The technique was designed to help couples with unexplained infertility and those in which the male suffers from a low sperm count or low sperm motility. It may prove applicable to more than half of all infertile couples.

GIFT tries to mimic the progression of events in early pregnancy. A couple's own eggs (the woman is given hormones to increase the chances that several eggs will be ready for fertilization) and sperm are mixed together in a laboratory dish, and then transferred to the woman's fallopian tubes by catheter. There, just as in a normal conception, fertilization occurs, and the fertilized egg travels to the uterus.

Dr. Ricardo Asch, one of GIFT's developers, is currently setting up a one-year program involving ten countries and several hundred patients to study the new technique.

Feeling a forehead to diagnose fever?

If you ever wondered how accurately a fever can be diagnosed by feeling a forehead (or face or tummy or any other traditional maternal method), a new study has the answer.

A survey of more than three hundred mothers found that the women were correct 93 percent of the time when they determined that a child didn't have a fever. They were right 52 percent of the time when they believed a child did have a fever.

The article, in the *American Journal of Diseases of Childhood*, stated that this equals the accuracy of liquid crystal forehead temperature strips. However, a thermometer is still the most accurate way to measure fever.

The most common cuts of all

Of the twenty most frequently performed operations in the United States, *eleven* are performed exclusively on women. *None* are performed exclusively on men. The statistics come from a recently completed study by the Metropolitan Life Insurance Company. The twenty most frequently performed operations are:

1. total abdominal hysterectomy
2. low cervical caesarean section
3. diagnostic dilation and curettage (D & C)
4. gallbladder removal
5. appendectomy
6. D & C following delivery or abortion
7. tonsillectomy with adenoidectomy
8. tubal ligation through an abdominal incision
9. other caesarean section of unspecified type
10. hernia repair
11. tonsillectomy without adenoidectomy
12. laparoscopy (observation of abdominal and pelvic organs using a long, telescope-like instrument)
13. vaginal hysterectomy
14. cartilage surgery of the knee
15. tubal ligation through a laparoscope
16. hemorrhoid removal
17. surgery for slipped disk
18. breast biopsy
19. surgical cleaning of wound, infection or burn
20. local excision of breast lesion

The list should persuade anyone, especially a woman, about to undergo one of these operations to be cautious about surgery, to ask for detailed explanations of why it is required, and to get a second opinion before undergoing the procedure.

Larry Ross

The great fun campaign
COUPONS

VIDEO DAZE



This coupon good for one VCR movie (your choice) and popcorn for everybody.

I ONLY HAVE EYES FOR YOU

This entitles you to two hours of my undivided attention. You choose what we do.



COOKIE MONSTER



Good for one afternoon of baking up a storm. You choose your favorite cake or cookies.

PIZZA MADNESS

This coupon good for one trip to the pizza parlor (my treat), plus extra cheese for the entire family.



A FAMILY AFFAIR

Good for one game of Trivial Pursuit. (Mom and Dad promise not to sneak off to do laundry or office work.)



Cameron Wasson

The great fun campaign

We thought we were leading full, responsible lives. Then we realized we'd been too busy to savor the real joy of living.

By Mary Barmeyer O'Brien

Diving for another cushion, I made a last-ditch attempt to win our family's weekly pillow fight. But amid a volley of returning shots, I admitted defeat. Panting, I surrendered, laughing hilariously as the final hailstorm of pillows found its unprotected mark.

Two years ago, I reflected, we spent Saturday mornings immersed in our drab routine of breakfast, housework and chores. The pressures of our busy lives left weekends for catching up on undone tasks.

But, then, two years ago the great fun campaign hadn't yet begun.

The great fun campaign is our way of fighting life in a rut. Quite simply, it is a purposeful plan for having fun as a family. It is our endeavor to ensure an abundance of homegrown good times that fill us with warmhearted memories.

The great fun campaign is also a crusade against disintegrating relationships, lack of common interests and no time for the "times of our lives." It is protection against looking back with regret and saying, "Why didn't we . . . ?"

Our campaign began one spring when our neighbor Ted leaned across the back fence to chat. "The kids want me to take them fishing," Ted told my husband, Dan, "but it seems as though we never get time to go. There is always too much to do around here."

The memory of that conversation was vivid in our minds a week later when the quietness of our living room was shattered by the screaming of a siren. We watched with horror as an ambulance screeched to a stop in front of Ted's house. Seconds later, he was rushed to the hospital.

Still recovering from his severe heart attack, Ted is home now. We've noticed he often takes his children fishing when they ask him—and even when they don't.

Ted's ordeal caused us to skid to a halt and take a close look at our own breakneck routine. Dan and I had always been hard workers and often pushed ourselves to the limit. We worked exhausting *(continued)*

Dristan® relieves more cold symptoms than any of these cold medicines.





"No congestion. No runny nose. No aches. Dristan's great."

Dristan relieves more cold symptoms than medicines like Actifed, Sudafed Plus, Contac and Drixoral.

That's because Dristan has an extra medicine none of these others have.

This means that Dristan not only relieves congestion, sneezing and runny nose—but it also provides relief these others can't—relief for fever, body aches, headaches, and sinus pain.

EXTRA MEDICINE FOR MORE COLD RELIEF.

DT DC-85 LHJ-25

SAVE 25¢

ON ADVANCED FORMULA DRISTAN



Mr. Dealer: we will redeem coupon for face value plus 8¢ handling provided you and your customers have complied with the terms of the offer. Any other use constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons must be shown upon receipt. Void if taxed, restricted, prohibited, assigned, reproduced, transferred or presented by other than retailers of our products. Consumers must pay sales tax. Limited to one coupon per purchase. Cash value 1/100¢

Use only as directed.

Mail coupons to: Whitehall Laboratories P.O. Box R-7019, El Paso, TX 79975. Coupon expires 9/30/85. Good on any size Advanced Formula Dristan except trial sizes.

25¢

GREAT FUN CAMPAIGN
continued

schedules and busied ourselves with a dizzying array of obligations. Fun? Relaxation? No time for them. Dan's teaching career meant long evening hours of planning, correcting papers and supervising a basketball program. I was equally busy with a free-lance writing schedule and caring for our two children: Jenny, aged two and a half, and baby Kevin.

But that was just the beginning. We also had a host of volunteer responsibilities in the community, such as organizing a local food bank and helping disadvantaged teenagers. These were important to us, but now we found ourselves wondering if we had become *too* deeply involved.

Even our house demanded our time. We were hastening to finish major remodeling inside and out, and several pressing projects topped the never-ending job list. In frustration, we hired a contractor to finish the exterior work before the onslaught of the harsh Montana winter. Then we tackled the remaining interior jobs ourselves.

As days flashed by us in a blur, we began to realize that this relentless rush was hurtling us through the best years of our lives—years we would never again be able to share with little Jenny and Kevin. By fulfilling our multitude of career and civic commitments, we were creating a daily whirlwind of duties that forced us to shortchange our family. Many things we had once considered vital to our lifestyle were getting lost in the shuffle of obligations. After all, there just wasn't room for everything. School committee meetings, extra hours at work, church activities, carpentry, food-bank conferences and the ever-ringing telephone were taking up more and more of our time.

Weekends had become as hectic as the pressured weekdays themselves.

"Save next Saturday for yard work," Dan would announce in a typical dinner conversation.

"But I thought we were going to begin paneling the den!" I would protest.

"Well, maybe we can fit in some of each. But don't forget, we've got the Service Club project at two o'clock. . . ."

Hoping to take charge of our lives again, we vowed to make a change. Together, Dan and I agreed that our children were, and would always be, the most important part of our lives. Spending time as a group would become our top priority. And so our great fun campaign was born.

As a family, we sat at the kitchen table one morning and decided upon the activities we wanted to do together.

"How about canoeing?" I suggested. "And let's look at some of those old home movies."

"Bake cookies!" Jenny piped up enthusiastically. "And take bike rides!"

At that moment, Kevin, who was in his infant seat on the table, waved his arms and babbled gleefully. "Look!" Jenny said with a laugh. "Kevin says he wants to come, too!"

Soon we had a long, mutually anticipated list posted prominently on the refrigerator door. The next step was to put it into action.

At first we had trouble bringing our project to life. It took a concentrated effort to squeeze a few minutes of relaxation into our duty-packed days. But with perseverance, we slowly began putting the fun campaign ahead of "more important" jobs. Our tight schedules eventually started to bend a bit.

Of course, we couldn't just drop our commitments in order to reclaim our time, but we did begin to select those we felt were most important—and then slowly to extract ourselves from the rest.

Short bursts of fun added zest to our lives in the form of crumpled-newspaper wars, taffy pulls, games of hide-and-seek and celebrations of obscure holidays. We tried to be creative.

"No," I heard Dan saying firmly but cheerfully into the telephone one morning. "I'm sorry, but we just can't do it this time."

After hanging up, he explained, "They wanted us to head another community fundraiser. But in view of the great fun campaign, I turned them down this time."

Each week, we set aside some time specifically for fun. At first we snatched whatever time was available, even if it was only an hour. Soon, though, we began planning ahead and reserving at least two uninterrupted hours each week. Whether we chose Saturday morning, Sunday afternoon or an evening after dinner, we were often pleasantly surprised to find those two hours drifting into a relaxed three or four . . . or even more!

But it didn't matter if we spent one hour or a whole day: We unfailingly made the great fun campaign a part of every week. We knew that if we were too busy even once, it would be easy to forfeit our time for fun again. And again.

Our hours together started to include cozy evenings in the kitchen creating gourmet pizzas, winter Saturdays of sledding in the crisp mountain air and activities that were new to us all—watching a rodeo, learning to use a computer, bird-watching. Our old player piano came into use more and more as we gathered around it for evenings of singing. We explored local attractions we'd never taken time to see.

We learned to make the most of spare minutes, too. Short bursts of fun added zest to our lives in the form of crumpled-newspaper wars, taffy pulls, games of hide-and-seek and celebrations of obscure holidays.

We tried to think creatively. "How can we make household chores more fun?" I challenged. The next week found us pegging balled socks at each other in hilarity as we folded clothes. Even Kevin laughed in delight! And we changed our daily routine. Did mealtime always have to be at the dining-room table? We "picnicked" on the floor around the wood stove. On warm spring mornings we breakfasted under the great elm behind our house. We roasted hot dogs and marshmallows in the park.

New holiday traditions became a part of the fun campaign, too. Last Easter found us staging our second annual peanut hunt with family members. Unshelled peanuts were hidden throughout the house, with small prizes offered to the person finding the most peanuts, the fewest, the smallest one, the ugliest, the dirtiest. And on Valentine's Day, we hid tiny candy hearts for each other in bureaus, cabinets, coat pockets, fingers of gloves—everywhere. Weeks later, we were still finding them!

Practical jokes began playing their part, as well. Short-sheeting beds and switching sugar with salt added flavor to the fun. However, we quickly learned each others' limits on joking. Resetting the clocks was a cute idea, but when it made Daddy late for work it didn't seem so funny. And when Dan scrawled a love note on our bathroom mirror with soap, I wasn't amused when it took me days to scrub it off. Now, when it comes to pranks, we've learned to stay within certain guidelines.

Homemade booklets of coupons became a favorite idea for family gifts. After snipping and stapling construction paper into a small booklet, we turn each page into a redeemable coupon for a favor or treat such as "making one batch of your favorite cookies," "an afternoon excursion to the lake" or "a family bike trip to the ice cream shop—I'll buy." These coupons, which require a surprising amount of *(continued)*

ntroducing the discreet way o carry and dispose of your ure & Natural.



Now protection from Sure & Natural is even more discreet with new Tiny Totes. Tiny little paks for discreet carrying and disposal of your maxi. There's one for every pad in every box. So use 'em and lose 'em. Pack 'em and scrap 'em. Take 'em and leave 'em. Sure & Natural.





New Tiny Totes from Sure & Natural. For toting and tossing.

Important New Vitamin Facts
from Yale-New Haven Hospital:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Introducing new, advanced formula Unicap M. More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say nutritionists in an independent study at the Department of Food and Nutritional Services, Yale-New Haven Hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as new, advanced formula Unicap M.

It's why the nuritionists at Yale-New Haven Hospital consider a formula like Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. New Unicap M –for most vitamin users, the "appropriate" choice.

For additional information write, The Upjohn Company Yale-New Haven Hospital Study, Dept. 9001-88-95, 7000 Portage Rd., Kalamazoo, MI 49001.

The Better-Balanced Vitamin from Upjohn



Potency guaranteed.
• Sugar free • Sodium free

ought, are just one more way of aring ourselves with each other. ey are a way of showing Jenny and vin that time and service are truly ts in their own right.

As the coupons demonstrate, a fun mpaign needn't take a bite out of e monthly budget. At times, how- er, we do try to give ourselves a few llars to play with—literally. With r small cache, we've enjoyed over- ght trips, movies, special restaurant eals and plays. But we've enjoyed r no-cost activities just as much.

As our children have grown, so has e great fun campaign. At first we ose recreation in which we could in- ude a baby, a toddler and a sizable chel stuffed with the accessories we eded for them. But now that Jenny d Kevin are older, we've been able to corporate fuller schedules and more venturous activities into our out- gs. We've made 600-mile trips to the ean, gone boating in a national park d enjoyed carnival rides at a county r. We're looking forward to fishing the shallow waters of our favorite ountain lake next summer, when en little Kevin (well bundled into his e jacket) will be able to hold a rod d reel by himself. When winter comes ain, we hope to begin teaching both nny and Kevin to ski cross-country. ter that, perhaps we'll try backpack- g in the wilderness with them.

Already, Jenny and Kevin look for- ard to the times we spend together. Mommy, let's have the fun campaign day," Jenny often requests on week- d mornings, while Kevin echoes hap- ly, "Fun! Fun!"

It isn't always easy to make time for n. Dan and I are committed to our mmunity, and we still have a pen- ant for hard work. But when the mptation arises to shove the less essing great fun campaign in a cor- r, we remind ourselves that we've osen to make our family our first pri- ity. Having fun together is now just important to us as meeting our more ber obligations.

"Do you think we'll get the den neled next summer?" I mused to Dan e morning over a second cup of coffee.

"Does it matter?" he asked, smiling. We could begin it today, but I thought e would take the kids to the zoo in- ead. Come on, the treat's on me."

The great fun campaign. It has be- me a major source of our family's easured remembrances, a tie that nds us together and a tradition we pe will find a permanent place in the earts of our children and their own milies to come. **End**

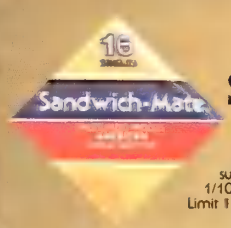
"Sandwich-Mate. It's better than American Cheese."



15¢ STORE COUPON OFFER EXPIRES AUGUST 30, 1985 15¢

SAVE 15¢
On any size
Sandwich-Mate® singles

MR. GROCER: To redeem this coupon, mail to Fisher Cheese, P.O. Box 1116, Clinton, Iowa 52734. We will reimburse you for the face value plus 8¢ handling for each coupon. Invoices supporting purchases may be requested. Cash value 1/100 cent. Offer void where prohibited or regulated. Limit 1 coupon per purchase of any item.





71030 108907

15¢

15¢ STORE COUPON OFFER EXPIRES AUGUST 30, 1985 15¢

Save on Fisher shredded products, too!

SAVE 15¢
On any package of Pizza-Mate®, Ched-O-Mate®, Taco-Mate® or Salad-Mate®.

MR. GROCER: To redeem this coupon, mail to Fisher Cheese, P.O. Box 1116, Clinton, Iowa 52734. We will reimburse you for the face value plus 8¢ handling for each coupon. Invoices supporting purchases may be requested. Cash value 1/100 cent. Offer void where prohibited or regulated. Limit 1 coupon per purchase of any item.



71030 108915

15¢

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the latest psychological research. By Sonya Friedman, Ph.D.

Q My husband and my twelve-year-old daughter have always been extremely close. But recently she got her period, and now he acts standoffish and avoids her. I can see she's hurt. What can I do?

When a man doesn't know how to handle his daughter's budding sexuality, he may be frightened and unconsciously push her away. She may remind him of you when you were younger, and his feelings of attraction can be hard for him to understand. Then again, sometimes a father, in wrestling with his young daughter or going up behind her to give her a hug, becomes immediately aware that she is developing breasts. This may cause him to begin a "hands off" policy with her in order to show her how he expects other men to treat her—with affection but not in a physical way. Last, some fathers believe that when a girl begins developing sexually she is "too old" for the kind of baby behavior that the two of them had shared before. Explain to your daughter that her father finds her attractive yet feels the need to treat her with some deference and respect because she's growing into a young lady. Next, explain to your husband that normal affection between a father and daughter is not sexual abuse, that you know he's capable of exercising good judgment and that a continuing warm relationship between them is necessary for your daughter's self-esteem.

Q My best friend is outraged when I refuse to read or watch anything about nuclear war. I figure there's nothing I can do about it, so why upset myself. Who's right?

Each of us copes with certain potential horrors in her own way. Acknowledging the possibility of nuclear war might be so terrifying that it would raise your anxiety level to the point where you would find it impossible to continue with normal life. You may also believe that your opinion or vote won't make a difference and so prefer to focus on the situations in your life where you *can* have an impact. Other people believe that if they become an "expert," learning everything there is to know about a certain situation, they can effect a change. This can be as much a delusion in certain instances as pretending that if you don't think about something awful, it can't happen. Both types of behavior are an overcompensation for a dreaded thought. You and your neighbor have just chosen to deal with this horror in different ways. Don't permit your disagreement to tear apart your friendship. Just agree to disagree and then focus on the things you enjoy together.

Q My husband is usually a considerate lover and we have a good sex life, but once in a while he reverts to what I call macho-man specials. Afterward, he goes to sleep while I lie there feeling unloved and sometimes even physically sore. How can I deal with these episodes?

There are times when a man feels an overwhelming impulse to have sex, which overrides the tenderness he would generally display toward his partner. Sometimes it is the desire to act out a fantasy of machismo, and frankly sometimes there is the urge for sex without the energy for flourishes. While no woman wants to feel brutalized, it is also wise to acknowledge that a variety of lovemaking styles is healthy in a marital relationship.

Trying to deal with the episode when it occurs can be difficult; you will have to be tactful in broaching the subject. If he is highly charged sexually and feeling in need of release, he may not be in a mood to hear your attempts at rational conversation. Instead, choose a time when the kind of sensitive lovemaking you prefer has just taken place. Tell him how very appreciative you are of having a man who is kind and considerate out of bed as well as in it and that you liked the way you both just made love. Reaffirm that you know he recognizes the difference between lovemaking and sex. Tell him you're concerned that this behavior is becoming a pattern and that you want to deal with it before you begin to feel distant from him or not desirous of his lovemaking. Together, you should be able to fashion a sexual style that satisfies both of you and leaves you feeling loved.

PERFECT CAN BE PAINFUL

A perfectionist personality can cause aching, stiffness and weakness—symptoms often associated with arthritis and rheumatism. But "fibrositis," as it is called, shows no sign of tissue inflammation because it is really a nervous disorder, according to Hugh A. Smythe, M.D., of Toronto's Wellesley Hospital. Dr. Smythe and his colleague, Harvey Moldowsky, M.D., have pinpointed the process whereby mental anxiety, carried over from waking hours into the deepest period of sleep, causes an overlay of alpha waves (a waking brain pattern) on the brain's sleep pattern, which prevents true rest and precipitates aches and lower back pain the next morning. Interestingly, even "normal" people may experience this syndrome during periods of stress; those with perfectionist tendencies may be chronic sufferers because they expect too much of themselves and they're constantly taking their worries to bed with them.

NEW!

TYLENOL® acetaminophen introduces easier-to-swallow Extra-Strength Caplets.



Extra-Strength TYLENOL CAPLETS have a special coating and unique shape that make them easier to swallow than ordinary tablets.

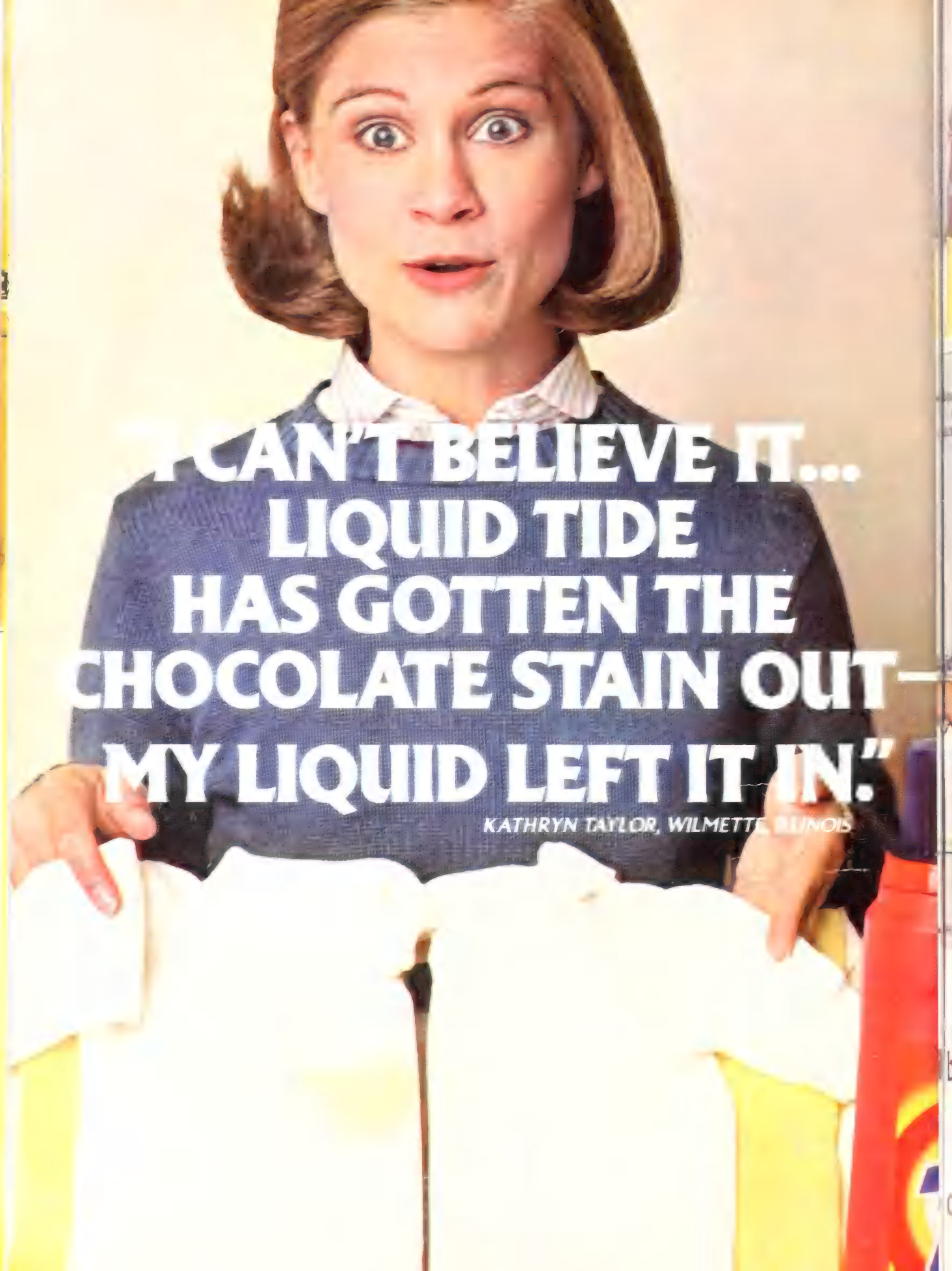
New CAPLETS have all the potency you'd expect from Extra-Strength TYLENOL products. In fact, you can't buy a more potent pain reliever without a prescription.

Try new Extra-Strength TYLENOL CAPLETS—they're easier to swallow.



Extra-Strength TYLENOL*— *available in tablets, capsules and new CAPLETS.
acetaminophen

mber, no drug should be abused, so follow label directions carefully. TYLENOL® is the registered trademark of the McNeil Consumer Products Co., identifying its brand of acetaminophen. © McNeil, 1984.


I CAN'T BELIEVE IT...
LIQUID TIDE
HAS GOTTEN THE
CHOCOLATE STAIN OUT—
MY LIQUID LEFT IT IN."
KATHRYN TAYLOR, WILMETTE, ILLINOIS



.iquid Tide took the blood stain out—
my liquid detergent did not."
ELODIE CAMPBELL, CARSON, CALIFORNIA



"Liquid Tide does a much better job
on the ground in dirt
than my liquid detergent."
WILLIAM COOPER, BALTIMORE, MARYLAND



"The spout is nice...It's easy to use,
it's convenient, there's no mess...
it's a better product."
CONNIE BARTELL, BEL AIR, MARYLAND



"Liquid Tide works much better
than my liquid detergent."
PHYLLIS RUCINSKI, CALUMET CITY, ILLINOIS



"A measuring cup, I love it!
It's convenient, neat, economical."
KATHERINE FRAWLEY, BALTIMORE, MARYLAND



You say it cleans better,
because you see it cleans better.

Try new Liquid Tide
on some of your toughest laundry problems.

WAR TORN!

The story of two women



Ken Silverman



Top: "Please help me find my husband in the U.S.," Thu asked me when I left Cambodia. Above: Alone in a refugee camp for nearly two years, Lung Thoe, aged thirteen, said, "My family is all dead." Then, a week before this photograph, he was reunited with his sister, Louen, aged eight.

PART TWO OF A TWO-PART SERIES

During a desperate ten-year struggle to survive, this woman was forced to make the most agonizing decision a mother could ever be faced with.

BY JAN GOODWIN

She stood out from the beginning, although I wasn't sure what exactly had caught my eye. She was part of the crowd of people that surrounded me as soon as I climbed out of the car. "Please," they begged over and over again, "you help me. You help me go America." Many of them waved papers in my face, documents they hoped would prove they were entitled to be resettled in the U.S.

The excited horde surged around me, and I could see the hope on some two hundred faces. As they jostled one another and tugged at me, Thu's eyes met mine. Perhaps I noticed her because in this milling mass trying to attract my attention, she was standing quietly. And instead of flapping documents at me, she was clutching to her chest, as if to protect them, a thick sheaf of papers. "Can you help me find my husband?" she said in nearly perfect English. "He's an American." She spoke softly, *(continued)*



used soap for thirty years. Switching
ıst for seven days made me realize that
›ove was much better."



"With Dove, my skin feels soft and youthful. It doesn't feel like it's almost 40 years old."



"There must be something in Dove that makes my skin more alive. It feels smoother, softer."



Vith Dove, I didn't have that tight, dry
eeling in my face. Dove is a superlative
roduct."



"Dove cleared the dryness and flakiness I had with soap. Dove tended to almost heal my skin."



"Soap really dried my face and it felt dried up like a prune. Dove makes it feel real smooth."

Why are you still using soap when women from Philadelphia to Phoenix will tell you Dove is better?

There is no question about it. Dove® is better for your face than soap. Ten years of clinical tests have proved it to be a scientific fact.

These women proved it for themselves after giving up soap and using Dove for just seven days.

You see, soap dries your skin. It strips away your skin's natural moisturizer. It cleans your face—dry.

But Dove is not a soap. It's made quite differently with ¼ moisturizing cream. Instead of drying your skin, it keeps it softer, smoother.

Try Dove instead of soap for just seven days. And prove it for yourself:

Dove is better because it doesn't dry like soap.





Virginia Slims remembers when men made the headlines but women made the news.



© Philip Morris Inc. 1984

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 15 mg "tar," 1.0 mg nicotine—Lights: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

VIRGINIA SLIMS



New discovery!

End pain of high heels!

Thin invisible mini-sole ends slipping, toe-jamming!

High heels? Open toes? New SLIP-STOPS™ self-sticking mini-soles are cushioned to fit perfectly beneath the ball of your foot—to stop toe-jamming, stop sliding, stop high heel pain!

Shoes fit better and feel better

Now! High heels feel like low heels! Toes won't slide forward or overhang! Straps and heels won't gap! SLIP-STOPS won't bunch or show. Guaranteed to end slipping and high heel pain, SLIP-STOPS by *Odor-Eaters*® insoles are made with suede-like tops and patented activated charcoal in latex foam.

For a sample pair just send 50¢ postage and handling to: SLIP-STOPS, P.O. Box 328LJ, White Plains, NY 10604. Limit one pair per household. Put new SLIP-STOPS in your shoes and stop high heel pain!

Wherever health and beauty aids are sold.

2 PAIRS



© 1984 COMBE Inc.

WAR TORN

continued

but the crowd heard her. With a strange, almost pneumatic sigh, like a hot-air balloon deflating, the clamor subsided. The others knew that Thu, even more than they, had a compelling case and deserved a hearing. Sadly for Thu, she was telling her story not to an American immigration official, as everyone longed for me to be, but to a journalist. For this was war-torn Cambodia, and the United States does not have diplomatic relations with this beleaguered country. Cambodia's borders are closed, and the country has been sealed off from the Western world for ten years. Rare is the American visitor to Dong Rek Platform, a makeshift camp for nearly four thousand Vietnamese refugees in rebel-held territory two and a half miles from the Thai border. I was there only because the Thai army officer in charge of the border guard had graciously but capriciously decided I could cross the border. Even American relief agencies are not permitted to operate inside Cambodia. Only the Swiss-staffed International Committee of the Red Cross and officials of the United Nations Border Relief Operation are allowed access to these camps.

Dong Rek Platform is aptly named, I discovered, as I asked Dang Thi Bich Thu, or Thu, as she prefers to be called, if we could get away from the crowd and continue our conversation in her home. "Here it is; you're sitting on it," she said, gesturing to the large open bamboo platform, which was raised about two feet off the ground. Except for a thatched roof, the platform was exposed to the elements, including the fierce monsoons, the many mosquitoes and the annoying flies. It was also exposed to the eyes of every camp inmate—privacy doesn't exist at Dong Rek. Thu's platform was home to her and an ever-growing number of families.

Unlike the refugee camps in Thailand, where inmates have a chance for resettlement in countries like the U.S., the camps in Cambodia only grow; they never diminish. Dong Rek is the end of the line. People like Thu are in limbo; they cannot go forward now that the Thais are no longer accepting new refugees, and they risk death if they go back to the part of their country controlled by the Vietnamese. And while they are inside Cambodia, the American authorities are unable to meet with them even to assess whether they qualify for resettlement in the States.

Thu, aged thirty-five, has lived this hopeless existence for three years. And yet she shouldn't be there. More than many refugees, Thu qualifies for admission to the U.S., and she has for almost ten years. But instead of bein resettled in America, like so many c her countrymen before her, Thu has ex perienced a decade of torment. The pa pers she was guarding so fiercely whe I first spotted her tell the abbreviate facts but leave out the pain. (Many c them are letters to the U.S. Embassy i Bangkok, from American relief agen cies that have tried to help her locat the husband she lost contact with whe the U.S. withdrew from Vietnam i April 1975.) And Thu has been hurtin for a very long time. She was just thir teen when she learned what happen when you work for the wrong side. "M father, a police officer in the Frenc Army, was killed by the Vietcong. H was shot in front of me."

Four years later, Thu was sure sh had chosen the right side when sh went to work at the U.S. base at Soc trang Airfield, seventy-five miles south west of Saigon in the Mekong Delta She was employed first at the EM Club then at the NCO Club and finally at th PX, for a total of five years. It was i 1967 at Soctrang that Thu met Ser geant Roger Lee Howard from Lexing ton, Kentucky. "What attracted me t him, apart from the fact that he was s kind, was the color of his skin," say Thu shyly. "It was the same color a mine." Like many Vietnamese, Thu i dark-skinned, and Roger, who wa twenty-three when she met him, i black. "We were married that sam year in my mother's home," she recalls The following year their first son Roger Lee, Jr., was born. And two year later, he acquired a baby brother, Dan The Quoc. "Despite the war, I was ver happy. My husband was very good t me, and I loved being a mother." Tha happiness was short-lived. In 1973 Roger, a career soldier, was suddenl transferred back to the States. "Th children and I had to stay behind be cause our papers had to be processed,' Thu explained. "But Roger promised t write regularly and to send money, an he did. He took good care of us ever from such a distance."

Eighteen months later, in early April 1975, most of South Vietnam wa in Communist hands, and Saigon wa on the brink of chaos. The airport wa packed, and the U.S. Embassy was del uged with Vietnamese applying for visas particularly those who had worked for the Americans and feared for their lives at the hands of the Vietcong. In the pandemonium and the panic, many of the Vietnamese never even made it inside the embassy gates. Without her American husband there to plead her cause, Thu, with her two sons, now aged seven and four, was one of the unlucky ones. It was then that she learned about Operation Airlift. *(continued)*

Go where you've never gone before.



Dirt haters, rejoice.

Now you can get the most stubborn dirt that's buried in your carpet.

The dirt that's hiding in corners and huddled against baseboards.

And all the horrible stuff lurking under your bed.

The new Eureka Ultra is here.

Unlike most uprights, it's light, sleek and easy to use. Yet it packs the power you've always wanted.



A 6.5 amp. industrial strength motor gives the Ultra Model 7570 the same suction power as the uprights we make for commercial use in hotels and office buildings.

So you can get not only the surface dirt that many cleaners get, but the dirt that's hidden deep in your carpet. (A clean looking carpet can hold 1½ times its weight in hidden dirt. Yechhh.)

The sleek design allows the Ultra to go farther into corners and closer to baseboards than you've ever gone before.

And it automatically adjusts itself to clean your carpet at the proper height. You don't have to set anything.

The bag is on the front, so it's easier to change. And the handle tilts all the way to the floor. So you can finally get whatever's under the bed.

For a demonstration of the cleaner that lets you go where you've never gone before, go to your Eureka dealer.

EUREKA
Gets dirt you can't see.

© 1985. The Eureka Company, Bloomington, Illinois 61701. A Division of National Union Electric Corporation. In Canada—Eureka Division—Euroclean Canada Inc., Cambridge, Ontario.

WAR TORN
continued

"Someone told me that the Americans were sending two planes full of Vietnamese orphans to the U.S." Thu then made a decision only a mother would understand. She rushed her sons to Saigon Airport. "It looked like they were taking just the babies and the little ones, so I gave them my youngest son. I said he was an orphan. I gave him a false name. I lied to save his life." The four-year-old was carried aboard the Air Force transport plane en route to Travis Air Force Base in California; that was the last time Thu saw her son.

On April 5, the front pages of American newspapers reported that one of those planes had crashed shortly after takeoff. "Over 100 Vietnam orphans killed with 25 adults in Saigon crash," said the headlines. Americans watching television received the details of that tragic accident quicker than Thu did. "In the confusion, it took a long time for me to find out that my baby wasn't on the crashed plane," explains Thu. Twenty-five days later, on April 30, Saigon fell. And shortly afterward, just as she feared, Thu was arrested because of her association with the Americans. "I never even got to say good-bye to my oldest son," says Thu. "I am only thankful my mother was there to look after him, otherwise I don't know what would have happened."

Life inside prison is something Thu still doesn't want to talk about. She will only shake her head and look away. One can only imagine the anguish that she suffered. When she put Quoc on the airlift plane, she knew he would be adopted by an American family and would probably disappear from her forever. When Saigon fell and her husband didn't hear from her, she knew he would probably believe she had died in the fighting. And when Roger, Jr., was discovered by the North Vietnamese to be the son of an American—and that wouldn't take long because he looked so much like his father—she knew that if he wasn't killed, he would be hated.

"Eventually, I was able to escape from prison," says Thu, "but I couldn't go home because I would be recognized and I would also endanger my family. I decided the only place I would be safe was Cambodia, so I gave myself a Cambodian name and made my way to the border." What Thu had no way of knowing was that Pol Pot had begun his reign of terror three days before Saigon fell. She had fled one hell and walked straight into another. In the next four years, nearly half of Cambodia's population of seven million people would be massacred or would die of starvation. The middle class and the educated were particularly preyed upon. Even wearing glasses was reason enough for a bullet through the head. The brutal Khmer Rouge did such a thorough job of wiping out their own nation that today there are fewer than a hundred college-educated people left in Cambodia.

Once again, Thu was on the run. Once again, she survived. Then on Christmas Day, 1978, the Vietnamese invaded Cambodia to "liberate" the country they called "a land of blood and tears, hell on earth." After the atrocities of Pol Pot, many Cambodians welcomed the Vietnamese at first. Only later would they learn they had merely exchanged one dictatorship for another. For Thu, it meant she had to continue living a lie, fearful every waking moment that someone would discover her true identity.

Finally, three years later, she made her way to Dong Rek, which is in a strip of Western Cambodia controlled by non-Communist rebels fighting the Vietnamese government. But Dong Rek is far from safe. The camps in this area are frequently shelled by the Vietnamese; hundreds of refugees were wounded and killed during a sustained bombing attack that started last Christmas Day. "There are many mine fields which were laid by Pol Pot's troops around these camps," adds Rudi Con inx, a twenty-seven-year-old Belgia doctor with Medecins Sans Frontier, French medical group that often oper ates covertly in war zones. "Occasion ally, someone in the camp will step on mine." Indeed, that very morning shortly after crossing into Cambodia two men raced past me with a stretche —the man they carried looked as though he had just lost his leg. The camps, too are frequently victimized by larg gangs of robbers armed with grenad launchers and machine guns. "The came again last night, after we had al gone to bed," Thu told me. "There were about thirty of them. They made a lot o noise to scare us and were hitting peo ple. They threatened to shoo anyone who didn't do wha they said.

"I was very frightened and wanted to hide. But where could I go?" said Thu, gestur ing to the open shelters. "I didn't take long for one of the robbers to find me. He had a gun and he spoke Khmer; think he must have been a Khmer soldier. He forced me to give him my necklace and the little money I had been able to save.

"Then he said he wanted my watch. I begged him not to take it," said Thu, her composure cracking. "I'm the camp midwife. The doctor who trained me gave me his watch when he returned to France. I need it to time labor contractions. I told the robber that. I kept saying 'Please, please, don't take it.' But he laughed and said he didn't care." Thu's voice trailed off as tears rolled down her cheeks.

"All I have left of my life before are my earrings. The robber didn't see them because my hair is down and covers them when I'm sleeping."

When life seems particularly dangerous in the Cambodia camp, Thu envies the refugees in the camps like Khao-I-Dang just twelve miles away in Thailand. But since the Thais closed the border to Cambodia, the short distance could just as well be twelve thousand miles for Thu. In Khao-I-Dang, refugees have the opportunity for resettlement in a country like the U.S. Established in 1979, the camp originally held 160,000 refugees, but today it is now home to 40,000. What Thu has no way of knowing, however, is that half of that number—20,000—have been turned down by Western countries for a variety of reasons. "Resettlement is turned on and off like a *(continued)*

HOPE



When you live behind barbed wire in a Cambodian refugee camp, a wedding like twenty-two year-old Samving's signals hope for the future to the other camp residents.

TEARS



Ken Silverman

Sophay's exquisite needlework produced the bride's gown, but her own future is one without hope. Rejected for resettlement, she will probably be forced back into Cambodia.

ADVERTISEMENT

LOOK YOUNGER EVEN IN THE FACE OF WINTER



Haven't you noticed that just a few weeks into cold weather, you begin to look a little winter-weary? Even when you squint and pull your skin gently upward at the temples when you peer into the mirror, you don't look as vibrant and young as you'd like.

It's not really surprising. The simple truth is that almost everything about winter living upsets your skin's delicate balance of the natural fluids you need to look younger. Whenever you go out into wintry weather...for cross-country skiing, chilly morning jogs, even a quick trip to the supermarket...the wintry winds and sudden change in temperature steal your skin's essential fluids. And indoor heat dries your skin further, so even little dry lines become more noticeable. No wonder you look older this winter.

Before another chilly winter day dawns, discover the secret shared by younger-looking women around the world. From the ski slopes of Switzerland to the wind-swept fjords of Scandinavia, these women have discovered the secret of a mysterious beauty fluid, known here in the United States as Oil of Olay®.

Gentle the beauty fluid over your face and throat. Oil of Olay is similar to the natural fluids you had in abundance when you were younger. The beauty fluid, a remarkable balance of tropical oil and precious emollients, penetrates quickly, without the slightest trace of greasiness, to help replenish those vital fluids that are stolen away each day by the environment and passing time. Within moments your skin feels soft, silken smooth and comfortable as dryness and tightness are eased away. You'll see a refreshed radiance, a healthy, noticeably younger look. Even little age-telling lines virtually begin to fade from view.

Other people will be able to notice the difference in your appearance, too. Don't be surprised if you get more than your normal share of compliments. And you'll probably feel good about the way you look. Maybe you'll decide you feel young enough to learn downhill skiing after all!

When does Oil of Olay fit into your life? Every morning, after washing or cleansing, to help replenish your skin's reservoir of essential fluids and bring them more into equilibrium. Again at bedtime, to let your skin sleep in its own moist, nurturing climate. Any other time winter weather leaves you feeling dry, smooth on a little additional Oil of Olay to soothe and pamper.

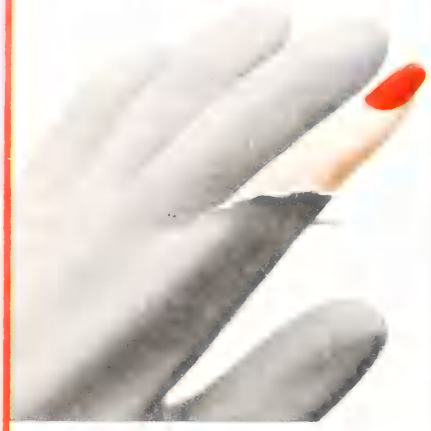
Discover for yourself the mysterious secret of Oil of Olay and, like women around the world, discover how it can help you look younger, even in the face of winter.

Beauty Secret

Rough winter-coat collars and woolly scarves can make your neck feel dry and scratchy. Take a moment when you come indoors to stroke Oil of Olay® Beauty Fluid upward on your throat, one of the first areas to show signs of age. Doesn't that feel good?

PLAYTEX PUTS A HOLE IN THE THEORY THAT CHEAPER IS BETTER.

ORDINARY LATEX GLOVES



PLAYTEX LIVING GLOVES





Playtex Gloves may cost a little more initially. But not necessarily in the long run. Because Playtex Gloves last longer than ordinary latex gloves for your toughest household jobs with solvents, like paint stripping. That's because Playtex Gloves are blended with neoprene to help prevent holes, cracking and splitting. Neoprene is the same tough material used in industrial gloves.

Try the comfortable taper fit, soft absorbent lining and powerful protection of Playtex Gloves. You'll love your hands for it.

Playtex® Living® Gloves

Playtex® and Living® are registered trademarks of International Playtex, Inc. © 1984 Playtex

WAR TORN
continued

tap," one U.S. relief agency official told me. "The rules change all the time. People are being treated as ciphers, not as human beings."

Despite the situation in Khao-I-Dang, Thu would rather be there than in Dong Rek. "If I were in a Thai camp, at least I would be given an exit interview," she explained. "In the Cambodia camps, we don't exist for the outside world. Sometimes I wonder whether I will be here forever.

"I hate the nights when I can't sleep—it gives me too much time to think. I've been separated from my sons for nine years now. I don't even know what my boys look like anymore. Roger, Jr., is sixteen, and Quoc is fourteen. They've grown up—Roger in Vietnam, and Quoc somewhere in America—and I wasn't there to see it. And for my oldest son in Saigon . . . I know how Amerasian children are treated there. Life is very tough for them." Thu handed me a photograph. It was the last one of Roger, Jr., sent to her by her mother, who had died three months earlier. "Please take it with you," she said quietly. "Maybe if you find his father when you go back to America, you can show it to him."

It has been eleven years since Thu has seen Roger's father, but those years haven't made any difference to her feelings. "I still love him," she told me. "But it's been such a long time since he has heard from me, maybe he thinks I'm dead," she paused. "I know it's even possible he may have married again."

When we said good-bye, Thu asked me if I thought I could find Roger. I told her I would try, but that I couldn't promise. I tried to explain that the U.S. is a vast country and that people move all the time. Roger's name is a common one, and I didn't even know in which state to start looking. I didn't add that if the Red Cross and other relief agencies had failed to locate him, I doubted I would succeed.

"Do your best, please," said Thu.

As I left the camp, the steady thump of what sounded like artillery fire began. "If they're shelling the road back to the border, take the right fork instead of the left," someone yelled after the car. Looking back at the camp, I could only hope that for Thu, sentenced to live in this no-man's-land, my best was good enough.

A fateful phone call

"Sergeant Roger Howard speaking," said the businesslike voice at the other end of the phone.

I held my breath, then blurted ou "Does the name Dang Thi Bich Th mean anything to you?" Now it w Roger's turn to pause. "What did y say?" he asked slowly.

"Thu," I repeated. "Does the nam mean anything to you?"

"Well, yes, it does," he finally replie

I wasn't sure which one of us w more shocked. Six months after my r turn from Cambodia, and exactly a week before my story on Thu went press, I had finally found him.

"I thought she was dead, I thoug they were all dead," said Roger, more himself than to me. "It's been eleve years since I saw her . . . it's hard f me to believe. . . .

"When my letters went unanswere I was convinced Thu had been killed. knew what the North Vietnamese di to women who were involved wit Americans. I was in Vietnam durin the Tet Offensive, when girls who wer suspected of having G.I. boyfriends wer hanged in the street. I was very scare she would get the same treatment."

As Roger tried to absorb the new that Thu and the boys were still alive, filled the silence with the details o their lives. He listened without inter rupting until I told him his oldest so was still in Saigon. "My God," he said "I've got to get him out of there. Th Vietnamese treat kids like Roger wors than dirt." Sadly, Sergeant Howard i right. Amerasian children are often re ferred to as "dust children," which means they are considered to be lowe than the dust under one's feet. Such youngsters are denied schooling an taunted by their peers. Many end up living on the streets.

"How can I get my son out of Viet nam?" Roger asked. I explained that the State Department had set up a spe cial office to handle such cases, and that the International Rescue Commit tee (IRC), a relief agency based in New York City, would also help him.

"Oh, I want to show my kid the States," said Roger. "I want to teach him how to fish, play ball . . . I guess I'll have to teach him to be an American."

Then our conversation suddenly took a different direction. The neatly tied happy ending began to unravel. "There's something I have to tell you," said Roger. "I got married last year." There was more.

"I really loved Thu, but I was never married to her. I wanted to marry her and bring her to the States, but I had to get divorced from my first wife first."

Now *I* was the one who needed time to absorb the news. And as I struggled with it, I wondered what I would tell Thu. The letter I finally wrote her that evening read in part:

"Roger is now *(continued on page 165)*


"Why let your sweaters take you to the cleaners?
You can wash them in Woolite® for pennies."
"Why spend a fortune dry cleaning your washable sweaters?
For pennies, Woolite keeps them smelling fresh, looking beautiful and feeling soft."
Woolite
"Trust Woolite"
© 1984 Boyle-Midway Div., AHPC

Why is Jan tickled pink while Judy's feeling blue?

Because Jan's wearing elastic-leg Huggies® which help stop leaking.

But poor Judy's wearing a saggy diaper that leaks. No wonder Jan's on her way to another masterpiece while Judy's lost her inspiration.

Kleenex® Huggies disposable diapers hug your baby with soft, gentle elastic at the leg. And Huggies have lots of thick, fluffy padding to soak up wetness, plus a special "Dry Touch"™ liner to keep her feeling dry.

And that's enough protection to keep any baby happy.

Even a temperamental artist like Jan.



© 1983 KCC



Information about child rearing in the eighties. By Mary Mohler

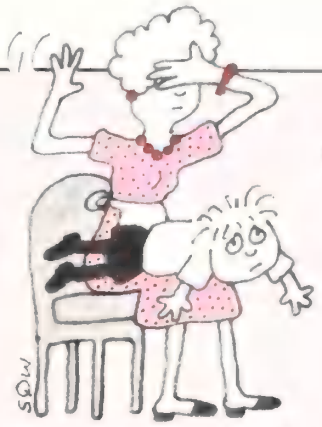
THE GROUND RULES

hat's to do on a blustery March Saturay? This might be the time to review afety—with your kids, of course. Here e three excellent and affordable books esigned to help with all aspects of afety for the preadolescent child.

inosaurs, Beware! A Safety Guide, by Marc Brown and Stephen Krensky (Atntic-Little, Brown, 1982, $5.95). Who ays common sense has to be boring? ere are sixty tips on accident prevenon and what to do in an emergency—ckily illustrated with dinosaurs, usuly pictured suffering the consequences ignoring the rule in question. This ngaging book will make a variety of afety rules truly memorable.

hat Would You Do If . . . ? A Safety ame For You and Your Children, by eanne Ebert (Houghton Mifflin, 1985, 4.95). This book encompasses more mplex safety questions that are not asily reduced to a universal principle. n each page, Ebert illustrates a hypoetical but common situation, then oses the question, "What would *you* do . . . " and leaves space for the answer ou and your child come up with. The tuations include everything from nding something yummy to eat on the round to losing a parent in the store to ealing with a stranger who pulls up in car to ask directions. What makes the ook so effective is that the child helps nd an individual solution to each of ese problems. And, when all the quesons have been answered, your child ill have a personal safety handbook.

lo More Secrets For Me, by Oralee Wachter (Little, Brown, 1984, $4.95). n excellent book on sexual abuse for arents to read and discuss with chilen. Wachter presents four realistic arratives on the theme of child abuse, nvolving both boys and girls as vicims. Kids are encouraged in these stoies to recognize potentially dangerous ituations and say no to things that nake them uncomfortable. (Interestngly, one of the situations turns out to e innocuous—but the story nevertheess affirms the child's right to decide ow he wants to be treated.)



SPARING THE ROD

It has long been assumed that parents are divided into two firmly entrenched schools of child rearing—those who spank and those who don't—with each group convinced of its own disciplinary effectiveness. But in a recent study by Barbara Carson, a researcher at the University of New Hampshire, a surprising 40 percent of parents who spank their kids consider the practice seldom if ever effective, and actually disapprove of it.

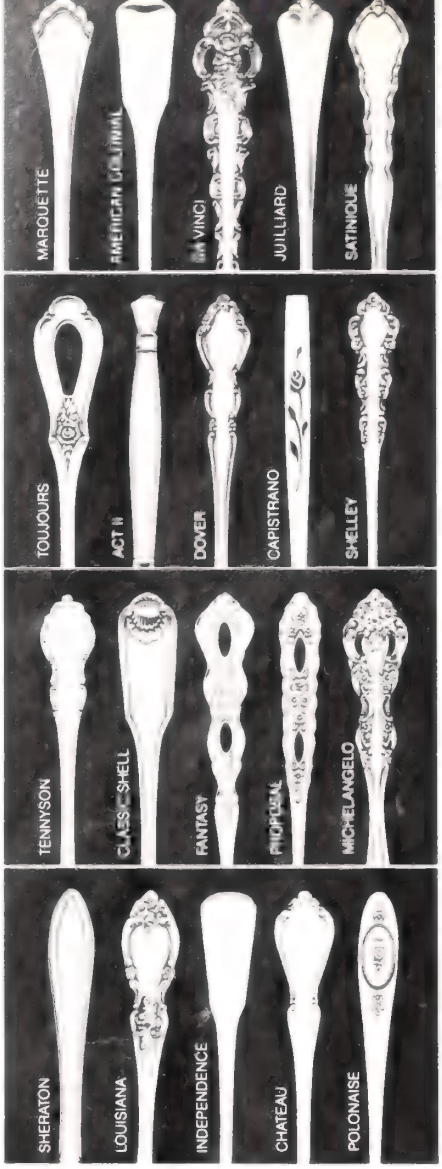
These parents tend to see spanking as a last resort, having more to do with their own level of frustration than the nature or the seriousness of the child's transgression. Some also characterized spanking as a form of violence and noted that they find it tends to have negative consequences in terms of communication and trust.

While Carson does not equate spanking with child abuse, she notes that there are parallels; hence, child abuse research may provide some insight into why these parents spank. Like abusive parents, the unwilling spankers respond to their children's behavior in ways that they disapprove of; in addition, these parents report that they are extremely frustrated when they resort to spanking. Carson hypothesizes that like abusive parents, those who spank against their better judgment may have unrealistic expectations of their children, perhaps because of a basic lack of information about child development, as well as a limited repertoire of techniques for helping them to deal with children's misbehavior.

AFTER THE FALL

While a normal, active child sustains innumerable lumps and bumps and bruises that parents instinctively "kiss and make better," head injury can send even a seasoned mom or dad on a needless trip to the hospital emergency room. In fact, most kids do not sustain serious head injuries from running into a wall or falling off the bed. Even so, an apparently minor trauma *can* have serious consequences. Here—from the newsletter *For Kids' Sake*, published at the University of Virginia—are the symptoms to watch for after the injury to help you decide whether the child requires medical attention. The first twenty-four hours is the critical period, but keep an eye on the child for two or three days after the injury. Call your pediatrician if any of the following occurs, or if there has been any loss of consciousness, no matter how brief.

- Drowsiness or difficulty in awakening. (Wake the child every two hours during normal periods of sleep.)
- Nausea or vomiting.
- Numbness of or inability to move extremities; stumbling or any other peculiarity of movement.
- Unusual restlessness.
- Confusion or personality change (usually apparent only in children four years or older).
- One pupil larger than the other; double vision or difficulty focusing; any peculiar eye movement.
- Severe headache.
- Any noticeable change in pulse or respiratory rate (either an increase or a decrease).
- Dizziness or difficulty with coordination or balance.



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

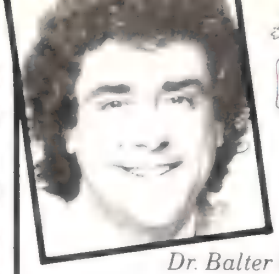
I enclose $1. plus $.25 postage and handling for each stainless teaspoon ordered. Offer limited up to three spoons, one spoon per pattern. Complete services and open stock are available at fine stores.

☐ ACT II
☐ AMERICAN COLONIAL
☐ CAPISTRANO
☐ CHATEAU
☐ CLASSIC SHELL
☐ DA VINCI
☐ DOVER
☐ FANTASY
☐ INDEPENDENCE
☐ JUILLIARD
☐ LOUISIANA
☐ MARQUETTE
☐ MICHELANGELO
☐ POLONAISE
☐ PROPOSAL
☐ SATINIQUE
☐ SHELLEY
☐ SHERATON
☐ TENNYSON
☐ TOUJOURS

Name _____
(Please print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/85. LJ035

ONEIDA
The silver cube. Our silversmiths' mark of excellence.



NEWS for PARENTS

UNDERSTANDING KIDS

By Lawrence Balter, Ph.D.

Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC TALKRADIO for questions about child rearing and appears regularly on The CBS Morning News. *His book,* Dr. Balter's Baby and Child Sense, *will be published in May by Simon & Schuster, Inc.*

Q *I've just learned I am two months pregnant with my second child—the first is two and a half. How and when should I tell him about the new arrival?*

A Children hear almost everything, and they are very perceptive about even the smallest change in their mother's body. I wouldn't put off telling your son the news, because he may figure it out and feel you are keeping it from him. A brief and simple "Mom is expecting a baby" will do for a first introduction.

It will take time for him to absorb the information. He may react by simply ignoring it, as if to deny the fact. Or he may lapse into baby talk or have an occasional "accident." (I'd overlook these lapses unless they become habitual.) Then again, he may express intense curiosity about babies and where they come from. You might try showing your son pictures of yourself pregnant with him, talk about his birth and show him his baby pictures.

As your pregnancy becomes more and more evident, you'll naturally have occasion to refer to the new baby. You might mention that you'll be shopping for baby clothes along with clothes for him.

Invite him to go to the doctor with you and listen to the baby's heartbeat or to touch your abdomen as the baby moves; ask his advice on names for the baby. Involve your son in whatever ways you can and try to make him feel special—he's going to be a big brother; that confers a certain amount of status. The greater his involvement, the less he'll feel displaced by the new addition.

If you're thinking of having your son share a room with the baby, bear in mind that the older child may perceive this as a real intrusion. It's important to make the transition gradually: As soon as possible, introduce a changing table and some other obvious baby equipment into a part of the room; explain briefly that the baby will eventually be living there. Create boundaries, if you can, to help the older child preserve a sense of territory. Some part of the room should be communal, but specific areas should be reserved for each of the room's occupants.

A couple of weeks from your due date, offer specific information about where you're going, who will take care of him, where he'll be sleeping, and when he can visit or telephone you. Make sure he knows that both you and he will be all right.

I would caution against a hard sell of the new arrival. Don't promote the baby as a potential playmate, because it will be years before the younger one can be incorporated into his play. Don't place emphasis on how much he's going to love this baby and what fun they'll have—he's very likely to find his sibling to be something of an inconvenience.

It is natural for a first child to greet a new baby with a degree of ambivalence. But with time—and effort on your and your husband's part—your son will accept the baby as part of what it means to be a family.

●PARENTING TIP

It seemed as if every time I put my babies down for a nap, my four-year-old's friends would ring the doorbell for her to come out and play. And of course, the little ones would wake up.

I tried notes on the door, but that was less than successful as many of my daughter's friends can't read yet. Then it occurred to me that most kids this age understand traffic lights. I made two big circles, one red and one green, and let the kids know that green means go ahead and ring, red means wait till later. My afternoons are much more peaceful now.

—Candy Mapes, Ulmen, Germany

Now your child can turn a Golden® coloring book into gold.

Announcing the "Color for the Gold" coloring contest.

Golden Books is giving your child the chance to win up to $10,000 in gold and other prizes. And have a lot of fun at the same time.

Four Grand Prize winners will receive $5,000 in U.S. gold medallion coins. Plus a $5,000 value Family Dream Vacation.

Just take home any of the twelve new specially-marked Golden coloring books with full contest rules inside.

Your little artist will have a great time coloring the official entry page to enter in one of four age groups: 3-4, 5-6, 7-8, or 9-10.

Over $80,000 in prizes!

In addition to the Grand Prize, Golden Books will award four First Prizes—Family Game Rooms valued at $1,500 each. 12 Second Prize winners will get sets of World Book Encyclopedias. 40 Third Prize winners will receive AMF Roadmaster Bicycles. And 4,000 children will win handy Golden Books backpacks.

Don't let your child miss this golden opportunity. Look for the special medallion in the Golden coloring book display before the contest ends August 1, 1985.

You may find your child has a hidden talent—for turning things into gold.



©1984 Western Publishing Company, Inc.
All rights reserved. Each sold separately.
Golden and Golden Books are registered
trademarks of Western Publishing, Inc.

Special offer from LHJ



Hair: Recine for Jean-Louis David; Makeup: Gary Berkowitz

STYLISH STRIPES

Top off your wardrobe with these two pretty pullovers that offer great looks at great prices.



Al Rubin

Our pair of high-style sweaters are super stripe-it-right additions for any season—summer, fall, winter or spring. Made of a comfortable, easy-wear cotton-and-rayon blend, both the versatile slip-on and the vest can be worn to the office, for play or on an evening out. They look spiffy layered over a favorite sporty shirt, silky blouse or toasty turtleneck. And they're just as fetching all by themselves as a cool choice when the mercury begins to climb. The blend-with-anything beige background is brightened with alternating thick and thin stripes of yellow, red and white.

Raglan vest, large photo above, is a sleeveless crewneck. Its softly rounded neckline, armholes and bottom hem are bordered with ribbing edged with a stripe of let-the-sun-shine-in yellow. Available in small, medium and large for $22.95.

V-neck slip-on, inset, is long on designer style points—roomy, oversize fit; push-up sleeves. It features the same chic stripe combo and border ribbing as the vest. Available in small, medium and large, $27.95.

For a special saving, you can buy both of these sweaters for just $46.95. To order, use coupon on page 160.

The Wyndham™ Collection.
Because you've always been a stickler for detail.

With the Wyndham™ Collection, we've kept an eye on the details, because we know you do.

It's a coordinated career wardrobe designed to meet your high standards. (Look for our Wyndham™ petite collection, as well.)

Blouse $40. Skirt $34. Jacket $58.



You're looking smarter than ever.
JCPenney.

Available at most large stores and through the JCPenney Catalog. Prices higher in Alaska, Hawaii and Puerto Rico. © 1985, JCPenney Co. Inc.

Now! Get "wall-to-wall" credit with the new credit card for Wear-Dated carpet. Ask your dealer about our Instant Credit Plan.

A Wear-Dated® carpet covers more than your floors.



A Wear-Dated carpet covers soil and stain resistance.

Every Wear-Dated carpet is made with special fibers that resist stain. And dirt particles can't cling as tightly, so vacuuming is more effective. Your carpeting keeps its original beauty longer.



A Wear-Dated carpet covers resistance to matting.

Every Wear-Dated carpet is 100% Ultron Nylon to resist crushing and matting even in high traffic areas. As a result, your carpeting keeps a uniform, plush appearance longer.



A Wear-Dated carpet covers resistance to fading.

Every Wear-Dated carpet is colorfast to resist the ravages of sunlight, ozone, and everyday wear and cleaning. Your carpeting will keep its beautiful color far longer.



A Wear-Dated carpet covers static control.

Every Wear-Dated carpet is made with a patented conductive element which prevents the build-up of static electricity for the life of the carpet. Annoying static shock is virtually eliminated.



A Wear-Dated carpet covers durability.

A carpet's tendency to resist pulling is determined by how well the pile is secured into the carpet backing. Every Wear-Dated carpet offers superb construction that resists snags and pulls.



A Wear-Dated carpet covers all this for 5 full years.

We know how well Wear-Dated carpets will perform because we've tested them more than you ever can. Look for the most thoroughly tested carpet you can buy. Wear-Dated carpet.


Duncan Hines makes lite this luscious!
Duncan Hines Angel Food Cake.
Heavenly taste
—only 140 calories.*
Duncan Hines
Angel Food
Mouth-watering, luscious, light as a cloud. Sweet temptation. And you can give right in, because it's only 140 calories a slice. Duncan Hines Angel Food Cake. **Our moist, delicious way to bake your best.**
*When prepared in accordance with basic package instructions.



THE MEN IN YOUR LIFE









In our June 1984 issue, we published a questionnaire designed to find out how you feel about men. Data from previous LHJ surveys had confirmed that women have been changing as they have struggled to reconcile the difficulties of combining paid work with marriage and motherhood. That being so, we wondered whether men—and your relationships with them—have changed as well. A whopping 74,000 of you responded, and the answers were fed into the computers at the New York Institute of Technology, and the data analyzed. Turn the page for the sometimes comforting, sometimes astonishing results.



BY CLIVE ENOS, PH.D., AND SONDRA FORSYTH ENOS

We asked women whether they would describe their husbands as "traditional," "new men," or "macho." Then the computer searched for differences or similarities among the categories. The chart at right shows what we found.

When it comes to men, what do women agree on these days?

- Popular wisdom has it that men like to look at women, but not the other way around. Wrong! An impressive 87 percent of women (including those who are eighty years old and over) say they look at men on the street.
- Feminists used to say that men's mannerly gestures, such as opening doors for women, were demeaning. But 91 percent of our respondents don't buy that, and say instead that they are pleased at such courtly attentions.
- Even being whistled at on the street doesn't bother women; 70 percent say they are pleased when this happens.
- Men are not better at handling money, according to 85 percent of the respondents. And in fact, 43.5 percent of wives report that not only are they *not* financial fluff-heads, they actually handle the family coffers alone.
- Men are still threatened by high-achieving women, say 78.2 percent of our respondents. Even so, 73.4 percent of the women refuse to play dumb around men, and 85.4 percent of the wives say they would never intentionally lose at a game in order to let their husbands feel superior.
- All the fuss over women's raging hormones notwithstanding, men do *not* do better under stress than women do, in the view of 74 percent.
- What makes a man attractive? Sensitivity was the top choice at 41.3 percent, followed by sense of humor at 30.4 percent, with looks drawing only 15.1 percent. What comes in last? Intelligence, with only 13.2 percent.
- Although the age-old battle of the sexes appears to continue, most women (74 percent) believe men and women are not all that different, and *can* understand each other.

Are there any particular patterns in marriage today that most couples share?

Yes. The age of the respondents occasionally does make a difference, but there are definitely some universal themes.

- While 90.3 percent of the husbands were the ones to propose marriage, 59.9 percent of the wives admit that they "encouraged him."
- In order, the reasons women married their husbands are: mutual love, physical attraction, his income potential, his desire to be a father.
- In order, what women like best about their husbands are: his love for them, his sensitivity, his way with children and, tied for fourth place, his good looks, his money, his sexual prowess.
- The subject couples argue about most is money. For women in their twenties and thirties, the second most quarrelsome topic is household chores, while for *(continued on page 180)*

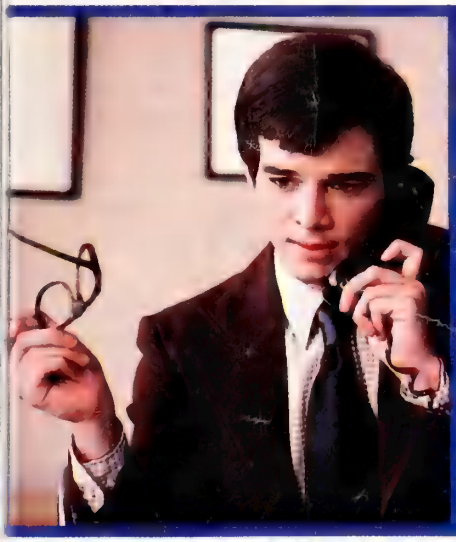
Photos, page 99, from top, left to right: Jon Paul Image Bank; Thomas Leighton/Joan Kramer and Associates; Stephanie Stokes/The Stock Market; David W. Hamilton/Image Bank; S.B. Productions/Image Bank. Page 101, left to right: Ken Baumel/The Stock Market; Andrew Bernstein/The Stock Market; Ken Baumel/The Stock Market

THE HOUSEWORK HASSLE

Do women want men to do housework and child care, and if so, do men actually pitch in?

Age of women	25	35	45	55
Men should do grocery shopping	**48.5%**	**50.7%**	**39.6%**	**46.5%**
Husband does grocery shopping	47.4%	50.8%	48.8%	57.3%
Men should stay home with sick kids	**31.2%**	**36.4%**	**21.4%**	**17.8%**
Husband stays home with sick kids	14.4%	16.4%	13.8%	6%
Men should cook	**61.1%**	**56.2%**	**45.5%**	**41.5%**
Husband cooks	51.4%	53%	42.2%	45.3%
Men should clean	**64.4%**	**54.4%**	**46.4%**	**32.8%**
Husband cleans	50.9%	46.9%	38.9%	30.6%
Men should do laundry	**51.4%**	**47.7%**	**35.5%**	**24.6%**
Husband does laundry	38.9%	36.2%	25.6%	34.1%

MENSTYLES AND WHAT THEY MEAN	TRADITIONAL	NEW MAN	MACHO
He spends his free time . . .	with his family or watching TV	with his family	with men friends
They argue about . . .	money	money	money
As a lover, he's . . .	excellent	excellent	good
Her main complaint about their lovelife is . . .	we don't make love often enough	we don't make love often enough	we don't make love often enough
They make love . . .	once or twice a week	once or twice a week	once or twice a week
Does he use pornography?	no	no	yes
Has he had an affair?	no	no	yes
Did he attend child's birth?	no	yes	no
Does he think men are superior to women?	yes	no	yes
Does he do grocery shopping?	no	yes	no
Does he get up at night with fussy children?	no	no	no
Does he cook?	no	yes	no
Does he clean?	no	yes	no
Does he do laundry?	no	yes	no
Does he support the family?	yes	yes	yes
Does he remember her birthday and their anniversary?	yes	yes	no
Does she want her son to grow up to be like his dad?	yes	yes	no

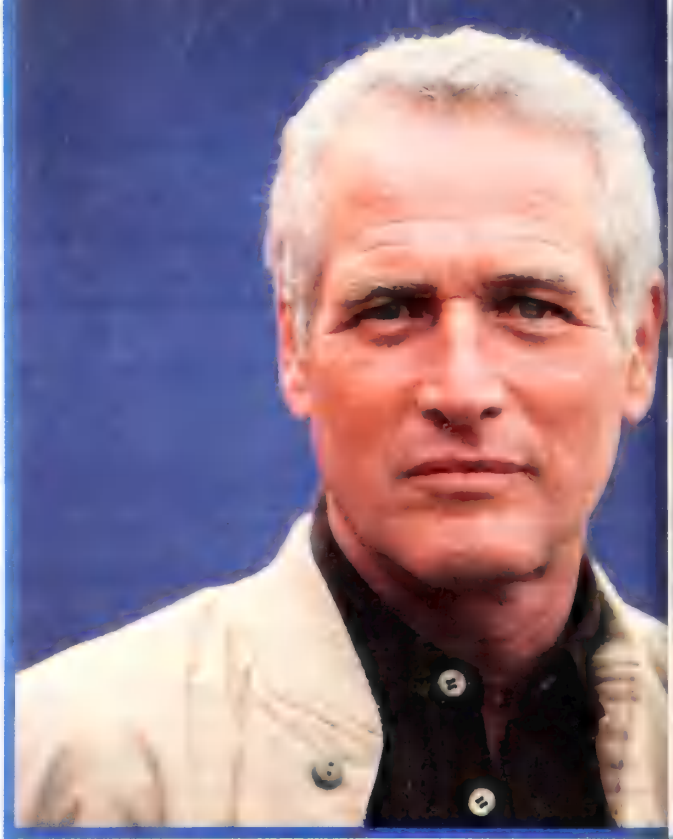






NICE GUYS FINISH FIRST

The results of our recent survey on the men in your life (see page 99), showed that Tom Selleck is the hottest TV personality, while Paul Newman takes top honors when it comes to movie stars. And Alan Alda? The sensitive celeb who speaks out for women's rights is the man you'd most like to have dinner with. Well, we can't quite arrange that—but here are fascinating profiles of all three winners. Meet your favorites, and enjoy!

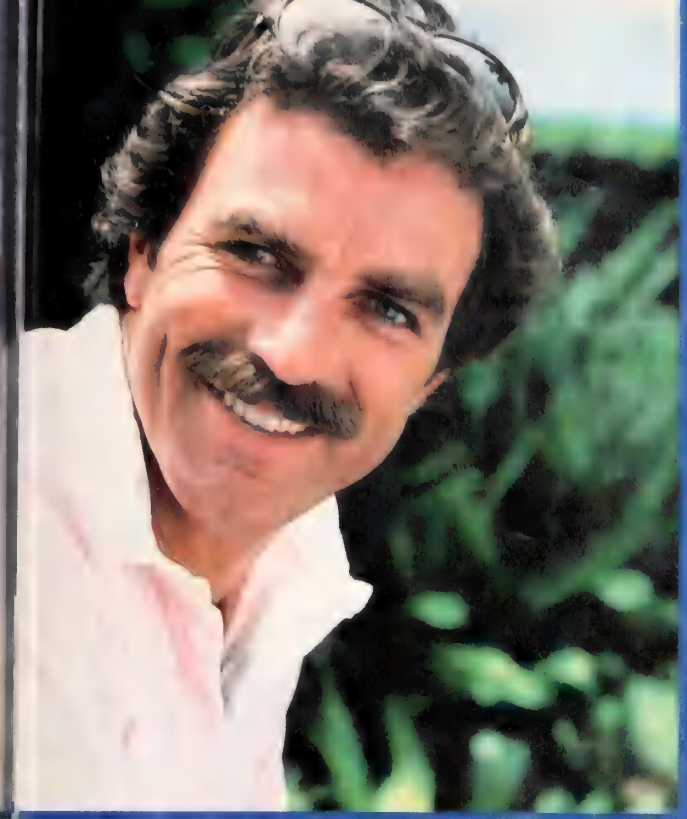


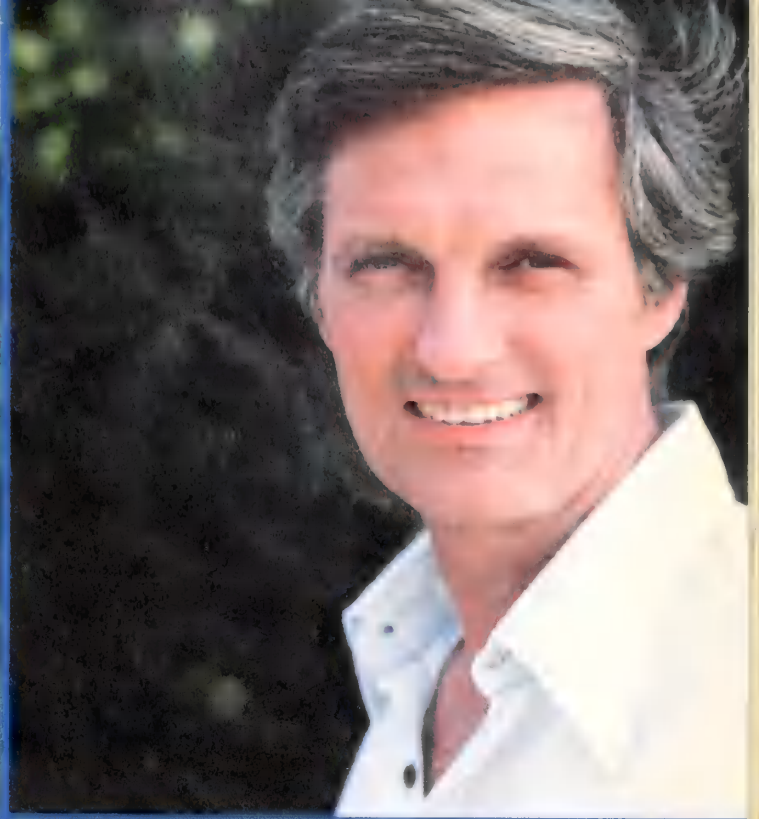
PAUL NEWMAN
THE BIG GIVEAWAY

By Donna E. Haupt

He's played the firm-jawed maverick for years, strong-arming his way through films as a womanizing cowboy, a cunning con man or a streetwise cop. His rugged good looks—not to mention those eyes—have been magnified on movie screens for over a quarter of a century, and today, at sixty, Paul Newman endures as one of this country's most appealing tough guys.

On the surface he's pure macho male—whether he's clutching a can of Budweiser or daredeviling his race car at speeds close to 150 miles per hour. On the flip side, he can be painfully shy, avoiding autograph seekers, preferring to exile himself from the Hollywood scene to the small, eighteenth-century farmhouse in Westport, Connecticut, he shares with actress Joanne Woodward, his wife of twenty-seven years. There, secluded amid eleven acres of woods and fields, Newman puts up with playful family jibes about his bony knees so long as he can indulge in such quirky habits as reading *The New* *(continued on page 167)*





TOM SELLECK
ROMANCING THE STAR

By Linden Gross

As the lights dimmed, the couple gazed lovingly into each other's eyes. Slowly he leaned toward her until their lips just barely touched. He kissed her tentatively at first, then passionately, his arms wrapping tightly around her. Finally, the two lovers paused, pulled apart slightly and smiled at each other.

Suddenly he lifted her off her feet and twirled her around in the air. By the time he set her down, both were laughing and breathless. But they quickly grew quiet, and as he gently ran his fingertips across her cheek, he tenderly pulled her once again to his chest.

Whether they admit it or not, most women in America share the very fantasy that Cynthia Rhodes had just lived out—being made love to by Tom Selleck. For the little-known actress, whose only other starring role has been as John Travolta's girlfriend in the movie *Staying Alive*, co-starring with Selleck in his latest feature film, *Runaway*, has been the chance of a lifetime—even though the film was a box-office disappointment. Working with television's *(continued on page 170)*

ALAN ALDA
LIFE SINCE M*A*S*H

By Cliff Jahr

Not only is Alan Alda well liked by *Journal* readers, but according to America's largest popularity poll (called TvQ), he's also the whole country's number-one favorite. The lanky, sensitive actor who captured the public with his portrayal (for eleven years) of Hawkeye, the irreverent army surgeon, on *M*A*S*H*, has topped the list every year since John Wayne died in 1979. He even leaves the current runners-up—Clint Eastwood, Bob Hope and Carol Burnett—fairly far behind (although Bill Cosby is moving up fast).

What's most impressive about Alda's popularity is that it's held up nicely since *M*A*S*H* stopped production two years ago (the last show aired February 28, 1983). In a business in which out of sight generally means out of mind, the public's loyalty to Alda survives, although he hasn't appeared recently in new films or television shows. For the time being, his fans have to be content with *M*A*S*H* reruns, shown in almost every city in the U.S.

After the last *M*A*S*H* broadcast, which was the highest- *(continued on page 174)*

Photos, left to right: Tom Zimberoff/Sygma; Globe Photos Inc.; Steve Schapiro/Sygma

STOP FOR BREAKFAST



Shown here, the Ham Biscuits (foreground) that star in the hearty morning meal created by cook Helen Dickerson and daughter Dot (inset) at the Chalfonte Hotel in Cape May, New Jersey.



Regional food aficionados Jane and Michael Stern got up early to find this start-the-day-right collection of soul-satisfying breakfast recipes served up by inns and eateries across the country. Recipes for our eye-opening delights—Banana Walnut Pancakes from California, Johnnycakes from Rhode Island, Huevos Rancheros from New Mexico, Cinnamon Muffins from Minnesota and more—begin on page 130.

J. Barry O'Rourke



By Jane and Michael Stern



First stop: Kensington Gardens (Diana and her prince live in the palace nearby) to snap our nifty trouser outfit, by Norton McNaughton, of Celanese Fortrel polyester/cotton blend. Don't look now, but that handsome couple over there . . . could it be?

Following in Diana's fashion footsteps



What a jolly good time! We packed our trunks with the pick of American spring fashions, flew off to London to photograph them in some of Diana's favorite places . . . and you'll never guess who we kept running into. Here's a clue: Pushing a pram in Kensington Gardens, strolling near the Tower Bridge, they looked positively royal. By George, you've got it!

By Lois Joy Johnson, Beauty and Fashion Editor;
and Mary Clarke, Associate Beauty and Fashion Editor

At Dragons, where Diana buys nursery furniture and toys, we see a familiar face . . . and win a smile of approval for our fresh-as-a-breath-of-spring separates from Blake by Devon, in Fortrel/cotton blend.

We're sure we saw them on Westminster Bridge . . . eyeing our poised and city-slick trouser suit from the J.G. Collection by Joyce, of Fortrel blend.



Hair and makeup, Colin Booker. Fashion details, page 179.

George Barkentin





they are again, making an entrance at the elegant Inn on the Park. But our flirty fringed dress by Carioca, of creamy Celanese Arnel triacetate crepe, gets almost as many admiring glances!

Having a positively ripping time in London town. We love her smile, his charm . . . they love our simply smashing looks.

At the Changing of the Guard, you-know-who disappeared into the crowd . . . but not our luscious separates by Bradley, of Fortrel/cotton/rayon knit.





On the embankment near Tower Bridge, in polished jacket and pants by Joyce, of Fortrel blend, we try hard not to stare.

Diana now

She's busy updating her style, raising her family and charming her public

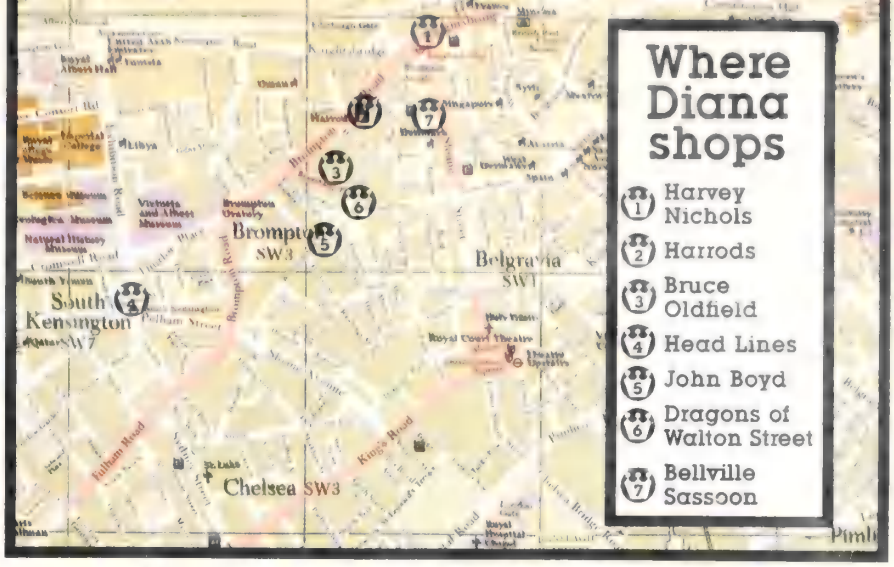
Large photo opposite: Outline all other photos this page and opposite. Ian Graham, London

Princess Diana, the world's mo popular princess, does not live i an ivory tower. This royal is ou among the public almost daily, bot on official duties and shopping trip one of her favorite pastimes. In deed, the young girl who once ha a reputation for being a very co servative Sloane Ranger (Bri ain's version of a preppy) is no an international trendsetter wit several fashion styles that ar uniquely hers. Instead of the b ruffled, full-coiffed "Diana look" w could all immediately identify, toda she has styles to match the mar roles she plays: glamorous princes young wife and mother, and attra tive twenty-three-year-old.

Below: Diana's new long hairstyle drew criticism, but it didn't dim her sparkling smile.



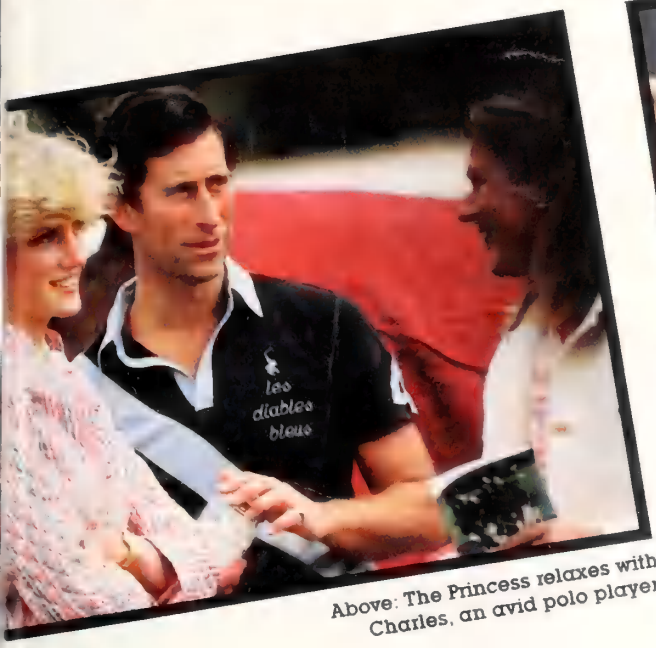
:ond son, Henry, Diana seems to
ve mastered the art of appear-
; every inch the proper princess
thout looking frumpy, an accom-
shment some of her in-laws
ve not yet matched . . . though
ana has the advantage of being
l, blond, slim and gorgeous.
ter several years of experiment-
g, she has settled upon a tai-
ed look of feminine suits and
k dresses for day engagements,
d opulent but not overwhelming
wns for evening.
But when she's not "working,"
e look changes, and the trap-
ngs of royalty fall away to reveal
nore casual but still impeccably
essed young woman with good
ste and the money to indulge it.
her private time—watching her
sband play polo, playing with
r young sons, taking walks in
e country—Diana still loves a
etty sweater with comfortable
ousers or a well-tailored wool
irt. While many of her clothes
mostly her official clothes—are
ecially designed and made just
her, her more casual outfits
me from the racks of London's
ost chic boutiques and stores.
The Princess can switch roles
d styles with dizzying speed. On
e recent day, she was pho-
graphed going to visit her sister
rah in the hospital, where she
d just had her second child. The



Princess looked very sweet, and very young, in a plaid skirt and blue sweater. She had her hair down, simply pinned back at the sides, and wore little makeup. Several hours later she was photographed again, this time attending the annual Royal Variety Performance at London's Victoria Palace theater. In the space of a few hours, the schoolgirlish-looking Diana was transformed into a dazzling princess, with a fairy-tale, floaty ballgown, brilliant jewels and elegant hairstyle and makeup. It's no surprise that shopping for the clothes that express the different aspects of her life is Diana's number-one hobby.

So far, the Princess has refused to give up her public shopping trips, even though she is often surrounded by crowds and the trips are considered security risks. Diana patronizes hundreds of stores and dozens of designers all over London, although most of her favorite boutiques are located around Knightsbridge and Sloane Square (see our map, this page). The Princess heads for the shops in her blue Ford Escort, always accompanied by her private detective and *(continued on page 158)*

y Beth
'einhouse



Above: The Princess relaxes with Charles, an avid polo player.

Prince William knows to keep an eye on the camera, even when his parents' backs are turned.





Take a can of fruit

and add new zip to favorite appetizers, entrees, desserts



How do you jazz up old reliable recipes with fabulous new flavor, yet keep preparation simple? By making the most of the canned fruit waiting on your cupboard shelves. We turned to the long-standing favorites—pineapple, pears, peaches, apricots, fruit cocktail, dark cherries and mandarin oranges—to create delectably different recipes. Pictured clockwise are: Pago-Pago Pasta Salad with shrimp; luscious Pear Mousse; elegant Cherries Jubilee; succulent Pineapple Barbecued Ribs; and Peachy Pork Chops. Three tempting dishes are featured here on special tear-out recipe cards. Turn to page 136 for other canned-fruit favorites.

By Sue B. Huffman, Food and Equipment Editor

YOUR ANTI-AGING GUIDE

How to have young-looking SKIN

Dermatologists and researchers at the most prestigious medical centers tell you what works—and why. By Susan Duff



Well-cared for skin is essential to your healthy good looks. Of course, skin, like everything else, changes with time. But the good news for women today—from key dermatologists and researchers at the most prestigious medical centers—is that there are steps women can take *at any age* to improve and maintain their skin. On the next four pages: up-to-the-minute beauty and skin-care advice. We'll take a look at trouble spots caused by spider veins and skin allergies and report on the latest acne treatments, as well as the effects of heredity and hormones on your skin. So whether you want to perfect the proper cleansing technique for your skin type or find out what to do about a particularly bothersome problem, we'll tell you all you need to know.



How age affects your skin

Lines and wrinkles on the skin surface are triggered by physical processes that take place within the skin layers. There is a flattening of the cells in the epidermis (the topmost layer of the skin) coupled with a slowdown in the production of new cells, beginning when a woman reaches her mid-thirties and continuing until around age sixty, when cells are being produced at about half the earlier rate. Also, elastin, a supportive protein substance in the dermis (the thicker layer just below the epidermis), begins to fragment over time with exposure to sun, as does collagen, the protein that gives skin its elasticity. Finally, as the body produces smaller amounts of male and female hormones, skin becomes drier because these hormones stimulate oil glands and give skin a healthy glow.

HOW YOU CAN PREVENT WRINKLES

1 STAY OUT OF THE SUN. Of all the steps you can take to care for your skin, protecting it from the sun's ultraviolet rays is the most crucial. Lorraine Kligman, Ph.D., a biologist in the department of dermatology at the University of Pennsylvania, reports that it is the longer UV-A wavelengths as well as the shorter UV-B (long known to affect the skin's supportive matrix) that can cause an actual derangement in skin cells and lead not only to premature aging but also to skin cancer. (Doctors believe that those new commercial tanning parlors, which advertise so-called safe UV-A rays, can in fact be highly damaging to skin.)

What if you've been soaking up those rays every summer since you were fourteen? Stop now! While you cannot undo past wrongs, you will be taking a giant step toward preventing any further problems. You, like many people, may believe a tan looks healthy, but it's time to change your thinking. From now on, always wear a hat and a sunblock containing PABA (para-aminobenzoic acid), which is effective against UV-B absorption, and if you can find it, one containing oxybenzone, a synthetic chemical that blocks some of the UV-A rays. Dermatologists recommend a blocking agent with a sun protection factor (SPF) of 15; be sure to reapply sunblock if you perspire or go for a swim. Don't forget sunglasses. Even if you're just out for a walk, summer-bright glare makes you squint, causes lines around eyes.

2 AVOID EXTREMES OF TEMPERATURE. Though the sun's ultraviolet rays are the major culprits, Kligman's research has determined that other environmental factors—among them exposure to extreme heat or cold—can damage the skin's elastic fibers. What's more, the combination of sun and either too much heat or too much cold can further damage the skin. During the winter, be sure to protect face and hands from the cold with a scarf, hat and gloves. Carry an atomizer of mineral water and mist your face whenever it feels dry.

3 ESTABLISH A CONSISTENT SKIN-CARE PROGRAM, GEARED TO YOUR SKIN TYPE—whether it's oily, dry or a combination of the two. The skin is one of your most sensitive organs, and it responds best to a regular care routine with minimum dramatic changes. Carole Shear, M.D., a dermatologist in private practice in New York City, makes another point: "Many women have stopped using soap because they feel their skin is already too dry," she says, "but the truth is, you need soap and water to remove grime and surface oils." Shear recommends that women with dry or combination skin wash at least twice a day (or whenever the skin feels dirty) with warm water and a moisturizing soap. If skin is very oily, opt for a less emollient soap and tepid water. Don't use a washcloth, mitt or sponge in your daily cleansing routine. "Anything rougher than the palms of your hands can be too abrasive for sensitive skin, especially if blemishes are already a problem," Shear says. Rinse face with fresh warm water and pat—never rub—dry with a clean towel. "Rubbing can stretch fragile muscles near the eyes and may also break blood vessels close to the skin surface," she adds.

4 MOISTURIZE—STRATEGICALLY AND MODERATELY—AS NEEDED. If skin is dry, it will need protection from water loss and extra lubrication to keep it supple. Oily or combination skin will need moisturizer applied to dry, flaky areas only. Caution: The improper use or overuse of moisturizers has been associated with a condition known as milia, small white bumps or cysts on the skin surface. If this should develop, discontinue moisturizer use temporarily, and consider a lighter, water-based product.

5 EXFOLIATE. As your cell renewal rate slows down, skin can look dull and lifeless. Remove dead, flaking cells and stimulate the production of fresh ones by using—twice a week—an exfoliating or sloughing product geared to your skin type.

6 DRINK LOTS OF WATER—that means at least six to eight glasses a day. When your system is dehydrated, your skin lacks the *(continued)*

moisture necessary to plump out skin cells. In addition to replenishing your internal water supply, you should consider buying a humidifier. While it won't actually add water to the skin, a more humid indoor environment may help counteract the drying effects of winter cold and indoor heat.

7 DON'T SMOKE and avoid, whenever possible, smoke-filled areas. Reports Richard L. Dobson, M.D., president of the American Academy of Dermatology and chairman of the department of dermatology at the Medical University of South Carolina, "There is evidence that cigarette smoking may contribute to wrinkling of the skin, especially around the eyes"—a result, it's believed, of "smoker's squint." (Indeed, any repeated movement can trigger changes in the collagen layer, leading to facial lines.)

8 EAT A HEALTHY AND WELL-BALANCED DIET. "Though there is no 'beautiful skin' diet *per se*," says Alan Shalita, M.D., chairman of the department of dermatology at the State University of New York's Downstate Medical Center, "if your diet is lacking crucial A and D vitamins, your skin may be more prone to breakouts or a generally poor appearance." To get your daily requirement of vitamin A, be sure to eat deep yellow vegetables (carrots, squash, pumpkin) as well as dark leafy greens such as spinach and kale—all loaded with this important skin-enhancing vitamin. As for vitamin D, four eight-ounce glasses of whole or skim milk give you the government-recommended daily allowance if the product is fortified. Of course, you could also take a multi-vitamin tablet daily.

Consider, too, increasing the amount of fiber in your diet and eliminating foods that are high in cholesterol. Fresh raw vegetables and fruits as well as whole-grain cereals and breads will facilitate the elimination of wastes from your body, improving your overall health and, as a result, your skin. Think about what you should *exclude* from your diet, too. Most important: alcoholic beverages, which actually dehydrate body and skin. If you drink even moderately, (and that includes wine), be sure to increase your water intake to compensate.

9 GET ENOUGH SLEEP, MAINTAIN A REGULAR EXERCISE PROGRAM. If you're physically fit, your skin will inevitably look younger. Dobson sums it up: "The skin is a finely tuned organ that responds best to a sensible diet, proper care and plenty of rest."

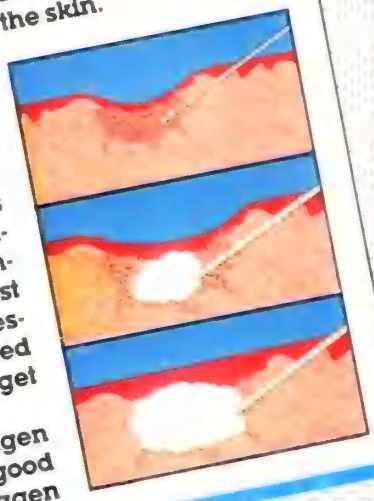
COLLAGEN



New way doctors can fill in the gaps

Collagen fibers, those protein substances in the dermis, give skin its structure. When these fibers break down or dry out, skin loses its youthful appearance. Now, doctors can inject Zyderm collagen (a highly purified form of animal collagen) into certain facial lines and marks (see illustrations at right) such as crow's feet, paranasal lines, vertical creases around the mouth, and some acne or postsurgical scars to fill out the depressions and restore a smooth surface. A nonsurgical procedure, collagen injections can cause some irritation and bumpiness for two to three days. The good news is that the benefits of injections last six to twenty-four months. The cost is $250 to $300 per session. Most women need three sessions to get satisfying results.

What about collagen creams? Like any good moisturizer, collagen creams keep moisture on the skin surface, temporarily minimizing facial lines. They are not absorbed into the skin.



TROUBLE SPOTS

With age, women can develop a number of skin problems, from such relatively minor ones as spider veins to serious conditions such as cancer. Here, a roundup of the most common, plus how to prevent and treat them: **Spider veins** are actually enlarged or dilated capillaries in the dermis, either hereditary or caused by drinking too much alcohol or very hot beverages, as well as exposure to the sun, heat or very cold weather. These veins can be camouflaged with makeup. Try a concealer in a shade that matches your skin tone; or opt for a lavender color corrector, lightly dabbed over veins. Either way, finish by smoothing on a foundation that matches your skin.

If you prefer to correct the problem, a dermatologist can safely destroy the spider veins with an electric needle (the process is called

What skin type are you?



TYPE 1
Pale, pink tone; fine, closed pores; thin, translucent texture; tendency toward dryness, early wrinkling; burns easily.

TYPE 2
Creamy tone; small pores; dry to normal complexion with tendency toward early wrinkling; can either burn or tan.

TYPE 3
Yellow, sallow tone; visible pores of different sizes; tendency toward pimples; more resistant to sun, heat, cold; tans moderately.

TYPE 4
Yellow-olive to deep olive tone; oily with visible pores; tendency toward blackheads, breakouts; thicker texture; tans extremely well.

TYPE 5
Light brown tone; oily with tendency to break out; thicker texture and more melanin (pigment) reduce aging effects.

TYPE 6
Dark brown to black tone; melanin plus thicker texture slow aging effects; tendency toward oiliness, pimples, large pores.

electrodessication) or with various forms of laser therapy. Both procedures can leave tiny marks or pigmentation on the skin, which usually lighten with time. Then, too, if you are prone to this condition, new veins may appear, but you can have them removed again.

Skin allergies fall into two main categories: *Allergic contact dermatitis*, a true allergic reaction to cosmetics or other substances that causes a localized blister; and *irritant contact dermatitis*, known as "housewife's eczema," a reaction to repeated exposure to harsh substances, most often soaps and detergents. What's the best treatment for skin allergies? William Schorr, M.D., a dermatologist on staff at the Marshfield Clinic, in Marshfield, Wisconsin, recommends that for very dry or cracking skin you use a mild, unscented, untinted skin cream or an over-the-counter .5 percent *(continued on page 166)*

George Barkentin

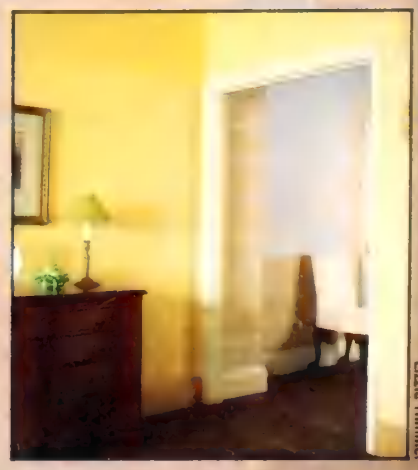
This page: Makeup, Leah Tamburino. Hair, Recine for Jean-Louis David. The pictures on the previous pages were photographed at the office of Ronald Sherman, M.D., and Trish McEvoy. Fashion details, page 179.

PAINT PLUS IMAGINATION

does more than just add color to a room. Inventive techniques can make a dazzling difference—adding drama, turning flaws to focal points. Starting here, elegant examples to inspire you.

BY MARILYN DIANE GLASS, DECORATING & DESIGN EDITOR





Lizzie Himmel

STATELY ENTRYWAY owes its classical grandeur to stonework painted in a trompe l'oeil style—literally, "fool the eye"—that makes a flat surface seem three-dimensional. The warmth of the "stone" softens the cool blue walls.



PAINT OR PAPER? It's hard to tell without a close look, thanks to a method called "dragging." To create texture, a top coat of yellow is painted over a white base coat. While it's still wet, a brush is dragged through, allowing the white to form a subtle striped effect.

NO-DUST PAINTED VALANCE adds a touch of class and whimsy to a pared-down bedroom. Echoing the colors of the quilt, the frankly fake valance is painted down to the last formal detail, from silk lining to braided trim and tassel.



Valance painted by Charles Fisher.

TROMPE L'OEIL CHINA CUPBOARD turns a blah corner into a charming focal point of the bedroom, right. The "furniture," filled with delicate blue-and-white porcelain dinnerware, is actually a painted canvas.

A PALETTE OF PAINTING TECHNIQUES brightens an attic room, below right. The sloped ceiling is painted to look like wood; the walls, to look like blocks of stone. The floor is a basket-weave design, and the dramatic screen has a painted scallop pattern. In front is a red lacquered table with a pair of painted candlesticks. Even the chairs are painted with a decorative design.

Attic room designed and painted by Lois P. Mokma of Mokma Studio. Trompe l'oeil china cupboard, right, and beach-scene window painting, opposite page, bottom left, by Lincoln Seligman for Trompe L'Oeil Gallery. Trompe l'oeil kitchen painting and bedroom stenciling, opposite top and bottom right, by Leslie Hunter. In child's room at right, Larsen Loom chair from Jack Lenor Larsen.







LOOKS LIKE LINEN—but it's not. The walls of this cozy den, left, are actually painted in a glowing emerald-green crosshatch design that makes a dramatic backdrop for furniture upholstered in clear pastel shades. A painted wood chest adds a final fillip of color excitement to the room.

Paint can make a room cozy, open up space or add a bold signature touch



RETCH A TINY KITCHEN painting in more of it, we did, above. The mpe l'oeil tiles and en-door cabinet ex- nd the room's space in delightfully artful way.

IRY-TALE STENCILED OWERS border the ceil- g in this child's bed- om, right. The molding d ceiling trim are tinted in a matching ep pink to make the iling appear lower and e room less boxy.

HEN THE ROOM HAS VIEW . . . or even a ndow, what can you ? Hang a painting of th. The faux beach ene, below, brings a uch of summer fun to en the dreariest day.







Clockwise:
● Turkey Piccata, tasty takeoff on the lemony veal cutlet.
● Italian Turkey Roll, boned thighs filled with prosciutto, Parmesan and mozzarella. ● Turkey Loaf, elegant served warm or chilled.
● Turkey Drumsticks Marengo, based on the classic French chicken dish.
Recipes for these and more, page 126.

Let's talk Turkey

The noble bird isn't just for Thanksgiving anymore



● No need to buy a feast-sized whole bird these days. You can choose from an array of drumsticks, breasts, wing "drumettes," ground turkey, even "steaks." Then, use as we did instead of chicken, veal or even beef in classic recipes for a delicate but distinctive flavor surprise.

● What else? The new turkey cuts are better buys than even chicken—so you can serve meals with a special festive flair, whether or not company's coming.

● Finally, turkey has half as many calories per ounce as most beef cuts, plus it's a source of protein that's low in fat and cholesterol, high in niacin and riboflavin. So treat yourself to the bountiful bird—whatever the season!

Ivan Horowitz

TURKEY PICCATA

pictured on page 124

Much easier on the budget than classic veal piccata—a quick and tasty entree.

- 4 turkey cutlets (about 1 lb.), pounded
- 1 teaspoon marjoram, finely crumbled
- ½ teaspoon salt
- 4 tablespoons butter or margarine, divided
- 1 tablespoon salad oil
- Flour
- Peel and juice of 1 lemon
- 1 garlic clove, finely minced
- 2 teaspoons chopped parsley
- Lemon slices, for garnish

Lightly sprinkle both sides of cutlets with marjoram and salt. In medium skillet heat 2 tablespoons butter or margarine and oil over medium-high heat. Lightly dust both sides of cutlet with flour. Sprinkle each side with a little lemon peel, garlic and parsley. Saute in hot skillet 2 to 3 minutes on each side until lightly browned. Transfer cutlets to a plate; keep warm. In small saucepan heat remaining butter over medium-high heat until hot and foamy. Sprinkle each cutlet with lemon juice and hot butter. Garnish with lemon slices. Serve immediately. Makes 4 servings, about 265 calories each.

ITALIAN TURKEY ROLL

pictured on page 125

Turkey thighs are simple to bone—just follow our easy directions.

- 2 turkey thighs (1¼ lbs.), boned*
- 2 garlic cloves, minced
- 1 teaspoon oregano, divided
- ½ teaspoon rosemary, divided
- ¼ teaspoon freshly ground pepper
- ¼ cup grated Parmesan cheese
- ¼ pound prosciutto or Westphalian ham, minced
- ¼ pound mozzarella cheese, shredded
- ½ cup chopped parsley
- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 can (16 oz.) tomatoes in puree, chopped
- ½ cup dry red wine
- ¼ cup water

Preheat oven to 350°F. Place turkey skin side down; cover with sheet of wax paper and flatten slightly. Remove paper. In small bowl combine garlic, ½ teaspoon oregano, ¼ teaspoon rosemary, pepper and Parmesan. Sprinkle evenly on thighs. Top with prosciutto, mozzarella and parsley. Roll up skin side out from short side. Tie with string. In skillet heat oil over medium heat. Brown turkey on all sides. Transfer to baking pan. To same skillet add onions and saute until translucent. Add tomatoes, wine, water, remaining ½ teaspoon oregano and ¼ teaspoon rosemary. Bring to a boil; reduce heat and simmer 5 minutes. Pour over turkey. Cover and bake 1 hour. Uncover and bake 30 minutes more or until very tender. Remove turkey rolls. If sauce is too thin, transfer to saucepan and continue cooking until thickened, about 5 minutes. Discard string and slice turkey; spoon on sauce. Makes 4 to 6 servings, about 475 calories each per 4, about 315 calories each per 6.

*To bone turkey thighs, place skin side down on cutting board. With a sharp knife, cut along the bone. Slip the knife under the bone and lift it out.

TURKEY DRUMETTES MARENGO

pictured on page 124

Don't let the name fool you—drumettes are really the meaty first segment of the wing. Plan on one drumette per serving.

- 3 tablespoons olive oil
- 4 turkey drumettes
- 2 garlic cloves, minced
- ¾ cup dry white wine
- ¼ cup cognac or brandy
- 1 can (35 oz.) Italian-style tomatoes, drained and chopped
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 teaspoon salt
- ½ teaspoon thyme
- ¼ teaspoon freshly ground pepper
- ½ pound sliced mushrooms
- 12 small pearl onions
- Chopped parsley, for garnish

In large skillet heat oil. Brown drumettes about 10 minutes on each side. Transfer to Dutch oven. To drippings in skillet add garlic and cook about 1 minute, stirring constantly. Add wine and cognac or brandy, stirring to scrape up brown bits. Bring to a boil. Add tomatoes, chicken broth, salt, thyme and pepper. Bring to a boil; reduce heat and simmer uncovered 10 minutes. Pour sauce over turkey; add mushrooms and onions. Cover and simmer 1 hour, basting with sauce occasionally. Uncover and continue cooking about 15 minutes, until drumettes are tender and sauce is thickened. To serve, garnish with chopped parsley. Makes 4 servings, about 270 calories each.

TURKEY LOAF

pictured on page 124

Although this is nice served warm, it is fabulous cold—almost like a pâté. Great picnic fare.

- ½ pound fresh spinach leaves, washed and drained, or 1 package (10 oz.) frozen chopped spinach, thawed
- 4 tablespoons butter or margarine, divided
- 1 medium onion, diced
- 1 garlic clove, minced
- 2 pounds ground fresh turkey
- 4 cups fresh white bread cubes
- ½ cup milk
- 2 eggs, lightly beaten
- 12 fresh oysters, drained and minced
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup dry bread crumbs

Preheat oven to 350°F. Lightly grease the bottom of a 13x9-inch baking pan.

In medium skillet cook spinach over medium-high heat until wilted, about 3 minutes. (If using frozen spinach, just thaw, do not cook.) Drain well. Wring dry and chop. In small skillet melt 2 tablespoons butter or margarine. Add onion and garlic; saute over medium-high heat until onion is translucent, about 5 minutes. Set aside to cool.

In large bowl combine turkey, fresh bread, milk, eggs, oysters, spinach, sauteed onion and garlic, salt and pepper. Mix well. Spoon into prepared pan and shape into an 8-inch loaf. Sprinkle top with dry bread crumbs. Bake 45 minutes. Melt 2 tablespoons butter and drizzle over top of loaf. Bake 15 minutes more. Serve warm. Or serve cold with Mustard Sauce (recipe follows). Makes 16 servings, about 165 calories each.

MUSTARD SAUCE

- ½ cup mayonnaise
- ½ cup sour cream
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 2 tablespoons minced parsley
- 1 teaspoon capers, rinsed and drained
- ¼ teaspoon tarragon
- Dash ground red pepper

In small bowl combine all ingredients. Serve with Turkey Loaf. Makes 1¼ cups, about 55 calories per tablespoon.

BIG SUR SANDWICH

A good use for leftovers, true, but sliced turkey from the deli is fine.

- 1 8-inch round loaf bread, pumpernickel or whole wheat
- ¼ cup sour cream
- 1 small tomato, thinly sliced
- ½ ripe avocado, thinly sliced
- ¼ teaspoon salt
- 6 slices (½ lb.) cooked turkey breast
- 3 to 4 large mushrooms, thinly sliced
- ½ red onion, thinly sliced
- Alfalfa sprouts
- ¼ pound Monterey jack cheese, shredded
- Chopped fresh dill, for garnish

Preheat broiler. Slice off top of bread, leaving a base of 1½ inches. (Save top for another use.) Spread cut side with sour cream. Sprinkle tomato and avocado with salt. Arrange layers of turkey, mushrooms, tomato, avocado, onion and alfalfa sprouts. Sprinkle top with shredded cheese. Broil *(continued)*



How to have cheese that won't elbow your macaroni.





© 1985 Kraft, Inc.

Cheez Whiz. Real Cheese Made Easy.

Cheez Whiz process cheese spread is made for real cheese lovers.
It's a blend of KRAFT Cheddar and Colby cheeses and other wholesome ingredients.

LET'S TALK TURKEY
continued

on a baking sheet 2 inches from heat until cheese has melted, about 3 to 5 minutes. Garnish with fresh dill if desired. To serve, cut in wedges. Makes 6 to 8 servings, about 310 calories each per 6, 235 calories each per 8.

TURKEY JOES

The kids will love this one—make a double batch and freeze.

- 3 tablespoons butter or margarine
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 garlic clove, minced
- 2 pounds ground fresh turkey
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ to ½ teaspoon ground red pepper
- ¾ cup bottled barbecue sauce
- ¼ cup chili sauce
- 8 hamburger rolls, toasted

In medium skillet melt butter or margarine over medium-high heat. Add onion, green pepper and garlic; saute until onion is translucent. Crumble in ground turkey and saute 10 minutes. Sprinkle with salt, sugar and red pepper; stir to mix. Stir in barbecue and chili sauces. Reduce heat, cover and simmer 20 to 30 minutes. Serve on hamburger rolls. Makes 8 sandwiches, about 320 calories each.

TURKEY DRUMETTES MOLE

Here the turkey is enhanced by a spicy sauce whipped up in the food processor.

- 4 turkey drumettes
- 2 cans (13¾ or 14½ oz.) chicken broth
- 1 onion, sliced
- 1 teaspoon salt
- 1 teaspoon butter or margarine
- 1 small onion, coarsely chopped
- 1 can (10 oz.) hot enchilada sauce
- 1 can (10 oz.) mild enchilada sauce
- 1 can (16 oz.) crushed tomatoes
- 2 slices toasted bread, torn in pieces
- 2 tablespoons peanut butter
- 2 tablespoons raisins, plumped in ¼ cup hot water
- ½ teaspoon cinnamon
- 1 square (1 oz.) unsweetened chocolate, coarsely chopped

In 4-quart Dutch oven combine drumettes, chicken broth, onion and salt. Bring to a boil; reduce heat and simmer covered 1 hour. Remove drumettes and set aside. Reserve 1 cup broth. In small skillet melt butter or margarine. Add onion and saute until translucent. In food processor with steel blade, combine sauteed onion, both enchilada sauces, tomatoes, toasted bread pieces, peanut butter, raisins and water, cinnamon and reserved broth; process until smooth. Transfer to Dutch oven and heat. Add chocolate and cook until melted, stirring constantly. Return drumettes to Dutch oven. Simmer covered over low heat 45 minutes or until turkey is tender. Makes 4 servings, about 395 calories each.

STUFFED BONELESS BREAST OF TURKEY

A great entree for your next buffet party—so tasty no one will miss the wishbone.

- 1 turkey breast (6½ lbs.), boned*
- 2 tablespoons butter or margarine, softened

Stuffing

- 5 tablespoons butter, divided
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced onions
- 1 teaspoon sage
- ½ teaspoon thyme
- ½ teaspoon red pepper flakes
- Dash red pepper sauce
- 2 cups packaged cornbread stuffing mix
- 2 eggs, beaten
- ¼ cup milk
- 5 ounces boiled ham, diced
- ¼ cup chopped parsley

(continued



A true sandwich lover never takes chances.



A sandwich just isn't a sandwich without the tangy zip of Miracle Whip salad dressing from KRAFT

THE BREAD SPREAD

©1985 Kraft, Inc.

LET'S TALK TURKEY
continued

2 tablespoons butter, melted

Sauce

2¼ cups water, divided
½ cup chicken broth
¼ cup dry vermouth
2 tablespoons cornstarch

Place turkey breast skin side down on flat surface. Pound with a meat mallet to an even thickness. Trim where meat extends beyond skin; use pieces to patch neck and breastbone areas where skin is exposed. Spread softened butter over meat. Cover with plastic wrap and refrigerate.

Stuffing: In medium skillet melt 2 tablespoons butter. Add carrots, celery and onions; saute over medium heat until onions are translucent. Add sage, thyme, pepper flakes and pepper sauce; stir to blend. Cool. In medium bowl combine stuffing mix, eggs, milk and 3 tablespoons melted butter until stuffing is moistened. Add sauteed vegetables, ham and parsley; toss.

Preheat oven to 450°F. Remove turkey from refrigerator. Pat stuffing evenly over buttered surface of meat. Roll up from long side. With string, tie roll securely to hold shape. (If necessary, use skewers to secure ends.) Place roll on rack in shallow roasting pan and brush with about 2 tablespoons melted butter. Place in oven and reduce temperature to 325°F. Roast 2½ hours, basting occasionally.

Sauce: Transfer turkey to a platter. Spoon excess fat from roasting pan; place pan over medium-high heat. Add 2 cups water and stir to loosen brown bits. Boil 5 minutes, stirring frequently. Strain into a medium saucepan. Add chicken broth and vermouth; bring to a boil. Stir cornstarch into remaining ¼ cup water until smooth. Add to boiling broth. Reduce heat and continue stirring until thickened. Makes 2 cups, about 5 calories per tablespoon.

Discard string and cut turkey into ½ inch slices. Makes about 20 slices, about 290 calories each without sauce.

To bone, place turkey breast skin side down on cutting board. With sharp knife, slit membrane that runs down length of breast. Cut through bone around wishbone. With your hands push down on either side of breast to "crack" breastbone (keel). Cut on either side of breastbone to loosen, taking care not to slit the skin. Pull or cut out breastbone. Use paper towels to hold bone because it is very sharp. Scrape meat from rib bones, following contour of bones. Cut out large white tendon from each breast half. **End**

STOP FOR BREAKFAST
continued from page 105

CHALFONTE HOTEL
CAPE MAY, NEW JERSEY

Well into its second century of good food, the Chalfonte Hotel is an elegant seaside hostelry, decorated to the nines with Victorian gingerbread, its dining room still serving meals the old-fashioned boardinghouse way—no menus, no fancy service and no kitchen shortcuts. Everything—including the mayonnaise—is made from scratch, using recipes that date back to the 1920s, most of them never written down.

Chef Helen Dickerson has overseen the kitchen for decades. Together with her daughter Dot, she continues to pile the dining room tables high with traditional down-home fare like spoon bread, Chesapeake Bay deviled crab and southern-style biscuits.

Every morning, the Chalfonte serves what it calls a "Virginia country breakfast"—great platters of bacon and eggs and spoon bread, supplemented by fresh fish and, on Sunday, Helen's famous kidney stew. Of course, there are always biscuits, hot from the oven. For a dress-up meal, Helen recommends serving ham biscuit sandwiches, suitable for either breakfast or lunch. Her recipe calls for country ham—the salty, cured kind. For milder sandwiches, it is possible to substitute sweeter "city" ham.

HAM BISCUITS

pictured on page 104

¾ pound country ham
3 tablespoons mayonnaise
1¾ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup shortening
⅔ cup milk

Preheat oven to 350°F. Finely chop ham. In small bowl combine ham with mayonnaise; set aside. In medium bowl mix flour, baking powder, baking soda and salt. With pastry blender or two knives, cut in shortening until mixture resembles coarse crumbs.

Gradually stir in milk. Lightly flour board and roll out dough ½ inch thick. Cut biscuits with biscuit cutter or floured rim of 2-inch drinking glass. Bake 10 to 12 minutes, or until lightly browned. When biscuits are still slightly warm, split in half and spread with ham mixture. Makes 16 biscuits, about 150 calories each.

SAM'S GRILL
SAN FRANCISCO, CALIFORNIA

On the American frontier, during the Gold Rush, eggs were the most expensive food you could get. In the California town of Placerville, legend says, a miner who had just struck pay dirt sauntered into the local beanery and demanded the fanciest, most expensive dish in the house. So the chef cracked a few eggs, fried up some oysters and gave the man a fried oyster omelet. Because Placerville was known for its swift, end-of-the-rope justice system, the fancy breakfast soon became known as a "hangtown fry."

It is now a West Coast specialty, perfectly prepared at Sam's Grill in San Francisco, open for business since 1867. Sam's is a genuine taste of 19th-century California, outfitted with fine white linen, mahogany walls and brass coat hooks. It is staffed by waiters in formal attire and many of the tables are secluded behind curtains.

(continued)

Sam's hangtown fry is made with Olympia oysters, the minuscule rarities from Washington state. If you cannot locate real "Olys," use the smallest fresh oysters available, or cut larger ones into bite-size pieces. The most important thing is that the oysters be flavorful. Hangtown fry depends on their salty marine savor.

HANGTOWN FRY

2 to 2½ dozen shucked Olympia oysters (or 6–8 large oysters, cut into dime-size morsels)
½ cup all-purpose flour
5 eggs
1 tablespoon milk
½ cup dry bread crumbs
Salad oil for frying
2 tablespoons butter
2 to 3 slices lean, thick bacon, cooked and drained

Roll oysters in flour and shake off excess. Dip into one egg beaten with milk, then roll in bread crumbs. In deep fryer or deep saucepan, preheat oil to 350°F. Fry one minute or until crisp and golden. Drain and set aside.

In small bowl heat remaining 4 eggs. Melt butter in omelet pan. Pour in eggs; stir slightly. When eggs are almost set, add oysters. Continue cooking until eggs are completely set, then fold omelet in half and transfer to warm plate. Top with bacon. Makes 2 servings, about 675 calories each.

DOVECREST RESTAURANT
ARCADIA, RHODE ISLAND

In the tiny village of Arcadia, Rhode Island, is a restaurant called the Dovecrest, run by Princess Pretty Flower of the Narragansett *(continued)*



PRESENTING CHICKEN DIVAN IN A WHOLE NEW LIGHT.

ONE OF THE LUSCIOUS MINUTE® RICE LIGHT CUISINE RECIPES. 350 CALORIES NEVER TASTED SO GOOD.

A new Chicken Divan recipe has come to light. So rich. So creamy. And less than 350 calories. Only MINUTE® Rice makes it this easy. In one pan and in just 20 minutes. MINUTE® Rice Light Cuisine Recipes. For fine cuisine brought to light.

MINUTE® RICE
FITS THE WAY YOU COOK TODAY



Chicken Divan

1 ½	cups cooked cut-up chicken	1	can (10¾ oz.) condensed cream of chicken soup
2	tsp. oil	1 ½	cups MINUTE® Rice
1	cup water	1	tbsp. grated Parmesan cheese
1	tbsp. dry sherry wine		
1	pkg. (10 oz.) BIRDS EYE® Deluxe Broccoli Florets		

Brown chicken lightly in oil. Add water, wine, broccoli and soup. Bring to a full boil, separating broccoli pieces. Stir in rice. Cover, remove from heat and let stand 5 minutes. Sprinkle with cheese. Makes 4 servings.

© 1985 General Foods Corporation.
MINUTE and BIRDS EYE are registered trademarks of General Foods Corporation.

GENERAL FOODS



Nestlé® Oatmeal Scotchies.™
A better oatmeal cookie... because you bake them fresh with the rich butterscotch taste of Nestlé® Butterscotch Morsels.
Chewy oatmeal *and* creamy butterscotch.
Nestlé® Oatmeal Scotchies.™
No other oatmeal cookie can compare.

Fresh and warm.
And only from your oven



Look for the recipe on every bag.

STOP FOR BREAKFAST
continued

tribe. Her specialties are true native American foods: quahog chowder, venison steak, rabbit stew with dumplings.

On the side of these hearty meals come johnnycakes—the exquisite griddle-cooked corn patties that are unique to Rhode Island. Originally called "journey cakes" because, once cooked, they traveled well, johnnycakes make a wonderful breakfast. They may be served with butter and syrup, but we like them plain, hot off the griddle.

Princess Pretty Flower says that there are two secrets to a good johnnycake. First, use fine white cornmeal; it provides that nice fluffy texture. Second, make sure the water is *boiling* hot.

CORNMEAL JOHNNYCAKES

- 1 cup stone-ground cornmeal
- 2 teaspoons sugar
- ½ teaspoon salt
- Boiling water
- 2 tablespoons milk
- 1 tablespoon melted butter
- Grease for griddle (bacon fat mixed with shortening is recommended)

In medium bowl combine cornmeal, sugar and salt. Add enough boiling water to make a batter that is thicker than pancake batter, yet thinner than mashed potatoes. Stir in milk and melted butter. Form into silver-dollar size patties, about ¾ inch thick. Fry on medium-hot greased griddle, about 15 minutes on each side. Makes 4 servings, about 145 calories each.

THE DINER
YOUNTVILLE, CALIFORNIA

The Diner has been a wine country culinary landmark since 1976, when chef-owner Cassandra Mitchell took over a run-down bus depot and diner and transformed it into a spiffy Art Deco house of good eats with real soul and home cooking the likes of which few old diners ever knew.

"We make the most of what is available," Cassandra told us, "our land, our energy, our spirit." That means they bake all their own bread, grow their own vegetables and herbs and make everything using fresh, local ingredients.

Here you will get peerless Mexican cuisine, major California-style burgers and soda fountain classics like hot fudge sundaes and double chocolate malts. But it is breakfast (served all day) that has led The Diner to be inscribed in many a traveler's little black book. Breakfast features homemade breads—potato, raisin-nut, wheat or rye; mammoth omelets; sausage-packed breakfast burritos; banana walnut pancakes with real maple syrup, and finely shredded potato pancakes, speckled green with herbs from the garden.

One of the best Diner breakfast combos (with a Mimosa made from California champagne on the side) are these banana walnut pancakes served with succulent, spicy sausage.

BANANA WALNUT PANCAKES

- 2 cups unbleached all-purpose flour
- 3 tablespoons sugar
- ¾ teaspoon salt
- 1½ teaspoons baking powder
- ¾ teaspoon baking soda
- 2 eggs
- ¼ cup salad oil
- 2 cups buttermilk
- 2 small ripe bananas, thinly sliced
- 1 tablespoon grated lemon peel
- Ground walnuts

In large bowl combine flour, sugar, salt, baking powder and baking soda; set aside. In medium bowl combine eggs, oil and buttermilk; add to dry ingredients, stirring just enough to blend. Add bananas and lemon peel. (Batter will be lumpy, but do not overmix or pancakes will be tough.) Lightly grease

ddle or skillet and heat over me-
ım-high heat. Using about ⅓ cup
tter for each pancake, bake 2 to 3
nutes on each side. Serve garnished
th ground walnuts, with butter and
ıple syrup on the side. Makes about
pancakes, about 170 calories each.

THE DINER'S HOMEMADE SAUSAGE

½ pounds ground pork
2 tablespoons brown sugar
1 tablespoon crushed red pepper flakes
1 tablespoon rubbed sage
1 tablespoon salt
½ teaspoons coarsely ground pepper
½ teaspoon allspice
¼ teaspoon nutmeg
⅛ teaspoon cloves

large bowl combine all ingredients. ix by hand and form into 10 patties. What you won't be using immediately ay be frozen.) In large skillet fry pat-es until crisp and brown on both des, about 15 minutes. Makes 10, out 345 calories each.

KEARNEY'S HATCH, NEW MEXICO

ew Mexicans have declared the ıili pepper to be their official state egetable, and they take their chili eating seriously. In Kearney's, the small town cafe of Hatch, shelves behind the counter display a half-dozen mason jars filled with the different types of peppers grown locally.

There can be no doubt, as you drive here, that you are in the heart of the chili belt. Adobe homes along each street are draped with bright red braids of peppers, hung in the southwestern sun to dry. Kearney's menu is replete with red chili, green chili, chili-topped burritos and a brightly colored morning tongue tickler called "huevos rancheros."

HUEVOS RANCHEROS

Salad oil
½ cup finely diced onion
1 tomato, finely diced
3 jalapeño peppers, seeded and finely diced
½ cup mashed pinto beans
¼ cup grated Longhorn or sharp Cheddar cheese
1 corn tortilla
1 egg
2 flour tortillas, warmed

Preheat oven to 350°F. In small skillet heat 2 teaspoons oil and saute onion, tomato and jalapeños over low heat until onion is soft and translucent. Put pinto beans on an ovenproof plate, sprinkle cheese on top of beans and warm in oven just enough to melt cheese, about 5 minutes. In another skillet heat oil and fry corn tortilla until crisp, about one minute. Put on top of cheese and beans. Fry egg and place on top of corn tortilla. Top with tomato-chili mixture. Serve with two warm flour tortillas. Makes one serving, about 720 calories.

WHITEFISH BAY INN MILWAUKEE, WISCONSIN

Situated on the old Pabst Resort, just north of Milwaukee on the eastern shore of Lake Michigan, the Whitefish Bay Inn has featured these German pancakes since the early 1900s when Jack Pandl's mother brought the recipe from Austria.

The venerable old inn is now surrounded by magnificent shoreline homes, and the menu is extensive . . . but the great, glorious pancake is still the *pièce de résistance*. It is served as a side dish for four at lunch or dinner, occasionally even as dessert. But we think it's best as breakfast for two, ladled with stewed apples and drizzled with lemon and powdered sugar, or with buttered maple syrup. *(continued)*



Nestlé® Peanut Butter Burst™ Cookies.

Every bite bursts with the taste of rich, creamy peanut butter…because every bite's full of Nestlé® Peanut Butter Morsels.

Serve your family a batch of warm, fresh-baked Peanut Butter Burst™ Cookies today.

They'll be overwhelmed.

Fresh and warm.
And only from your oven.



Look for the recipe on every bag.

STOP FOR BREAKFAST
continued

GERMAN PANCAKE

½ cup all-purpose flour
½ cup milk
Pinch of salt
4 large eggs
1 tablespoon butter
1 tablespoon shortening

Preheat oven to 425°F. In medium bowl mix flour, milk and salt until smooth. Add eggs one at a time, beating until smooth. Melt butter and shortening in a 9 or 10-inch slope-sided skillet with an ovenproof handle. Pour the batter into the skillet and cook over medium heat until the bottom of the pancake is browned, about 2 to 3 minutes, but uncooked batter remains on top.

Invert pancake onto plate (10 inches or larger). Quickly slide back into skillet, browned side up. Make a crisscross cut all the way through the pancake. Bake about 12 minutes or until the edges are browned. The pancake will rise 3 to 5 inches all around the edges of the pan. Serve immediately with stewed apples, lemon and powdered sugar or syrup. Makes 2 servings, about 425 calories each.

POLLY'S PANCAKE PARLOR
SUGAR HILL, NEW HAMPSHIRE

The air is crisp, morning dew blankets the New England farmland. As you travel along the back road that winds through Sugar Hill, New Hampshire, you sniff coffee perking and buttery pancakes on the grill.

You come upon a wooden farmhouse, trimmed in red, once the carriage shed of Hildex Farm. In 1938, Polly and "Sugar Bill" Dexter converted it to a tea room as a means of getting travelers to sample their maple products. Ever since, Polly's Pancake Parlor has been a north country breakfast beacon.

It's an all-you-can-eat bonanza: stone-ground buckwheat, corn, whole wheat and plain pancakes, filled with walnuts, coconut or blueberries. They come to the table six at a time—dainty three-inch beauties, hot off the griddle—with cob-smoked bacon or country sausage on the side.

To dress up these ethereal flapjacks, each table is presented with a tray of Hildex Farm condiments: pure fancy-grade maple syrup, granulated maple sugar and butter-thick maple spread. The luscious toppings are available by mail from Hildex Farm, but the pancakes can be made easily at home.

BLUEBERRY WHOLE WHEAT PANCAKES

2 eggs
1¾ cups milk
2 tablespoons maple syrup
2 cups whole wheat flour
1 tablespoon baking powder
1 teaspoon salt
3 tablespoons butter, melted
2 cups blueberries

In medium bowl beat eggs well. Add milk and syrup. Add dry ingredients and combine well. Stir in melted butter. Pour onto hot, lightly greased griddle to form 3-inch cakes. Sprinkle blueberries on top of each pancake. When pancakes stop bubbling and are nicely browned on the bottom, turn. Makes 30 pancakes, about 60 calories each.

THE ANDERSON HOUSE
WABASHA, MINNESOTA

Minnesota's oldest hotel, The Anderson House, is a bread-lover's heaven. Every night at dinner, as customers dispatch stout northern meals like pork chops o ribs or pheasant and wild rice, they take their pick from among ten differ ent homemade loaves, including lemor bread, cherry bread, dill rolls and powder biscuits. It's help-yourself time as the aromatic bread tray circulates through the dining room.

The meals are old-fashioned, and al the breads are made in "Grandma An derson's Dutch Kitchens," supervised today by a fourth generation of the same family that has run the hote since 1856. When we asked the folks a The Anderson House to suggest a Grandma Anderson-style breakfast they gave us this recipe for feathery cinnamon muffins.

CINNAMON BREAKFAST MUFFINS

¼ cup butter, softened
½ cup sugar
1 egg, separated
1½ cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon ground nutmeg
¼ teaspoon salt
½ cup milk
⅓ cup butter, melted
Cinnamon sugar

Preheat oven to 350°F. Grease a 12-cup muffin tin; set aside. In mixer bowl cream butter and sugar until light and fluffy. Add egg yolk and beat well. In another bowl sift flour, baking powder nutmeg and salt. Add dry ingredients alternately with milk. Beat egg white until stiff and fold into batter. Fill prepared muffin tins two-thirds full. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. (Muffins will be light in color.) Immediately remove muffins from tins, roll in melted butter, then in cinnamon sugar. Serve hot. Makes 12 muffins about 185 calories each. **End**

COMMUNITY COOKBOOK
continued from page 67

in buttermilk. Add to molasses mixture and pour into pan. Sprinkle on reserved topping. Bake 40 minutes or until toothpick inserted in center comes out clean. Makes 8 servings, 330 calories each.

—Mrs. Antonio Alvarez

WARTS

½ cup butter, shortening or lard
1 cup sugar
1 egg
½ cup molasses
⅓ cup cold water
3 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
¼ teaspoon cloves
¼ teaspoon ginger
¼ teaspoon mace
1 cup raisins
1 cup chopped walnuts

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In large mixer bowl cream butter with sugar. Add egg, molasses and water and beat until light and fluffy. In medium bowl combine flour, baking soda, salt and spices. Add to creamed mixture, beating just until combined. Fold in raisins and walnuts. Drop by teaspoonfuls onto cookie sheets. Bake 12 to 15 minutes. Makes about 6 dozen, about 65 calories each.

—Russell Ward Nadeau

OLD-FASHIONED RAISIN VANILLA COOKIES

1½ cups raisins
1½ cups water
1 cup butter or margarine, softened
1½ cups sugar
1 teaspoon vanilla extract
3 eggs
3½ cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
Additional sugar for rolling

In small saucepan boil raisins and water until all water is absorbed. Remove from heat and cool 30 minutes.

Preheat oven to 375°F. Grease 2 large cookie sheets; set aside. In large mixer bowl cream butter or margarine, sugar and vanilla 3 minutes or until light and fluffy. Add eggs one at a time, beating well after each addition. In medium bowl combine dry ingredients. Add gradually and mix well. Fold in raisins. Drop by teaspoonfuls into sugar. Roll into balls. Bake 8 to 10 minutes. Makes 11 dozen, about 45 calories each.

—Barbara C. Heiken **End**

THE ONLY LEADING CEREALS WITHOUT A SHRED OF ADDED SUGAR OR SALT.



A lot of healthy-looking cereals would love you to think they're low in added sugar and salt.

But if you read the ingredients on the side of their boxes, you'll find that, in some cases, appearances can be deceiving.

Nabisco® Shredded Wheat, on the other hand, is as natural as it looks. Because we shred the wheat for better toasting all over, our cereal has a nutty, munchy, naturally delicious taste. A taste that needs nothing added to "improve" it.

So why not try Nabisco Shredded Wheat in Spoon Size® Toasted Wheat & Raisins, or original Shredded Wheat.

And get a cereal that really has no added sugar or salt.

Instead of one that just looks like it.

NABISCO® SHREDDED WHEAT.

0% ADDED SUGAR. 0% ADDED SALT. 100% WHOLE WHEAT.

© 1985 Nabisco Brands, Inc.

NABISCO BRANDS

TAKE A CAN OF FRUIT

continued from page 115

PEAR MOUSSE

pictured on page 115

Flavored with pear brandy, this mousse is elegant enough for a festive dinner party, yet simple enough for the family.

- 2 cans (16 oz. each) pears in heavy syrup, well drained
- 2 tablespoons pear brandy or orange-flavored liqueur
- 1 tablespoon lemon juice
- 1 envelope unflavored gelatin
- ½ cup milk
- ⅓ cup confectioners' sugar
- ½ cup heavy cream, whipped

In food processor or blender, puree pears. Stir in pear brandy and lemon juice; set aside.

In small saucepan sprinkle gelatin over milk. Let stand 1 minute. Stir over low heat 5 minutes or until gelatin is dissolved. Stir in sugar and pear mixture. Chill in large bowl, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Fold in whipped cream. Spoon into dessert bowl or six dessert dishes. Makes 6 servings, about 200 calories each.

CHERRIES JUBILEE

pictured on page 115

A favorite flaming dessert. Prepare it at the table for admiring guests.

- 2 cans (16 oz. each) pitted dark cherries
- ¼ cup orange juice
- 6 strips orange peel
- 3 tablespoons currant jelly
- 1 tablespoon cornstarch
- 1½ pints vanilla ice cream
- ½ cup cognac or brandy

Drain cherries, reserving 1 cup juice. In chafing dish or medium saucepan, combine ¾ cup cherry juice, orange juice, peel and jelly. Simmer until jelly has dissolved, about 5 minutes. Mix cornstarch with remaining ¼ cup cherry juice and stir into mixture.

Cook, stirring occasionally, until mixture thickens and boils, about 3 minutes. Add cherries. Spoon ice cream into individual serving dishes. In small saucepan heat cognac until hot, but not boiling. Pour onto hot cherries and ignite with long match. Pour over ice cream and serve. Makes 6 servings, about 295 calories each with ½ cup ice cream.

PEACHY PORK CHOPS

pictured on page 115

Not overly sweet, this mildly spicy sauce is a tasteful complement to the chops.

- 2 tablespoons salad oil
- 2 garlic cloves, pressed
- 4 blade pork chops, about ¾ inch thick
- 1 can (13¾ or 14½ oz.) chicken broth, divided
- 2 tablespoons cider vinegar
- 2 teaspoons Dijon mustard
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon ground cloves
- 1 can (16 oz.) peach slices in heavy syrup, drained (reserve ½ cup syrup)
- 1 tablespoon dark brown sugar
- 1 tablespoon cornstarch

In large skillet heat oil. Add garlic and saute. Add pork chops and brown well on both sides; drain off drippings. Add 1½ cups chicken broth, vinegar, mustard, salt, pepper and cloves. Cover and simmer 25 to 30 minutes. Transfer chops to serving platter; keep warm.

In small bowl combine reserved syrup, sugar, cornstarch and remaining chicken broth. Add to skillet with peaches. Simmer, stirring frequently, 5 minutes or until sauce is thickened. Spoon over chops. Makes 4 servings, about 345 calories each.

PEAR CHEESE MELTS

An unusual and sophisticated appetizer. If you can't find Stilton, decrease the amount of Roquefort slightly.

- 1 can (16 oz.) pear halves, drained and coarsely chopped
- ¼ pound Stilton or Roquefort cheese, crumbled
- 2 ounces cream cheese, softened
- ¾ cup coarsely chopped walnuts
- 1 loaf French or Italian bread, very thinly sliced

Preheat broiler. In medium bowl combine pears, cheeses and nuts; set aside. Arrange bread slices on cookie sheet; lightly toast both sides in broiler. Reduce oven temperature to 400°F. Spread a scant tablespoon pear mixture on each bread slice. Bake 10 minutes or until bubbly. Makes about 2 dozen, about 120 calories each.

PUZZLE PUDDING

A clever takeoff on cheese strata, using raisin bread and fruit cocktail.

- 12 slices cinnamon raisin bread, crusts trimmed
- 3 tablespoons butter or margarine, softened
- 2 cans (16 or 17 oz. each) fruit cocktail in heavy syrup, drained
- 1½ cups milk
- 3 eggs
- ⅓ cup sugar
- ⅛ teaspoon salt
- 1 teaspoon vanilla extract

Generously grease an 8-inch square baking dish. Spread bread slices with butter or margarine. Arrange 6 slices in pan; top with half the fruit cocktail. Repeat with remaining bread and fruit.

In medium bowl beat together milk, eggs, sugar, salt and vanilla. Pour over layered bread and fruit. Cover and refrigerate overnight.

Preheat oven to 375°F. Bake 1½ hours or until knife inserted in center comes out clean. Let stand 15 minutes before serving. Makes 9 servings, about 245 calories each.

APRICOT COFFEE CAKE

Nothing is better than home-baked coffee cake. This recipe, with a ricotta cheese filling, is especially tasty.

Dough

- 1 package active dry yeast
- ¼ cup warm water (105°F.–115°F.)
- ½ teaspoon plus ¼ cup sugar, divided
- ¼ cup butter or margarine, melted and cooled
- ¼ cup milk, at room temperature
- 1 egg, at room temperature
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 2 to 2½ cups all-purpose flour

Filling

- 2 eggs, lightly beaten
- 1 container (15 oz.) ricotta cheese
- ⅓ cup sugar
- ¾ teaspoon cinnamon
- ¼ teaspoon grated lemon peel
- 3 tablespoons flour
- Dash salt

- 2 cans (16 or 17 oz. each) apricot halves, well drained

Dough: In large mixer bowl dissolve yeast in warm water. Add ½ teaspoon sugar; set aside for 10 minutes until foaming. Add butter or margarine, remaining sugar, milk, egg, vanilla and salt; stir until well blended. Add 1 cup flour and beat at medium speed 2 minutes, scraping bowl occasionally. With a spoon, stir in 1 more cup flour to form a soft dough. On well-floured surface, knead dough until smooth and elastic, about 5 to 8 minutes, using more flour if needed. Place in a greased bowl, turning to coat top. Cover and let rise in warm, draft-free place until doubled in bulk, about 1 hour.

Meanwhile, grease a 13x9-inch baking pan. Punch down dough. On lightly floured surface, roll out dough to a rectangle to fit pan or pat dough into pan. Push dough up about 2 inches around edges. Cover and let rise 30 minutes.

Filling: While dough rises again, in medium bowl combine all filling ingredients.

Preheat oven to 350°F. When dough has risen, spoon half the filling on dough; top with apricots. Pour remaining filling over apricots. Bake 35 to 40 minutes, until cheese is set. Turn oven off. Let coffee cake stand 5 minutes in oven. Transfer to wire rack to cool 20 minutes. Makes 12 servings, about 280 calories each. **End**



Come on over to the right Lite for great fruit taste.



More families are eating lighter these days. And the Lite Fruit they prefer most is Del Monte.

DEL MONTE® Lite gives you more natural fruit taste. With no artificial flavors or sweeteners.

So come on over and taste it today.

Del Monte

©1984 Del Monte Corporation

ANTI-CANCER DIET

continued from page 56

and other mineral supplements will therefore be necessary if you stay on this diet for more than three weeks. Of course, as with any diet, check with your doctor first, and ask about appropriate supplements.

The daily menus and nutrient analyses are based upon careful attention to portion sizes and food preparation. Don't add a little extra fat in the hope that it will not be noticed, or that it does not matter: It will and it does!

One week on this diet will provide you with approximately the following daily nutrient intake:

Calories: 1,207
Protein: 56.3 grams
Fat: 28.7 grams
Saturated fat: 6.6 grams
Oleic acid: 7.8 grams
Linoleic acid: 8 grams
Carbohydrate: 199.1 grams
Calcium: 611.8 milligrams
Phosphorus: 11.069 milligrams
Iron: 14.2 milligrams
Cholesterol: 115.6 milligrams
Sodium: depends on added salt
Vitamin A: 13,753 I.U.
Thiamine: 1.4 milligrams
Riboflavin: 2.2 milligrams
Niacin: 19.2 milligrams
Vitamin C: 334 milligrams
Fiber: 37 grams

Oliver Alabaster, M.D., received his medical training in England, at the University of London. He accepted a fellowship at the National Cancer Institute in 1974 and now is associate professor of medicine and director of cancer research at The George Washington University, in Washington, D.C.

THE ANTI-CANCER DIET MENUS

Try to limit coffee and tea to one or two cups a day. Noncaloric beverages may be taken as often as you like.

SUNDAY

Breakfast
1 cup orange juice
1 cup Raisin Bran
1 cup low-fat (2%) milk
1 medium apple, sliced

Lunch
1 serving spaghetti with tomatoes and basil sauce: 1 large tomato; basil (chopped fresh or dried) to taste; 1 garlic clove, peeled and chopped; 2 tsp. corn oil. Cook tomatoes, basil, garlic and oil over medium heat for 15 minutes. Mix 1 cup cooked spaghetti with sauce.

Dinner
½ cup baked white-meat chicken (use no fat in cooking and remove skin)
½ medium baked potato
1 cup broccoli, cooked without stems
½ cup peas, fresh or frozen
2 tsp. margarine
1 orange

Sunday's food analysis

Calories	1,185
Protein	57 grams
Fat	28 grams
Saturated fat	6 grams
Carbohydrate	198 grams
Calcium	636 milligrams
Iron	14 milligrams
Vitamin A	9,868 I.U.
Thiamine	1.6 milligrams
Riboflavin	1.8 milligrams
Niacin	23.9 milligrams
Vitamin C	420 milligrams
Cholesterol	90 milligrams
Fiber	33 grams

MONDAY

Breakfast
1 cup orange juice
2 slices whole wheat bread
2 tsp. soft corn-oil margarine

Lunch
1 serving macaroni salad: 1 cup cooked macaroni; 1 cup broccoli; ½ cup grated carrots. Dressing: Combine 2 tsp. corn oil with lemon juice and herbs to taste.

Dinner
3 oz. baked sole
1 medium boiled, peeled potato
½ cup cooked spinach
½ cup cooked carrots
1 Tb. margarine
1 tsp. lemon juice
1 medium apple

Monday's food analysis

Calories	1,210
Protein	42 grams
Fat	35 grams
Saturated fat	5 grams
Carbohydrate	192 grams
Calcium	352 milligrams
Iron	9 milligrams
Vitamin A	26,750 I.U.
Thiamine	1.2 milligrams
Riboflavin	0.9 milligrams
Niacin	9.7 milligrams
Vitamin C	328 milligrams
Cholesterol	45 milligrams
Fiber	33 grams

TUESDAY

Breakfast
½ pink grapefruit
1 cup All Bran
1 cup low-fat (2%) milk

(continued)

Fiber: How it can protect you from cancer

As you are now well aware, a major goal in dietary cancer prevention is to reduce your intake of fat. One of the great things about increasing your dietary fiber is that it can help to reduce the absorption of carcinogenic bile acids and any excess fat that may have crept into your diet.

Certain fibers also help to reduce the number of calories that you absorb by hurrying the food through the intestines, thus shortening the time available for digestion and absorption of any calorie-rich food you may have eaten.

Unfortunately, not all fibers are equally good at this. Bran, one of the most popular fibers, has little effect on fat absorption, so this fiber will not compensate for a sudden dietary indiscretion. The best fibers for this are pectins, which are found mostly in fruit (apples, pears, cranberries, cherries, plums and citrus), guar gum, which is found in beans, and the fibers found in carrots and rolled oats. These fibers can also lower blood cholesterol substantially.

This is really good news: It means that we can reduce the risks of both cancer and heart disease (also caused by a high-fat diet) simultaneously.

Can dietary fiber help you control your weight? When you increase your fiber intake you will be eating foods like fruits and vegetables that have fewer calories than fat-filled meats, oils and processed foods. The fiber itself will absorb water in the stomach, and this will make you feel that you have eaten a substantial meal. Remember, the low-calorie starchy foods that contain fiber—beans, potatoes, pasta and whole-meal breads—usually have little high-calorie fat.

A gradual increase in fiber should also be accompanied by an increase in fluid intake as well as an adequate intake of vitamins and minerals.

Finally, if you have any doubt about whether a high-fiber diet is right for you, please contact your personal physician for advice.

FRUIT CORNERS®

FRUIT ROLL-UPS®

CHEWY FRUIT SNACK



©General Mills, Inc. 1984



America's favorite fruit roll! Kids agree Fruit Corners® Fruit Roll-Ups® are the best-tasting fruit roll. Nationwide taste tests prove it!

Try Fruit Roll-Ups in grape, strawberry, cherry, apple, apricot and orange. And treat your kids to real fruit and fun rolled up in one.

FRUIT CORNERS

If it comes from Fruit Corners, it's made from real fruit.

ANTI-CANCER MENUS
continued

Lunch
1 serving brown-rice salad: 1 cup cooked brown rice, 2 small or 1 large tomato, sliced; ½ hard-boiled egg. Dressing: Combine 2 tsp. corn oil with lemon juice and herbs to taste. Mix with brown rice. Add tomatoes and egg; toss.

Dinner
3 oz. baked light-meat turkey (use no fat in cooking and remove skin)
1 cup green beans
½ cup carrots
½ baked potato
2 tsp. soft margarine
½ cup strawberries
1 tsp. granulated sugar

Tuesday's food analysis

Calories	1,194
Protein	58 grams
Fat	32 grams
Saturated fat	7 grams
Carbohydrate	192 grams
Calcium	561 milligrams
Iron	15 milligrams
Vitamin A	15,224 I.U.
Thiamine	1.4 milligrams
Riboflavin	3.5 milligrams
Niacin	24.5 milligrams
Vitamin C	219 milligrams
Cholesterol	220 milligrams
Fiber	49 grams

WEDNESDAY

Breakfast
1 cup orange juice
1 cup Fruitful Bran
1 cup low-fat (2%) milk
½ cup strawberries

Lunch
Chicken sandwich: 2 slices whole wheat bread; ½ Tb. soft margarine; 2 small or 1 large tomato; 3 oz. baked light-meat chicken

Dinner
3 oz. flounder
1 cup steamed Brussels sprouts
½ cup steamed cauliflower
1 serving bean salad: Combine ⅔ cup white beans with 1 tsp. lemon juice and herbs to taste
¼ cantaloupe

Wednesday's food analysis

Calories	1,220
Protein	75 grams
Fat	32 grams
Saturated fat	7 grams
Carbohydrate	174 grams
Calcium	558 milligrams
Iron	16 milligrams
Vitamin A	11,123 I.U.
Thiamine	1.5 milligrams
Riboflavin	1.7 milligrams
Niacin	23 milligrams
Vitamin C	451 milligrams
Cholesterol	149 milligrams
Fiber	37 grams

THURSDAY

Breakfast
1 cup orange juice
1 cup Raisin Bran
1 cup low-fat (2%) milk

Lunch
1 cup plain yogurt
1 bran muffin
1 banana

Dinner
3 oz. boiled or broiled shrimp
1 tsp. lemon juice
1 cup cooked long-grain rice
1 serving vegetable salad: 1 cup lettuce; ½ cup raw broccoli, without stems; 1 small tomato; 1 Tb. low-calorie French dressing.
1 pear

(continued)



INDULGE.

Baker's® introduces Chocolate Chunk cookies. They're the ultimate because chunks have more chocolate than chips.

CHOCOLATE CHUNK COOKIES

½ cup butter or margarine, at cool room temperature
½ cup sugar
¼ cup firmly packed brown sugar
1 tsp. vanilla
1 egg
1 cup all-purpose flour
½ tsp. baking soda
½ tsp. salt
2 pkgs. (4-oz. ea.) BAKER'S® GERMAN'S® Sweet Chocolate
or 1 pkg. (8-oz.) BAKER'S® Semi-Sweet chocolate, cut into large ⅜-in. chunks*
1⅓ cups BAKER'S® ANGEL FLAKE® Coconut (optional)

Beat butter, sugars, vanilla and egg until light and fluffy. Mix flour with soda and salt; blend into butter mixture. Stir in chocolate chunks and the coconut. Chill 1 hr. Drop 2 in. apart by heaping tbsp. onto ungreased baking sheet. Bake at 350° 12 to 15 min., or until lightly browned. Cookies will be soft in center when done. Cool 2 min. before removing from sheet. Makes 2 doz. 3½-in. cookies.

GENERAL FOODS

*If desired, place an additional 4-oz. BAKER'S® GERMAN'S® Sweet Chocolate or BAKER'S® Semi-Sweet Chocolate chunks on tops of cookies before baking.



©1985 General Foods Corp. Baker's, Angel Flake and German's are registered trademarks of General Foods Corp.

BAKER'S® GREAT DESSERTS RUN IN OUR FAMILY.

BLAIR



CREATE A "BEAUTIFUL IMAGE" IN THIS STRIKING BLOUSE FROM BLAIR

Imagine yourself in this new "Beautiful Images" Blouse. Then discover how elegant you'll look and feel in this flattering silk-like creation. Because they're available only from BLAIR, *you can wear yours for one week–absolutely* FREE!

Soft shirring along the drop shoulders and at the top of the sleeves adds a truly elegant look. And you can dress up the lovely mandarin collar with its matching self-tie. The blouse is fashioned from 100% *polyester crepe–that puts silk to shame for easy care. Simply machine wash and dry. No pressing ever. Order yours now for only* $19.85.

7-DAY FREE TRIAL

YES! Please rush my BLAIR® Beautiful Images Blouse for a week's FREE TRIAL. Then I'll send just $19.85 plus postage and handling–or return the blouse at my expense and owe nothing.

☐ **To save even more,** I've enclosed my payment now so that BLAIR pays ALL postage and handling costs. All my money will be instantly refunded if I'm not pleased.

TO ORDER: Write your size in the box below.

SIZES: Misses 8, 10, 12, 14, 16, 18
Women's 38, 40, 42, 44

Made in U.S.A.

ONE STAINED GLASS BEAUTIFUL IMAGES BLOUSE 500301	SIZE

VL3-M

☐ Mrs ☐ Miss _____
(please print)

Address _____ Apt # _____

City _____ State _____ Zip _____

Home Phone No. (____) _____

(Offer Good Only in Continental U.S.A.) Credit orders subject to approval

Mail today to: **BLAIR, WARREN, PA 16366** SBL-F4

Fresher fabrics mean a fresher home



©1984 S.C. Johnson & Son, Inc.

Glade Fabric Fresh

©1985 Allegheny Pharmacal Corp.



BEAT THE "HUNGRIES" WITH HUNGREX®

Take a Hungrex for quick appetite control.

With the Hungrex Reducing Plan – You crave less, eat less, lose weight fast.

Doctor used, doctor tested, proven for 33 years.

AVAILABLE AT FINE CHAIN and INDEPENDENT DRUG STORES

ANTI-CANCER MENUS
continued

Thursday's food analysis

Calories	1,217
Protein	60 grams
Fat	17 grams
Saturated fat	7 grams
Carbohydrate	230 grams
Calcium	1,099 milligrams
Iron	16 milligrams
Vitamin A	6,174 I.U.
Thiamine	1.3 milligrams
Riboflavin	2 milligrams
Niacin	16 milligrams
Vitamin C	277 milligrams
Cholesterol	146 milligrams
Fiber	26 grams

FRIDAY

Breakfast

1 cup orange juice
1 cup All Bran
1 cup low-fat (2%) milk
1 banana

Lunch

1 serving broccoli-carrot-brown-rice salad: 1 cup cooked brown rice; ½ cup raw broccoli, without stems; ½ cup raw carrots, grated. Dressing: Combine 2 tsp. corn oil with lemon juice and herbs to taste.

Dinner

2½ oz. lean leg of lamb
½ medium baked potato
½ cup fresh or frozen peas
½ cup cooked cauliflower
2 tsp. margarine
½ cup raspberries
½ Tb. sugar

Friday's food analysis

Calories	1,192
Protein	53 grams
Fat	29 grams
Saturated fat	7 grams
Carbohydrate	201 grams
Calcium	551 milligrams
Iron	16 milligrams
Vitamin A	12,559 I.U.
Thiamine	1.7 milligrams
Riboflavin	3.7 milligrams
Niacin	21 milligrams
Vitamin C	318 milligrams
Cholesterol	85 milligrams
Fiber	50 grams

SATURDAY

Breakfast

1 cup orange juice
1 cup Fruitful Bran
1 cup low-fat (2%) milk
¼ cantaloupe

Lunch

1 serving macaroni salad: 1 cup cooked enriched macaroni; ½ cup green beans; ½ cup fresh or frozen peas; ¼ cup chopped green peppers. Dressing: Combine 2 tsp. corn oil with vinegar and herbs to taste.

Dinner

3 oz. ground round
1 serving brown rice pilaf. Saute ½ cup grated carrots and ½ cup diced green peppers in 1 tsp. corn oil. Add 1 cup cooked brown rice and herbs to taste.
1 orange

Saturday's food analysis

Calories	1,231
Protein	49 grams
Fat	28 grams
Saturated fat	7 grams
Carbohydrate	204 grams
Calcium	524 milligrams
Iron	13 milligrams
Vitamin A	14,576 I.U.
Thiamine	1.4 milligrams
Riboflavin	1.6 milligrams
Niacin	16 milligrams
Vitamin C	323 milligrams
Cholesterol	74 milligrams
Fiber	30 grams

End

MARCH RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.

BREADS

Banana Walnut Pancakes p. 132
Blueberry Whole Wheat Pancakes p. 134
Cinnamon Breakfast Muffins p. 134
Cornmeal Johnnycakes p. 132
German Pancake p. 134
Ham Biscuits p. 130
60-Minute Microwave English Muffin Loaf p. 146

DESSERTS

Apricot Coffeecake p. 136
Cherries Jubilee p. 136
Chocolate Chunk Cookies p. 140
Cocoa Banana Smoothie p. 34
Easy Peanut Butter Cookies p. 175
Forgotten Torte p. 65
Heirloom Gingerbread p. 67
New Peanut Butter Crispy Treats p. 43
Old-Fashioned Raisin Vanilla Cookies p. 134
Orange Cake p. 67
Pear Mousse p. 136
Puzzle Pudding p. 136
Quick Fruit Crisp insert, p. 113
Red Raspberry Cookies p. 66
Tavern Rum Pie p. 66
Warts p. 134

ENTREES

Bean 'N' Burger Cups p. 34
Big Sur Sandwich p. 126
Chicken Divan p. 131
The Diner's Homemade Sausage p. 132
Hangtown Fry p. 130
Huevos Rancheros p. 132
Italian Turkey Roll p. 126
Moist 'n Crispy Onion Chicken p. 13
Pago-Pago Pasta Salad insert, p. 113
Peachy Pork Chops p. 136
Pineapple Barbecued Short Ribs insert, p. 113
Stuffed Boneless Breast of Turkey p. 128
Turkey Drumettes Marengo p. 126
Turkey Drumettes Mole p. 128
Turkey Joes p. 128
Turkey Loaf p. 126
Turkey Piccata p. 126

MISCELLANEOUS

Confetti Coleslaw p. 34
Mustard Sauce p. 126
Pear Cheese Melts p. 136

You can practically make it with your eyes closed.



Uncle Ben's introduces "Cooking Without Looking"™

/onderful one-dish dinners in as little as 25 minutes! ou can only do it with Uncle Ben's® Converted® Brand ice. The cooking time of Uncle Ben's® matches that of the other ingredients. Uncle Ben's® is separate, not sticky. And it's whole, not broken like the other leading national brand. Look for other delicious recipes on specially marked packages and displays in your store.

HICKEN ORIENTAL

Take 6 chicken breast halves, skinned and boned; sprinkle with ¼ tsp. black epper and ⅛ tsp. garlic powder. In 10-ich skillet combine: 1 cup UNCLE BEN'S ONVERTED Brand Rice, 1 can (14½ oz.) hicken broth, 2 Tbsp. soy sauce, and stir. rrange chicken over rice mixture. Bring o a boil. Cover and simmer 20 minutes.

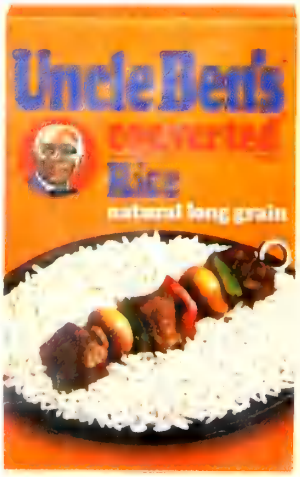


2 Uncover. Spoon 1 more Tbsp. soy sauce over chicken. Top with 1 package (6 oz.) frozen pea pods, thawed, and one 2-oz. jar sliced pimientos, drained. Cover and remove from heat. Let stand until all liquid is absorbed, about 5 minutes. Serves six.



3 Enjoy!





Uncle Ben's, Inc. 1985

It really does make a difference



HOW TO TALK TO KIDS

continued from page 33

question about sex. "If only there had been a word, a 'lead' on my mother's part," she said, "the floodgates of sharing a painful problem would have been released."

For some helpful ideas, see the sidebar (page 33) on what kids worry about. The topics discussed there can provide openers for good conversations.

Listening: how to increase understanding

Knowing how to really listen is the only way by which we can come to understand the *person* who is our child, regardless of his or her age.

But how can parents listen effectively? What we propose is not a technique one can pick up and use as an instant solution. Rather, it is a way of approaching one's adolescent, a way that is learned and perfected over time. It becomes the expression of a parent who is truly reaching out.

Here are three important guidelines for listening that will help a parent shift from authority figure to peer. They will help the adolescent feel that he or she is being treated as an adult, an approach that can improve even the most difficult parent-adolescent relationships.

Guideline 1. Listen in ways that encourage expression of feelings. Adolescence is a time of bewildering emotions and intense new feelings. These include sexual desires, fantasies, grandiose ambitions, dreams, anger at being treated like a child, and strange feelings about the changes occurring in one's body. Not until an adolescent learns to identify those feelings can he or she begin to handle them in a rational, mature way.

The first essential in listening is to convey an attitude of warm interest, free from judgment or criticism. This basic ingredient is not an attitude that can be faked. Much of what is needed in listening flows out of this attitude of warmth and unconditional regard.

Parents commonly make the mistake of failing to take the time to hear their children. If you're too busy to listen because you're in the middle of something, tell your child and promise to talk at a time when you can listen intently. Kids will sense it when you're not really hearing them and they'll lose the desire to communicate with you.

Guideline 2. Respond to what your adolescent is telling you. The key to responding to your child is to try to remain nonjudgmental. This doesn't mean you stop being a parent. But it does mean you make a deliberate effort to understand the inner life and feelings of your adolescent.

Restrain your impulse to immediately give advice or criticize. Adolescents, self-conscious because of their lack of skill at expressing themselves, appreciate comments that are accepting, approving, affirming. You can give advice later, when your child asks for it. But first, it is reassuring to the adolescent to hear a parent say, "I can understand what you're saying," "I can appreciate your willingness to tell me that," "Good! You're putting that very well." This type of affirming response can dispel the fear adolescents have when talking about themselves.

Make sure you're really hearing what's been said. It can be helpful to respond to your adolescent's comments by saying, "Let me tell you what I am hearing to see if I am on target," or "In other words, you . . . [describe what you think you've heard]. Does that sound right?"

These responses convey the attitude that you as an adult are trying to understand what is being said. All you are doing is using your own words to restate or summarize what the other person has just said. If you have heard correctly and stated it well, the adolescent's reaction will be to say, "That's

potatoes grown in Idaho are blessed with the perfect combination of rich volcanic soil and ideal growing climate.

So look for the Grown in Idaho seal. It's your guarantee that you're not buying just any potatoes. You're buying the best ones.



right," and then continue. If you are not accurate in your feedback, you might hear, "No, that's not what I meant." Your response has given him or her a chance to clarify what has been said. Adolescents feel complimented if a parent takes the time to hear them out while trying to understand.

Guideline 3. Approach each conversation with a sense of hope. Your adolescent may be fearful and deeply troubled. Trapped by peer pressure, he or she may even have become enmeshed in serious problems involving drug or alcohol abuse, or sexual activity he or she is not ready for. It is important for you to be able to reflect the conviction that there is hope, regardless of the situation.

The evidence is really overwhelming that parents who are open, understanding and affirming become a source of strength to their adolescent. With love and caring, adolescents and parents can surmount most of life's toughest problems and have a closer family life and fuller personal relationships. **End**

Merton P. Strommen is a noted research psychologist and founder of the Search Institute in Minneapolis. A. Irene Strommen is a writer who teaches peer counseling workshops and leads parenting groups with her husband.

KIDS' WORRIES

continued from page 33

ways parents might not expect, youngsters of this age are very aware of their community and nation. Current events could be excellent dinner-table topics. This is also a time to discuss nuclear war, a subject that many kids are deeply apprehensive about.

8. Losing a best friend. This worry peaks for seventh graders and is at its lowest point among ninth graders. The concern is more closely related to "how other kids like me" and "how my friends treat me." It is a reflection of the adolescent's longing to be seen as fun to be with, a significant person.

9. Drinking. This is a genuine worry for 35 percent of the youth in our study—one they would prefer to discuss with their parents. Surprisingly, those most worried about the subject are sixth graders. Most parents do not see their sixth graders as old enough to talk about the use of alcohol. But the results of the Adolescent-Parent Study, as well as other research, indicate that this age is crucial for discussion of the topic. The child's concern here may be a mingling of worry about peer relationships, peer pressures and the tremendous battle of ambivalence: "My parents don't like this" or "What if the kids get me to do this?" or "Does it mean I can't go out with my friends to parties?" or "Should I try it?" Girls especially want parental communication on this subject.

10. Finding a job. Even among early adolescents, vocational goals are important, and with this concern comes worry about not being able to get a good job when they are older. This worry is highest for ninth graders. It is wise for parents to openly discuss the future with their children, and to determine what kind of education—whether academic or vocational—they are interested in.

One young adult tells of his parents taking him, when he was a teenager, to the Mayo Clinic for a visit, because he had expressed a strong desire to study medicine. Some parents arrange to have their son or daughter meet a person who is in a vocation that interests the child. Parents and adolescents grow in understanding of each other as they explore together how one develops career potential. Everyone knows that adolescents' ideas on vocation may, and most likely will, change many times before adulthood. This process, however, is an important beginning in learning to make decisions. **End**

FLEISCHMANN'S® 60-MINUTE ENGLISH MUFFIN LOAF

WE GUARANTEE YOU CAN BAKE IT!

Say *good* morning with English muffins in a loaf. Make it in just 60 minutes, and toast it for a delicious way to start the day.

Call our Fleischmann's Yeast Hotline (1-800-932-7800) if you need any help. Fleischmann's, the all-natural, no preservatives yeast, guarantees good baking results with either Regular or RapidRise™. And if you're dissatisfied, send the empty packet(s) and grocery receipt to: P.O. Box 60, Department E, Teaneck, NJ 07666, and we'll send you a free strip of yeast.

60-MINUTE MICROWAVE ENGLISH MUFFIN LOAF

5 cups all-purpose flour
1 tablespoon sugar
2 teaspoons salt
¼ teaspoon baking soda
2 packages FLEISCHMANN'S RapidRise™ Yeast
2 cups milk
½ cup water
Cornmeal

Set aside 1 cup flour. In large bowl, combine remaining flour, sugar, salt, soda and yeast. Heat liquids until very warm (125°-130°F.). Add to dry mixture; beat well. Stir in reserved flour to make stiff batter. Spoon into two 8½ x 4½ or 9 x 5-inch loaf dishes that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; microwave on medium (50%) power 1 min. Let rest 10 min. Repeat cooking and resting, allowing dough to double in size. To bake, microwave each loaf separately on high (100%) power for 6 min., 30 sec. Surface of loaf will be flat and pale in color. Allow to rest in dishes 5 min.; remove and cool.

Regular Oven Directions: Prepare dough as above, using up to 1 cup extra flour to make a very stiff batter. Spoon into loaf pans or dishes. Cover; let rise in warm place 30 min. Bake at 400°F. for 25 min. Remove from pans immediately and cool.

To Use FLEISCHMANN'S Regular Active Dry Yeast: Prepare dough as above, using 3 cups flour in first mixing step. Stir in remaining flour to make desired batter. For microwave rising, repeat cooking and resting 3 times; for regular oven, let rise 45 min. Bake as directed above.

To Serve: Slice and toast. Makes 2 loaves.

For more easy recipes, send 50¢ for postage and handling to: English Muffin Recipes, P.O. Box 337, Department EM, Teaneck, N.J. 07666. Allow 4-6 weeks for delivery.

BUY TWO, GET ONE FREE

Send in 2 UPC codes from either Fleischmann's® RapidRise™ or Regular All-Natural Yeast, or one of each, and we'll send you a two-strip of RapidRise free.

Enclose the 2 UPC codes, with this order form, to: Fleischmann's Yeast, P.O. Box 337, Dept E, Teaneck, NJ 07666



Name _____

Address _____

City _____ State _____ Zip _____

Offer expires 5/31/85. Only one offer per customer. Allow 4-6 weeks for delivery. No order accepted without zip code. Offer good in USA. Void if copied, transferred, prohibited or restricted.

NABISCO BRANDS © 1985

Read our up-to-date report on the many faces of anxiety, what causes it and how it can now be treated.

the fight against FEAR

BY GRETA WALKER

When twenty-nine-year-old Anne Kelly (a pseudonym) picked up the phone at the government agency where she worked, her hands shook, her palms began to sweat and she experienced a terror so great that she had to put down the receiver. She intended to tell a manufacturer that he had shipped her some defective merchandise—a fairly simple task—but she couldn't bring herself to make the call. While trying to control her feelings of dizziness and panic, Anne realized that she had become increasingly jittery and frightened of any number of daily tasks: doing the laundry, going shopping, offering a suggestion at work. This had occurred gradually over the last few months, despite no obvious changes in her life, and now she was convinced that these harmless actions would have dramatic, dreadful consequences.

Two days after the telephone episode, Anne visited her physician for

Our experts spell out the results of the latest clinical research on depression and how it relates to you.

the battle against THE BLUES

BY ELLEN FRANK, PH.D., AND DAVID J. KUPFER, M.D.

Depression is surely one of the most misused terms in the English language. It connotes everything from the ordinary experience of being down in the dumps for a few hours to the serious—indeed, life-threatening—illness that afflicts one out of every seven women at some time in her life. True depressive illness does involve feeling down, but it also involves a number of other key symptoms, including changes in sleep patterns, appetite and energy, intense feelings of guilt, hopelessness and despair, and suicidal impulses.

A woman or man experiencing depressive illness will often report that even the *(continued on page 152)*

the fight against FEAR

Women push for success yet are terrified they'll alienate others. The result is intense anxiety.

an explanation of the stomach pains, nausea and occasional vomiting she'd been experiencing. But no medical problem showed up on the tests, and the doctor prescribed Donatal (a muscle relaxant) four times a day to relieve her cramps. Then he suggested Anne's stomach problems might be caused by her emotions and referred her to the Phobia and Anxiety Disorders Clinic at the State University of New York at Albany. At the clinic, Anne's evaluation showed that she was suffering from anxiety; more specifically, from one of three anxiety disorders recognized by the American Psychiatric Association. Because her anxiety was chronic and occurred in a wide variety of situations, Anne was diagnosed as suffering from "non-phobic generalized anxiety," as distinguished from "social anxiety," which occurs only in the presence of other people, and "panic attacks," which are sudden and extreme responses to a specific situation. Anne's problem is a condition well known to the staff of the Anxiety Clinic, and one they felt they could help her overcome.

The American Psychiatric Association has defined anxiety as "apprehension, tension or uneasiness that stems from the anticipation of danger. The source is largely unknown or unrecognized." Many people confuse anxiety with stress. Stress is an external force acting on an individual, while anxiety is an inner emotional state. Too much stress, however, can cause anxiety.

Most of us have experienced periods of apprehension: Uneasiness about our performance on the job impels us to work harder; if we're extremely nervous about giving a dinner party, we'll thoroughly prepare for it. That's helpful and manageable anxiety. It's perfectly normal to be anxious before a job interview, but if you lose sleep, stop eating and have dreams of buildings crushing you, then you're no longer able to function adequately in the world.

Stressful times

Interestingly, a recent proliferation of anxiety clinics across the country, as well as reports from psychotherapists and psychoanalysts, indicates that whereas ten years ago the majority of women patients complained of depression, the most common symptoms described today are those associated with anxiety.

To explain this increase in anxiety, many experts point to our stressful and uncertain times: Jobs are precarious, gender roles are less clearly defined and the threat of nuclear annihilation hangs over all of us. They add that for women, the absence of prescribed roles may be especially upsetting. For generations, women's roles as wife and mother were well defined, and although many found that limiting, even depressing, it was familiar and unthreatening. Then, with the advent of feminism, the long-standing boundaries were abolished and women began to have choices. It was a heady period. Women across the country seized the moment, changing their lives and the lives of those close to them. What they didn't count on, however, was that as they pushed into unfamiliar, undefined territories they would come face to face with anxiety.

In an article entitled "Anxiety and the New Feminism," published in the *Handbook of Stress & Anxiety* (Jossey-Bass, 1980), psychoanalyst Ruth Moulton, M.D., observed that as women have moved to a new sense of self, their old inner programming is often in conflict with their external goals: Women want to be independent, yet they still have dependency needs; they want to be assertive, but they are frightened of being unfeminine and unlovable; they push for success and then are terrified they'll alienate others and raise expectations they can't fulfill. The result is intense anxiety.

Martha Friedman, Ed.D., assistant professor of psychology at New York Hospital-Cornell Medical Center in New York City, has observed that married women experiencing inner conflict about their role in society often become pregnant on the brink of a great career advancement: They're afraid that by moving ahead in their work, they'll become unfeminine and their husbands will leave them. "Then they feel anxious that they may jeopardize their careers by having a baby," she says. "In their minds, it's a no-win situation."

Anxiety can be generated by change and stress, or it may seem to spring from nowhere at all. But whatever the circumstances, the emotional response is always wildly disproportionate to the situation. Many psychologists and psychiatrists see all anxiety on a continuum from mild to very severe, while others have begun to categorize it. Thus, Anne Kelly's suffering is termed generalized anxiety, because the feelings of apprehension come and go throughout the day in a free-floating way. Even though the anxiety seems to be a reaction to a specific event, it's actually part of a general interior unease that can be sparked by almost anything. Anne's physical symptoms stem from the human organism's "fight or flight" response to a perceived threat: an increased output of adrenaline and a shutdown of any bodily functions, such as digestion of food, not immediately necessary for survival. This causes her nervous stomach and sweating palms.

A second category, social anxiety,

or performance anxiety, occurs in anticipation of a specific situation, such as taking an exam, going for a job interview or making a speech. Some people experience this kind of anxiety before going into a social situation where they feel particularly vulnerable—dinner with a husband's boss or a party with women of whom they are in awe. They imagine appearing foolish, saying the wrong things, even fainting or throwing up. They tremble at the prospect, shake, feel nauseated; their hearts pound, their mouths become dry. Should they decide to abandon the activity because of the unbearable anxiety, the symptoms cease. On the other hand, once the activity is begun, the symptoms also tend to go away. Unfortunately, very anxious people rarely learn from experience. They think, I came through this time, but that was luck. Next time, I'm sure to make a fool of myself. And they have the same symptoms over and over again.

Anxiety that creates anxiety

The panic attack is the third category of anxiety. Without warning, the sufferer begins to shake, sweat, tremble, become nauseated, experience palpitations and a sensation of choking. In addition to the combination of physical symptoms, there are premonitions of dying, losing control or going crazy; there may also be a less specific fear that something terrible is going to happen. Some people have several attacks a day, others experience them infrequently. Sometimes they have only a few symptoms, other times the whole panoply.

There comes a point when many victims have difficulty distinguishing between the panic attacks and the high level of anxiety about getting a panic attack. Some react by becoming phobic: They curtail all actions associated with the attacks; they avoid crowds, elevators, airplanes, a particular route they've always taken to work. An extreme reaction to this kind of anxiety, called agoraphobia, can lead to almost complete curtailment of all activity. Others may deal with the threat of panic attacks by continuing their normal activities but fortifying themselves with a drink or a tranquilizer when going into the "danger areas." However, doctors and therapists seem to agree that tranquilizers and alcohol, while occasionally helpful in getting a person through an anxiety-provoking situation, can never reduce anxiety in the long run. And if taken indiscriminately over a period of time, they will become less effective in emergency situations due to the individual's increasing tolerance of the substance. They may also lead to a physical or psychological dependency.

The best way to reduce anxiety, the professionals insist, is to confront it and find a method for controlling it. But among therapists, there is no one accepted method of treating anxiety. A large number of psychiatrists and psychologists, such as Ruth Moulton, continue to hold the traditional belief that all anxieties come from fears connected to our early relationships with our parents, and that we need to understand the feelings, to recognize that they no longer apply to our adult lives and to work out ways to handle the anxiety when it arises.

Other therapists agree with David Barlow, Ph.D., director of the Albany Anxiety Clinic, who believes that scrutinizing the origins of anxiety is unnecessary, and that severe anxiety is simply an adaptive mechanism gone off the track. They cite the fact that in the simplicity of jungle life, our ancestors were alerted to the danger of a saber-toothed tiger by a rush of fear and the accompanying physiological symptoms, such as stomach cramps and adrenaline flow, described above. Then they could decide whether to fight or to flee. But as society has become more complex, with no real tigers to fight, we've begun to carry those tigers in our heads. This causes us to have misperceptions of danger. So the therapist's task is to help the client bring the adaptive mechanism back on track.

Anxiety as illness

A third approach is taken by psychopharmacologists. Abby Fyer, M.D., co-director of the Anxiety Clinic at New York State Psychiatric Institute in New York City, states that recent research indicates that severe anxieties, particularly panic attacks, are biochemically caused disorders and should be treated as illnesses. Therefore, the clinic's patients are given specific medications designed to correct the chemical imbalance. Once the imbalance is corrected, she maintains, the symptoms diminish and in some cases go away completely.

Drug therapy, however, is usually a last resort. Most people afflicted with anxiety would first consider a "talking cure" such as therapy or analysis. As a practicing psychoanalyst, Ruth Moulton is particularly concerned with helping women who

GLOSSARY

Adapted from The American Psychiatric Association's Psychiatric Glossary (APA, 1984).

COMMON DRUGS USED IN PSYCHIATRY (trade names)

ANTIANXIETY DRUGS

These interfere with the brain's registration of anxiety and tension and have a generally calming effect on the patient.

- Antihistamine derivatives: Atarax, Vistaril
- Benzodiazepine derivatives (often referred to as minor tranquilizers, these are more abused than all the other listed drugs together and can become part of an addictive pattern): Librium, Tranxene, Valium, Ativan, Serax, Praxipam, Centrax
- Sedatives (numerous types and brands of barbiturates): Equanil, Miltown

ANTIDEPRESSANT DRUGS

These affect areas of the brain that produce substances having to do with emotional expression. They must be taken under close medical supervision since serious side effects, such as hypertension, are possible.

- Nonhydrazine monoamine oxidase (MAO) inhibitors: Parnate
- MAO inhibitors: Marplan, Nardil
- Tricyclic and tetracyclic derivatives: Elavil, Endep, Norpramin, Pertofrane, Adapin, Sinequan, Imavate, Janimine, Presamine, SK-Pramine, Tofranil, Aventyl, Pamelor, Vivactil, Surmontil, Assendin, Ludiomil
- Other: Desyrel

COMBINATION ANTIDEPRESSANTS

These treat symptoms of both anxiety and depression and are administered when a patient displays both disorders at the same time.

- Amitriptyline-chlordiazepoxide: Limbitrol
- Amitriptyline-perphenazine: Etrafon, Triavil

ANTIMANIC DRUGS

These drugs reduce agitation and the euphoric "high" characteristic of manic states.

- Lithium carbonate: Eskalith, Lithane, Lithonate

the fight against FEAR

Anxiety can be generated by change and stress, or it may seem to spring from nowhere at all.

are moving away from established patterns to confront their anxieties. She sees many women trying to avoid anxiety by retreating from success, and she urges them to get out there and battle it through if they really want to reduce their fears. "Anxiety is a bully," she emphasizes. "Once you're on the run, it seems to get bigger and bigger. But if you stand your ground, you can change the balance of power."

In the battling-through process, Moulton not only helps her patients understand the origins of their anxiety but also tries to pinpoint just exactly what might have caused it in their current situation.

Fear of success

One woman who reached a high position became terribly anxious, Moulton recalls. "She had trouble sleeping, stopped enjoying food and began working long hours even though it was unnecessary. It was only when she looked at her own childhood and realized that none of her family had gone beyond high school that she understood: She was very frightened of passing them all by and losing their love in the process, and she also feared that if she came from such a low-achieving family she probably wasn't as good as everyone thought she was and would no doubt be unable to carry off the responsibility. As she worked in therapy, I was able to show her that she had a long history of doing well at work and that she was promoted because she had demonstrated that she had the capabilities for this particular job.

"Once the problem is identified and understood," Moulton continues, "then you can decide how to deal with it and what preparations to make to keep from getting anxious in the future. That way *you* take control."

Learning to relax

Getting rid of the myths by examining the logic of one's fears is an approach that is also followed by the practitioners of the nontraditional cognitive therapy. When Anne Kelly, the government-agency worker unable to complete a phone call, arrived at the Phobia and Anxiety Clinic in Albany, she began a therapeutic process to help her change the cognitive component of her anxiety (that is, the thought process that brings about the anticipation of danger) as well as the somatic component (the muscle tension that causes the shakiness, the trembling, the aches and pains).

Anne was assigned to Alan Cohen, Ph.D., the coordinator for the Generalized Anxiety Disorder Project. After an evaluation and diagnosis, Anne's initial sessions involved learning to relax. She sat in an overstuffed leather recliner in Cohen's comfortable office and was taught how to tense up her muscles and then to relax them. By the sixth session, she was able to simply recall the tension, then to completely relax her whole body.

In the next fourteen sessions, Cohen showed Anne how to challenge the logic of her fears. For instance, Anne spoke of her terror of staff meetings: "Everyone else on the staff is so competent. I know they're waiting for me to suggest things. But I'm afraid if I bring up ideas I'll create disagreements, and people will yell and holler at one another and at me."

"What would happen if they did yell?" Cohen wondered.

"I'd get very anxious because it would be my fault." She sighed. "Of course, no one ever really does fight. I just always expect them to."

"So your 'what ifs' never actually happen," Cohen remarked. Anne admitted that was so.

Cohen encouraged her to play out the 'what if' to the end.

"There's this terrible fight. Everyone is yelling and I'm getting a high level of anxiety. I want to run away. But instead of running, I could acknowledge I'm anxious and tell myself that I can handle it." She looked at Cohen, who nodded approvingly.

"Then I could relax and tell myself I'm not responsible for their feelings or their reactions. It's their problem." She thought a moment, and then added, "I could go further and look at how outrageous everyone is—fighting and screaming like that." She smiled. "If I could do that, I'd probably knock out my anxiety altogether."

"To sum up things," Cohen said, "Instead of saying, 'There's something the matter with me,' and running away, you can cope by saying, 'I'm anxious, but I can handle this. I can relax and I can challenge the logic of my anxiety. I can examine the worst possibilities my fears can conjure up and see how I handle them.' "

Anne could also utilize a technique for handling anxiety devised by Gary Emery, Ph.D., director of the Los Angeles Center for Cognitive Therapy.

Being aware

"If I'm dealing with a panic reaction," Emery explains, "I first assure patients that their attacks don't mean they're going crazy. Just knowing it's anxiety and not insanity can make them a lot less anxious. Then I give all my patients the word "aware" to use when anxiety hits them. The first A is to 'accept the anxiety when it comes.' I tell my patients that to fight anxiety only increases it. 'Tell yourself it's not dangerous,' I advise. 'It is uncomfortable, but I accept it.'

"The W is for 'watch it.' Stand back and look at it. You can label it from zero to one hundred and see where it is on that scale. So you're accepting it and at the same time you're watching it go up and down—now it's ninety,

eighty . . . now it's gone down to sixty.

"The next A means 'act normal.' Even though you have the inclination to run or freeze up, you want to show yourself you can still function.

"R is to 'repeat those three steps until the anxiety is down to a comfortable level,' and E is to 'expect the best.' As you keep working with this method, the attacks will diminish, but it takes courage to face the anxiety."

Not everyone responds to therapy and the various techniques, however, and it's those people who often turn up at Fyer's office in the Anxiety Clinic in New York City. A fairly typical patient is Jane, a thirty-five-year-old married woman who came to the clinic because of panic attacks and anxiety about them.

"Jane's first attack occurred one night on the way home from work," Fyer recalls. "Suddenly, she felt kind of spacy and uncomfortable, but she got home, cooked dinner and calmed down. A week later she had another episode on her way to the bus in the morning, only this time she had trouble catching her breath. Over the next couple of months she had a number of small attacks, and then one night she had a very intense attack during which she was trembling and sweating and couldn't catch her breath. She had to call her husband to come and get her at a friend's house."

Inhibiting panic

At that point Jane was in a state of continual anxiety, worrying when the next attack would occur. Would it happen at work? On the way home? How would she handle it? Also, she hated having to call her husband when she had an attack. Wouldn't he get sick of her dependence?

Fyer's first act was to reassure Jane that the attack had nothing to do with strength or weakness of character. Then, after a physical and emotional history was taken, Jane was started on 25 milligrams of Tofranil—a tricyclic antidepressant that has been successful in inhibiting panic attacks. Over a period of several weeks, her dosage was slowly increased to 200 milligrams—some people react with hypersensitivity to the medication, so patients are carefully monitored as the dosage is increased.

Fyer reports that after three weeks on medication, Jane's attacks lessened, and after five weeks her attacks were minimal. After eight weeks, they stopped altogether.

Still, she continued to be apprehensive about having another attack. "And that's normal," Fyer points out. "Initially, people don't trust the medication. It's a pill you take once a day and you don't see a cause and effect—it's not like you have an attack, take a pill and it goes away. So it takes time to build up trust. It took three months before Jane felt confident enough to go back to work."

At this point, Jane is still on the medication, but at the end of six months, her dosage will gradually be reduced and then stopped, with the hope that her symptoms won't recur. "And it's likely they won't," Fyer maintains, "since sixty percent of our panic attack sufferers are free from recurrent attacks for a long time after treatment."

Ultimate success

Despite this success rate, Fyer is the first to admit that not everyone does well on medication, that some people have relapses and that there are certain forms of severe anxiety that do not respond to any of the medications. But there have been many successes, and the clinic's doctors continue their research with high hopes for more breakthroughs.

In Albany, Anne Kelly had her own breakthrough. Three months after finishing treatment, she couldn't remember the last time she needed a Donatal. Her hands were calm, and she was able to go into staff meetings without trembling. Moreover, if she started to feel any tension creep into her body, she could zap it by using her relaxation techniques.

Recently, Anne and her husband took a bus to New York City to see the Van Gogh exhibit at the Metropolitan Museum of Art. She recalls, "I worried about the trip, about managing the subway, about the big-city crowds, but I used all my techniques to work through the anxiety. The trip and subway were no problem. The crowds at the museum were something else. I started to feel some of the old panic symptoms. Only this time I said to myself, 'Yes, it's crowded and I'm getting anxious, but I can handle it. First I'll relax, then I'll go over the "what ifs." I'm not going to run, I'm going to stand in this line, and I'm going to see every bit of this fabulous exhibit.' " She grins broadly. "And I did, and it was wonderful."

Anne and other women like her are becoming free to get on with their lives. With the aid of new therapeutic techniques and medications, they are finally learning to stand up to the "bully" anxiety. **End**

ANTIPSYCHOTIC DRUGS

These have a general tranquilizing effect and are commonly used to treat schizophrenia as well as other severe disorders. They must be taken under supervision in order to avoid serious side effects.

- Butyrophenones: Haldol
- Dibenzoxazepines: Loxitane
- Dihydroindolones: Moban
- Phenothiazine derivatives: Thorazine, Vesprin
- Piperazine: Tindal, Repoise, Proketazine, Prolixin, Permitil, Trilafon, Compazine, Stelazine
- Piperidine: Serentil, Quide, Mellaril
- Thioxanthene derivates: Taractan, Navane

SCHOOLS OF PSYCHIATRY AND PSYCHOTHERAPY

BEHAVIOR THERAPY

Therapy that seeks to change behavior and reactions in the hopes of modifying the patient's attitudes toward himself and others.

COGNITIVE THERAPY

A treatment that focuses on changing a person's thought processes, perceptions and attitudes.

CRISIS INTERVENTION

A form of psychotherapy that focuses on the specific event precipitating an emotional trauma and then uses methods to neutralize the effects of that trauma.

FAMILY THERAPY

Treatment of several family members simultaneously to explore the ways in which a disorder in one member may affect family interrelationships and functioning.

GROUP PSYCHOTHERAPY

A psychotherapist trained in group interaction works with a group (usually six to eight people) to help them help one another in solving emotional dilemmas.

INTERPERSONAL PSYCHOTHERAPY

A form of treatment which focuses on present events and relationships in the patient's life to improve mood and functioning.

MARITAL THERAPY

A treatment to improve rapport between marriage partners. Discussions encompass the various emotional, sexual, ethical and economic aspects of marriage.

The battle against THE BLUES

A supportive partner who is willing to share feelings and chores can be a buffer against depression.

smallest task seems monumental. A formerly energetic waitress, who managed to work two jobs and care for her home, her husband and her two children, described sitting at the breakfast table, completely unable to muster the strength to walk across the kitchen and fill the sugar bowl. Concentration and decision-making ability also disappear. A freelance writer who had won numerous national awards found herself standing in front of the freezer for twenty minutes, watching the food defrost but incapable of deciding which of three vegetables to cook for dinner. Unable to concentrate, she'd stopped writing weeks ago, and she was consumed by guilt over not keeping up with a work schedule she had once found easy to handle. Depressive illness can be so incapacitating that it may destroy a woman's marriage, career and even her life.

Mental-health professionals used to think that depression was the psyche's perverse way of handling anger that could not be directed at the appropriate object. We now know that the majority of individuals with clinical depressions are no more likely than anyone else to be holding in their anger.

In fact, whether or not a person becomes seriously depressed seems to depend on a whole constellation of factors. As one researcher put it, a lot of people deal with adversity and never become depressed. Those who do, we have come to think of as being "vulnerable" to depression. That vulnerability may be biological, having to do with an inherited predisposition or perhaps an acquired chemical or hormonal imbalance, or it may be psychological, growing out of the individual's interaction with her social environment. In addition, good coping skills and supportive relatives or friends may serve as buffers so that otherwise vulnerable women confronted with stressful events may not always develop clinical depressions.

Depression can appear at any time in life—and it can take varied forms, from relatively mild to truly life-threatening. Marcy, for example, is a television news reporter who often experiences a mild depression—now categorized as *dysthymia*—at the beginning of each winter. She finds herself sleeping an extra hour or two each night but doesn't feel rested. She eats more, takes forever to get dressed in the morning and by the time she gets in her car to drive to the station, she's exhausted. But Marcy does get through her day. Only her good friends at the station notice that she isn't her usual enthusiastic self.

Louise, on the other hand, suffers from severe depressive episodes. A housewife with five teenage-to-college-age sons, Louise ordinarily runs a household that's the envy of everyone on her street. There's always something delicious in the oven, and the whir of her sewing machine can be heard anytime the upstairs windows are open—except when Louise becomes depressed. When that happens, those usually envious neighbors have to pitch in to put food on Louise's table. They split up the laundry and come to sit with her late into the night. Louise becomes so agitated that she's constantly pacing the floor and wringing her hands. She takes hours to fall asleep and wakes up at three or four in the morning, unable to go back to sleep but also unable to do anything productive. She may go for days without dressing, and worst of all, she simply stops caring about anything—her children, her home, whether she lives or dies. After five such episodes, Louise came to the Depression Prevention Clinic at the University of Pittsburgh. A course of antidepressant medication and psychotherapy focusing on her immediate situation quickly brought her out of her episode. Within a few weeks she was feeling almost back to normal. After about six months Louise's medication was discontinued, and she did fine for another six months or so; however, with a history of five previous depressive episodes, she was at high risk for another. As soon as she felt her symptoms returning, her medication and psychotherapy were started again. This time the episode was caught before any friends or neighbors had to come to Louise's rescue.

We now know much more than ever before about risk factors for depression—genetic and hormonal as well as social and interpersonal. By being informed about those risk factors and about depressive illness itself, a woman may be able to reduce her risk of becoming depressed and, perhaps even more important, learn to recognize depression when it strikes so that she can seek early and appropriate treatment.

The husband factor

A supportive partner can be a buffer against depression. Marcy, the reporter suffering from mild depression, has a husband who starts supper when he can, chauffeurs the children to dance lessons and soccer games, and just listens when Marcy has something on her mind. On the other hand, Louise's husband sees the house and children as entirely her responsibility. In their twenty-four years of marriage, they have never once talked about feelings. Though both women clearly have some level of risk for depression, the differences in their husbands' styles may, in part, explain why Louise

suffers so much more than Marcy.

A number of new studies emphasize the importance of the husband's support role. Just recently, George Brown, Ph.D., a professor of sociology at the University of London, studied 400 working-class women with children for several years, focusing especially on the 9 percent who became depressed during the first year after the initial interview of the study. He concluded that in the face of a stressful life event or condition, a supportive husband dramatically reduced the risk of depression. And a study of new mothers conducted at the University of Pittsburgh showed that while all support was important, affection and social support from husbands were especially significant in determining whether these young women developed postpartum depressions.

The stress factor

Researchers at Stanford University have recently taken a fresh look at how stressful conditions might be related to serious depressions. Andrew Billings, Ph.D., and Rudolf Moos, Ph.D., discovered that among those men and women who developed depressive illness, chronic problems were more strongly and consistently related to the severity of depression than were acute stresses. For women, the chronic strain of living without enough money or in a cramped or poorly heated home environment or in a family environment characterized by arguments and dissension had a particularly negative impact. However, particularly for the women they studied, the greater the number of their social relationships and the more supportive those relationships were, the less likely they were to have serious depression and the more likely they were to report good physical health and self-confidence.

The "superwoman" syndrome

Despite what might be expected, research data show that the woman who tries to have it all—hold a job, run a household and care for children—is *not* an easy target for a nervous collapse.

Monica Briscoe, Ph.D., of the Institute of Psychiatry in London, recently studied data from interviews with a thousand people from across Great Britain who were selected for their "representativeness" of the British population as a whole. While employed wives and full-time housewives did not differ in their levels of positive feelings, employed women tended to have much lower levels of negative feelings, thus giving them far better scores on a measure of "affect balance." To put it another way, the negative feelings that were experienced by housewives tended to cancel the good feelings that they had, while among working wives the good feelings predominated.

Is it all in our heads?

Of course not—many factors beyond our control can induce depression. But the way women look at their world does seem to represent one additional risk factor.

Beginning in the era following World War II, most people on both sides of the Atlantic aspired to an image of suburban domestic bliss. From the 1950s on, men expected to go to work, come home to find their newspaper, pipe, slippers and a nice hot dinner ready, spend the evening reading the paper and then trundle off to bed. If they brought home the bacon and didn't drink or chase women, they assumed life would continue according to plan and they wouldn't experience any major unhappiness.

Women's expectations were different. Largely because of what they read in women's magazines, heard on the radio and on television, women concluded that if they kept their kitchen floors spotless, made perfect piecrust and appeared at dinner with their hair done and pearls on, they would experience happiness.

Briscoe's research has pointed to a major, if subtle, difference between these two sets of expectations, which has relevance for understanding why women are more likely than men to experience depression. Men, it seems, simply expect that they will not be unhappy. Women expect that they will be happy, leaving women open to much greater disappointment.

Sociological and interpersonal factors do not fully explain, however, why one woman develops a depression and another does not. There are millions of full-time, financially dependent housewives who are happy, psychologically healthy individuals. Likewise, there are working women, financially independent and successful, who become profoundly depressed.

Biological and genetic factors

In trying to understand the greatly increased relative risk of depression among women, one of the first areas researchers have explored is the hormonal difference between men and women. We know that many women

PSYCHOANALYSIS

A theory of the psychology of human development and behavior and a system of psychotherapy originally developed by Freud. The goal of psychoanalytic treatment is to eliminate or diminish the undesirable effects of unconscious conflicts by making the patient aware of their existence, origin and inappropriate expression in current emotions and behavior.

PSYCHOTHERAPY

A process in which a person who wishes to relieve symptoms or resolve problems in living or is seeking personal growth agrees to explore his thoughts, feelings and actions with a psychotherapist.

PSYCHOLOGY

An academic discipline, a profession and a science dealing with the study of the mental processes and behavior of people and animals.

MENTAL-HEALTH PROFESSIONALS

PSYCHIATRIST

A licensed physician who specializes in the diagnosis, treatment and prevention of mental and emotional disorders.

PSYCHIATRIC SOCIAL WORKER

A social worker with specialized psychiatric training leading to a master's or doctor's degree.

PSYCHOANALYST

A person, usually a psychiatrist, who has had training in psychoanalysis and who employs the techniques of psychoanalytic theory.

PSYCHOLOGIST

A person who holds a graduate degree in psychology from an accredited academic program. Providers of psychologic services are licensed under state law, whereas those who teach or do research are usually exempt from licensing requirements.

PSYCHOTHERAPIST

A psychiatrist, psychologist, psychiatric nurse or social worker who works with individuals to help them resolve conflicts. (Check to be sure therapist has appropriate credentials.)

the battle against THE BLUES

If you have a close relative who suffers from depression, you are twice as vulnerable as the average person.

experience postpartum depression, and it used to be thought that the onset of menopause also caused depression. Maybe, the researchers hypothesized, the hormonal differences throughout a woman's mature life could account for the fact that she was twice as likely as a man to become depressed.

Today it appears that hormones do play a role in depression, but not the hormones we once thought. Studies show that women seem to be at equal risk for depression both during and after pregnancy. Researchers now see becoming pregnant and giving birth as dramatic physiological shifts that cause stresses on the body. These stresses, in turn, induce an increased production of the hormones that all men and women produce under stress and that are linked to an increased risk of depression.

Similarly, the increased risk of depression in late middle age, which had always been associated with menopause, probably has nothing to do with either the "empty nest" syndrome or the drastic changes in sex hormones. Entering the years between forty and fifty seems to put men and women at equally increased risk.

Where premenstrual syndrome (PMS) fits into the puzzle of the relationship between hormone levels and serious depression is much more complicated. It is now well established that some women do experience marked mood and energy changes, accompanied by serious physical discomfort, before the onset of each menstrual period. Their distress is very real indeed and not something over which they can exercise voluntary control. For most women the symptoms include some swelling of the breasts and discomfort and a sense of irritability, with perhaps a little more difficulty sleeping. For Kathy, a thirty-year-old word-processor operator, the symptoms are much more severe. During the week before her period she can't sleep more than a few hours, her concentration evaporates and she stops caring about anything except how to make it to the end of the day. She snaps at her children over things she ordinarily wouldn't notice, and even the most neutral comment from her husband is interpreted as a put-down. No matter how she tries to control herself, at least six days out of every month are living hell for Kathy.

Women with severe PMS are a minority; however, it is important to note that recent studies have demonstrated a relationship between this kind of severe premenstrual syndrome and increased vulnerability to depression.

Finally, it is now quite clear that there is a genetic component to depressive illness. If you have a mother, father, sister or brother who suffers from depression, you are twice as likely to become depressed as the average person—even if you were not raised in the same home as that parent or sibling. Also, the more relatives you have with a history of depression, the greater your risk.

Alleviating depression

Serious depression can be rapidly short-circuited either by specific antidepressant medication or specific psychotherapy designed to alleviate the particular symptoms of depression. Self-medication with pills or alcohol should be avoided, especially since studies have linked depression with an increased vulnerability to alcoholism.

The medications that eliminate the symptoms of serious depression are the tricyclic antidepressants and monoamine oxidase inhibitor antidepressants. Although these two groups of drugs work in entirely different ways, both have been shown to relieve the symptoms of depression when taken over a period of several months. Unlike the antianxiety drugs, these drugs do not work immediately. It usually takes several weeks before the patient feels certain the medication is being helpful. Furthermore, recent evidence suggests that once the symptoms of serious depression have been alleviated by these drugs, it is necessary to remain on medication for at least four to five additional months in order to be sure that the depression is completely gone.

There is also evidence now that two forms of brief psychotherapy, known as "cognitive behavior therapy" and "interpersonal psychotherapy," are effective in relieving the symptoms of depression. Since these are relatively new forms of treatment, they may not be readily available among private practitioners. However, inquiries at a university medical center will almost certainly help locate someone who has been trained in either cognitive or interpersonal therapy.

At this point, much less is known about the treatment of the milder forms of depression known as dysthymia. For many decades psychiatrists referred to this condition as "neurotic depression"—an unfortunately pejorative term—and treated it with various forms of psychotherapy. Longer-lasting but less severe, dysthymia is only now beginning to attract the attention of researchers and as yet there are no firm conclusions regarding treatment. Psychotherapy may be appropriate for these milder forms of the disorder, and several studies are exploring the possibility that cognitive behavior therapy may be helpful to individuals with dysthymia. **End**



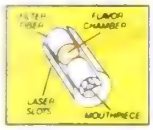
DISCOVER ORTEGA® TACO SALSA. AND SAVOR THE MAGIC.

Now Ortega brings you the salsa made just or tacos. It's authentic Ortega Taco Salsa. o thick with the garden-fresh taste of plump omatoes, fire-roasted green chiles and nions, you have to spoon it on. So full of avor, you don't just taste your taco… ou savor the magic.

Ortega Taco Salsa—available n both Hot and Mild varieties.

© Lorillard, U.S.A., 1984

Taste Extra!



True Laser-Cut "Flavor Chamber" Filter Shatters (Low Tar = Low Taste) Theory!

Exclusive Filtration Discovery. The Laser-Cut "Flavor Chamber" Filter. A remarkable system that ends the longtime belief that you need high tar to get high taste. Just one taste will prove it.

Test True Against Your Higher Tar Brand. Today's True has a fuller, richer flavor. A taste satisfaction we believe challenges cigarettes containing twice as much tar. Yet True is still only 5 mg. tar!

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Regular: 4 mg. "tar", 0.5 mg. nicotine. Menthol: 5 mg. "tar", 0.5 mg. nicotine, av. per cigarette by FTC Method

Longer Lasting Smoking Enjoyment. True's quality tobacco blend is packed with extra tobacco so you can enjoy each cigarette longer. Noticeably longer.



This True We Like.

BREAKTHROUGH **True**

FAMILY ALBUM

continued from page 40

"In a bank . . . it's not a very important job. I got it from one of my father's friends. I just sit at a desk all day and collect a check at the end of the week." He looked surprised, as though he had expected it to be more painful than that. "Are you working these days?"

"No, not for another month. I'll be doing my own picture this time."

"That's great." He shifted from one foot to the other. "Any big stars?"

"A few."

"We haven't heard from your attorney yet."

"I haven't had time to take care of it." But that wasn't entirely true. She had been free for several months.

And then the children came down.

"Would you like to come to lunch with us, Faye?"

She started to say no, but the children begged, so it was easier just to go, and part of her was curious about him.

"They're wonderful." He praised her on the way home, as the children pushed and shoved one another in the back seat of his car. "You've done a good job with them."

"For heaven's sake, Ward, it isn't as if you've been gone for ten years."

"It feels like it sometimes." He was silent for a little while and then glanced at her when they were stopped at a red light. "I sure miss all of you."

She wanted to blurt out, "We miss you, too," but forced herself to say nothing at all and was surprised when she felt his hand on hers.

"I've never stopped regretting what I did, if that counts at all." His voice was so low, the children, who were making a ruckus in the back seat, couldn't hear. "And I've never done it again. I haven't gone out with Maisie or any other woman since I walked out of our house."

"Our house." Strange words from him, and what he said touched her heart. As her eyes filled with tears she turned to look at him.

"I love you, Faye." They were the words she had longed to hear for months, and instinctively she reached out her arms to him. They were at the house by then, and the children had tumbled out of the car and into the house, leaving their parents alone.

"I love you, too." Suddenly she began to sob and pulled away to look at him. "It's been so awful without you, Ward. I'm sorry. Maybe I was a little self-righteous about going back to work. But I was so frightened. . . ."

"All I know is it's been terrible for me without you and the kids. Suddenly, I realized all we had, even without our old life and a big house."

"We don't need all that." She smiled. "But we do need you."

"Not as much as I need you." Then, with a look of desperation in his eyes, he reached out and took her in his arms. "Faye, please . . . can we try again? I'll do anything you want. I stopped drinking as soon as I left. I've got a lousy job, but at least it's something. . . ." Tears filled his eyes, and he couldn't contain his feelings anymore.

"I didn't know what to do with myself when you went to work. I felt as though I wasn't a man anymore . . . as though I never had been. . . . But, oh, God, I don't want to lose you, Faye." He pulled her into his arms, and Faye felt as though her heart had found its home again. She had never really given up. She wasn't even sure she ever could.

"I hated you so much for a while," she said. "Or at least I wanted to."

He shook his head and then smiled at her. "Maybe we had to go through all that. You and your crazy ideas about making me a producer someday. . . ." He smiled tenderly at her. What a good woman she was, how lucky he was to have her back in his arms.

"That wasn't a crazy idea. It's possible, Ward. You could hang around on the set of this next film." She looked at him hopefully, but he shook his head.

"Can't. I'm a working man now."

She laughed. "All right, but I know you have it in you if you want to try."

He sighed and put an arm around his wife. She looked up at him, wondering what the future would bring. At least Ward was home again. Deep inside, she knew that he was her friend, that he loved her, and she him, and that she always would. He didn't have the same instincts that she had. She'd known poverty and he had always had everything. But perhaps, side by side, hand in hand, they could make it together.

Ward gave up his furnished room in West Hollywood and moved back to the ugly house in Monterey Park he had hated so much. This time he didn't notice how dreary it was: It looked wonderful to him as he carried in his bags.

They enjoyed three idyllic weeks before the children went back to school and Faye began her new film. And if Ward no longer showed his love for her with emeralds and rubies, it was with the dinners he prepared and kept warm until she came home, and with all the little presents he bought for her, like a book or a radio.

He was so good to her, at times it almost made her cry. Month after month he proved to her how much he loved her, and she proved the same to him, and from the ashes of their old life emerged a stronger relationship.

Faye enjoyed her new life. Her first job as director went very well, and she was given three pictures to do in 1954. Each was a box-office hit. When the first offer of 1955 came in, Faye demanded what she had been waiting to ask for since Ward had come home.

Faye wanted Ward to be her producer. This time, Abe told her it was impossible. He thought she was crazy to have taken Ward back, though he'd never said so. Now he told her what he thought.

"Faye, I just can't sell a package like that. I'm sure of it."

"Then you can't sell me, Abe. Those are my terms."

"You're making a big mistake."

Abe was more stunned when MGM accepted her terms.

"They're even crazier than you are, Faye."

"They said yes?"

"You start next month. At least Ward does. He starts first and then you come in once the film gets under way. Producer and director, respectively, with your own offices at MGM." Abe sat at his desk shaking his head. "Listen, you'd both better get in here and sign the contracts before they come to their senses and change their minds."

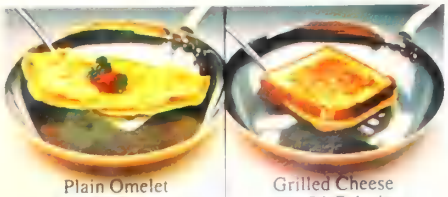
"We'll be in this afternoon."

"Damn right," Abe growled. And when they arrived, he saw a new Ward Thayer. It was a terrible thing to think, but the hard times might have been good for him. There was an air of quiet maturity about him now. Abe wound up shaking hands with them both and kissing Faye's cheek, wishing them luck, and shaking his head one last time as they left. You just never knew.

The movie was a huge box-office hit, and their joint career took off after that, as they produced and directed two or three films a year. In 1956 they were finally able to leave the house Ward had hated so much, although now neither of them had time to notice it. And in 1957, four years after they had left, they were back in Beverly Hills again. Not in the grandiose splendor they had once known, but in a pretty, well-kept house with a modest swimming pool. The children were enchanted with it, and Abe, of course, was happy for all of them. But not as happy as Ward and Faye Thayer were. They had made it together. It was like coming home from the war all over again, and they clung to each other and their new life, appreciating every moment of it. **End**



SAVE CALORIES WITH MAZOLA NO STICK.



Plain Omelet
Save 86 Calories

Grilled Cheese
Save 94 Calories

Look at the calories you can save with Mazola® No Stick! Save time and trouble, too. Cooking's easier, cleanup is faster.

And there's no salt or cholesterol in Mazola No Stick spray.



THE LIGHT SPRAY THAT TAKES THE FAT OUT OF FRYING.

Average calorie savings are per serving, versus cooking in butter or oil
© 1985 Best Foods, CPC International, Inc

DIANA NOW

continued from page 111

armed bodyguard. She sometimes wears a large scarf and sunglasses—à la Jackie O.—as disguise. Unlike everybody else, Diana never has to worry about parking places or crowded stores: She can park in any spot without fear of a ticket, and if she wishes, she can have her detective go ahead and clear out a specific department or even an entire small boutique for her. Usually, however, Diana simply shops early in the morning to avoid the crowds. And she has no need to worry about packages or bills, either: Packages are delivered to her home or carried by her detective, and bills are mailed. (Diana, like all members of the royal family, never carries money.) Truly hassle-free shopping. Until she is recognized, that is, which can sometimes lead to comical incidents.

One salesgirl in a Beauchamp Place boutique was so awed at waiting on the Princess that her hand shook too much to fill out the sales slip. Undaunted, Diana calmly took the pen from the nervous girl and filled out the slip herself! Another time, the Princess was shopping in a small London arcade when she saw photographers lying in wait for her at one end. She quickly ran to the other end, only to realize that she was trapped, with photographers waiting for her at both sides. She escaped as quickly as she could . . . and has not been back there since.

Diana's fashion influence is visible all over London—young women emulate her hairstyle and clothing—and even the British government is delighted, since practically all of Diana's wardrobe is British-made. While she still wears clothes from her first big shopping spree after her wedding—she mixes, matches and accessorizes so they look different each time she wears them—she is constantly adding to her collection. The businesses she patronizes eagerly await the day when Diana will be able to grant a royal warrant, so that they can use her official seal and the "By Appointment to Her Royal Highness . . ." logo. (This may take several years, however, as she has to be given permission to do so by the Queen, who is believed to be waiting until Diana's tastes are better defined.) In the next months, the Princess is expected to set trends again with her spring wardrobe.

Currently, two of her favorite designers are Bruce Oldfield, whose shop is on posh Beauchamp Place, and David Sassoon, of the Bellville Sassoon boutique.

Bruce Oldfield designs for Barbra Streisand, Joan Collins and Faye Dunaway, as well as the Princess. Diana does visit the store's back room to shop, but Oldfield goes to Diana's home in Kensington Palace for fittings. Oldfield is known for his spectacular evening wear and his collection for this spring features short jackets, big shoulders, nipped-in waists, lapels, beads, sequins and Empire lines that are full on top and slim on bottom. Are these the kinds of clothes Diana will be sporting this spring? "Oh yes, I hope so!" says Oldfield.

David Sassoon's clothes for spring are in a "slightly sixties mood, retro," says the designer. He is making leaner, straighter and slinkier dresses for evening, and day dresses that "are either very, very short, or very long, although not floor length." Diana, says Sassoon, "buys for special occasions, and not from the ready-to-wear collection. She likes bright colors, young things." And she will no doubt be seen in a few Bellville Sassoon designs this spring, too.

When Diana isn't shopping for clothes, she's browsing through her favorite stores for accessories, cosmetics and gifts. She enjoys department stores like Harrods, London's largest, which is popular with tourists, as well as the quieter, more elegant Harvey Nichols. There she can treat herself to a favorite Clinique lipstick or Diorissimo perfume. Diana also enjoys adding to her collection of china owls and rabbits, especially in Thomas Goode & Company, an enormous store with thirteen rooms of china, porcelain, crystal and ornamental gifts. And the Princess loves jewelry, both real (her favorite is pearls) and costume. She shops in the exclusive stores on and around Bond Street—including Garrard, where her engagement ring was purchased, and Asprey & Company—as well as in boutiques such as Butler & Wilson, for unusual costume jewelry.

Although some critics have sniped at Diana's shopaholism, others point out that it is very much a part of her job to look beautiful whenever she is in public. The people who flock to see her when she has an official engagement, the children in the schools, the patients in the hospitals . . . all would be terribly disappointed to see the Princess in an ill-fitting skirt or a dress that looked outdated. After all, she is representing Britain to the world. And there is no doubt her style and flair have helped make the royal family more popular than they have been for many years.

Because she is still relatively new to royalty, and a mother with two young children, Diana usually has just one or two official engagements a week (many of the royals have engagements almost every day). She favors charities for children, and from all accounts her public appearances are huge successes.

Diana is Patron of The National Rubella Council and recently visited a

nily Centre of SENSE, The National af/Blind and Rubella Association. ıe met the families of young deaf- nd children, some of whom were ndicapped as a result of congenital ɔella," explained Mr. Rodney Clark, ector of SENSE. "She was very re- .ed, very interested; when some people this, you can tell they're bored. Diana s especially interested in finding out w families cope with raising handi- ɔped children, how they do all the ngs she does with William: feeding, lking, communicating, toy-lifting."

The Princess's concern for the chil- ɛn is genuine, and very natural for a ɔman who is delighting in the new periences of motherhood. Diana and ıarles's bedroom in Kensington Pal- e is near the nurseries, and Diana ɣakens instantly at any sound from r sons. She has occasionally spent e night in the nursery herself, having llen asleep comforting one of them. In e morning, she usually has William ɣake and dressed before nine, when nny Barbara Barnes arrives at the ılace. Often, Diana will already have ken William to the indoor pool at ıckingham Palace, where she is aching him to swim.

As in many young families today, ıarles, too, does his share of bathing and changing the boys. In fact, he is so enamored of fatherhood that he attempted to lighten his schedule in order to have more time with his sons, but after a stern reminder of princely responsibility from *his* father, Prince Philip, a compromise was reached: fewer engagements, but not quite as few as Charles wanted.

Diana has been breast-feeding Harry, as she did William, but again there has been public concern about the Princess's health: She was very thin at the beginning of her second pregnancy and lost a lot of weight again quickly afterward. Palace insiders say that Diana is a "fanatic" about dieting and is responsible for Charles losing a stone—fourteen pounds—recently (she has also gotten him interested in Yoga!). While Charles is accustomed to rich, traditional foods in heavy cream sauces (he listed his favorite foods in a celebrity cookbook as leek and noodle casserole, and bread-and-butter pudding with treacle added), Diana has decreed a royal menu including almost no red meat, lots of chicken, salads, omelets, fruits and vegetables. The Princess maintains her enviable figure (at five feet ten and a half inches, she weighs just 124 pounds) by following a low-fat, high-fiber diet of about 1,500 calories a day. Charles drinks apple juice instead of alcohol, although he will have a glass of white wine when there are guests at Kensington Palace. Diana keeps her alcohol intake low and often orders mineral water instead.

The couple rarely give parties or entertain large groups of friends, in part because they enjoy the time home alone with their children, and in part because their various sets of friends don't mix well, due to Charles's and Diana's different ages and interests. They usually spend the week in their large multifloored "apartment" in Kensington Palace, comfortably decorated in shades of pink and beige. On weekends, unless Charles is playing polo at Windsor, he and Diana retreat to their country home, Highgrove, set on three hundred fifty acres approximately a hundred miles from London.

A couple of recent gatherings were to celebrate Charles's thirty-sixth birthday. His birthday fell on a weekday, and the Prince attended a presentation organized by the National Fund for Research into Crippling Diseases, in South London. There, a ten-year-old handicapped girl gave him a single white rose as a gift. Before he left, Charles told the group that there was a birthday tea waiting for *(continued)*



STYLISH STRIPES

As pictured on page 94

Ladies' Home Journal Striped Sweater Offer
Department J-031
P.O. Box 506
Chappaqua, NY 10514

FULLY REFUNDABLE IF NOT SATISFIED!

Please send me the following items from this special Ladies' Home Journal offer. I understand that if I am not completely satisfied, I may return for a complete refund.

___(#252) Striped Sweater-Vest @ $22.95 plus $2.50 postage & handling ..... $_____
_____Small _____Medium _____Large

___(#253) Striped Long-Sleeve Sweater @ $27.95 plus $2.50 postage & handling ... $_____
_____Small _____Medium _____Large

___(Both) BEST-BUY! One vest and one long-sleeve sweater @ $46.95 plus $3.00 postage & handling ..... $_____
_____Small _____Medium _____Large

Total enclosed $ _____

☐ Enclosed is my check/money order payable to RMS Sales, Inc.
☐ Please charge my ☐ Mastercard or ☐ Visa

Card No._____ **Exp. Date**_____

Signature_____

Print Name_____

Address_____

City_____ **State**_____ **Zip**_____

Canadian orders in U.S. funds or equivalent plus $3.00

DIANA NOW
continued

him and said, "I have to get home now to have cake thrown at me by the children." That weekend, the Princess invited several close friends to Highgrove for a small birthday party.

The little princes

Diana shops for her young sons with the same care as she shops for herself. And William and Harry are bound to grow up as well-dressed as their mother. Some of Diana's favorite stores for her boys are Bimbo, the children's clothing store that supplied the blue snowsuit William wore to his first public photo session; Hamleys, the largest toy store in the world; and Dragons of Walton Street, a store that specializes in hand-painted nursery furniture. William's nursery has Jungle Book characters on the walls, with Peter Rabbit designs on the furniture.

William, now a little over two and a half years old, is just about ready to begin nursery school. Diana had made it known she wished her son to attend the Young England Kindergarten, where she taught prior to her engagement. Unfortunately, William's status as future king seems to demand a more secure arrangement. A teacher at Young England said that they had seen William but now took it for granted that the Princess would not be sending her son there, as they have heard nothing more about the matter. Instead, it's likely that Diana will have a school started in the private walled garden at Kensington Palace, where prying photographers or terrorists will not be able to gain access. So far, William has been lucky, and he and his nanny have been able to spend their afternoons in various London parks unrecognized and unbothered.

Still, security is very much on Diana's mind these days. She gladly accepted extra protection for her family around holiday time, when the IRA threatened to "get a royal before Christmas," and whenever the entire royal family gathers, which is rare, the security is strengthened for the event.

When Diana recently named P & O's new ocean liner, *Royal Princess*, the tightest-ever security for a liner in peacetime surrounded the ship. Guards patrolled the docks and frogmen guarded the waters for days in advance. Fortunately, nothing ruined the day for Diana, who triumphed giving her first public speech solo—that is, the first without her husband at her side.

There has been great public concern that her many responsibilities and the strain of worrying for the safety of her family are maturing the Princess too quickly, perhaps even aging her. Reader letters published in British newspapers fret that the Princess has lost her freshness, is too thin, is too pale. Others worry that she is turning into a carbon copy of other members of the royal family that she is losing her individuality.

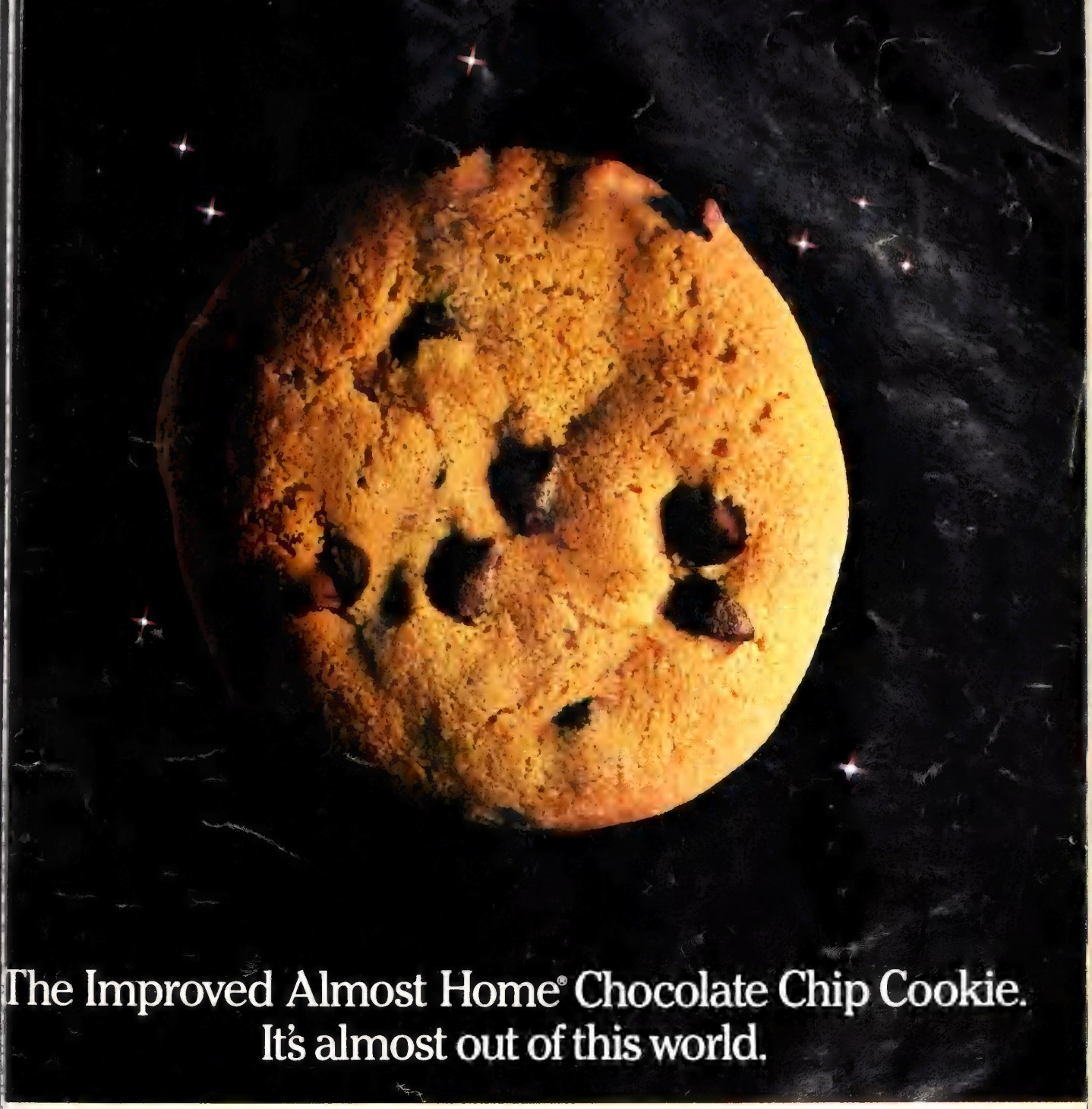
Yet Diana, far from losing the sparkling personality that so delighted the public in the early days, is still wowing crowds with each appearance. For instance, on her recent visit to SENSE Family Centre, Diana encountered a Sikh schoolteacher, who pressed his palms together and bowed deeply to the Princess, giving her the traditional greeting, "Satsrikal," which means "good health and happiness" in Punjabi. The Princess tried to return the greeting but could not pronounce the word correctly. Instead she blushed, laughed and offered the teacher a traditional British greeting: a handshake. The audience was charmed.

Again, when she named the *Royal Princess*, the real Princess couldn't resist a bit of mischief. As she toured the liner and reached the bridge, she pressed the ship's whistle button twice, and two long blasts echoed over Southampton docks, startling the crowds.

She also captivates people with her ingenuous comments. When a thirteen-year-old asked her why she didn't bring William along on a visit to an orphanage, she replied, "I didn't bring William today because he's a little pest. He won't do as he's told and touches everything." Then, while watching a seventeen-year-old demonstrate breakdancing, she jokingly told him, "I'll buy you a new pair of trousers if you split those."

Part of the concern about the Princess's looking older was touched off by a change of hairstyle. Here again, Diana was subjected to criticism as people charged that the subdued new style were better suited to a middle-aged matron. But friends defended Diana for wanting to change the hairstyle she had worn with only minor changes since she was a teenager. Besides, it was at Prince Charles's suggestion that the Princess decided to grow her hair in the first place. When Kevin Shanley, the man who had been doing Diana's hair since before her engagement, told her he didn't think her hair would look good worn up, she switched to Richard Dalton, Shanley's partner at Headlines, their South Kensington studio.

Together, Dalton and Diana experimented for weeks in the privacy of Kensington Palace, testing out the styles on Prince Charles and close friends before unveiling them to the public. The new looks included a classic chignon and a 1940s style with hair swept up at the sides and long in back. Dalton, a man in his mid-thirties with curly brown hair and a receding hairline, insisted there were no hard feelings between himself and his partner, Shanley, and said of Diana's hair: "There are one hundred and one different *(continued)*



The Improved Almost Home® Chocolate Chip Cookie. It's almost out of this world.

As good as our original choco-
ate chip cookies were, these are
etter. We added more chocolate.
20% more, in fact.

Go ahead, have a taste. And be
repared to find Almost Home®
ery familiar. You see, just like Mom, we give
ur chocolate chip cookies a smooth, buttery



flavor. We make them deliciously moist. With a texture that's incredibly chewy.

You might think these almost-out-of-this-world cookies would be hard to come by. Not at all. They're now as near as your neighborhood grocery store.

NABISCO BRANDS

20% more chocolate chips make our new cookie even better.

1985 Nabisco Brands, Inc

One chicken. Two results.



Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

Now you can cook poultry and meats in the microwave oven and have them look deliciously oven-browned. Just spray on our unique blend of all natural spices, seasonings and flavors. Then cook according to microwave instructions.



NEW Kitchen Bouquet™ Microwave Browning Spray.

You can see the appetizing difference.

© 1984 The HVR Co.

ways of doing it. I will be doing the Princess's hair for a official engagements from now on. I am going to transfor her totally for each different job."

But that was before Diana was bombarded with the pul lic's negative reaction to her change. And just a few week later she showed up at a day center for the chronically wearing her familiar casual style. She confided that she w fed up with the negative comments and was going to go bac to her old look, although a bit longer.

The people who watch Diana's hairstyle changes wit even more interest than the press and public are her ha makers, John Boyd and Herbert Johnson. At Herbert Joh son, an exclusive shop on Old Burlington Street, Phyll Turk, who runs the women's shop, explains that differer hairstyles can require different hat sizes to fit: "We as Diana how she's going to wear her hair when we make th hat." (Herbert Johnson made the fedoras for Harrison For in *Raiders of the Lost Ark* and *Indiana Jones and the Temp of Doom*. If you've ever wondered why it's impossible to get fedora that looks just like Indiana Jones's, it's because it wa specially altered for the movie. "The sides are narrower, an we steamed and pulled the front," explains Turk.)

The royal family tends to patronize businesses that offe top-quality merchandise and, just as important, are discree about their aristocratic customers. The Jermyn Stree shirtmakers, Turnbull & Asser, one of Charles's favorit stores, were reprimanded for once telling the press that th Prince would not wear pink or yellow, and that all of hi shirts were specially made to accommodate his habit o walking with his hands clasped behind his back. Turnbull & Asser is still a favorite of Charles's, however, and Dian often buys him gifts there. She has even succeeded in con vincing the Prince to wear yellow!

But the Princess doesn't always get her way. One recen royal row, which involved Diana, Charles and Prince Philip centered around the baptism of Prince Henry and the nam ing of his godparents. The argument took so long to resolv that the baptism, originally scheduled for Charles's birth day in November, had to be postponed until just befor Christmas. Apparently, Prince Charles wanted his ol friend Dr. Armand Hammer, head of Occidental Petroleum to be a godparent, but Prince Philip was concerned abou how it would look, since Hammer not only makes larg contributions to Charles's favorite charities but also does lot of business with the Soviet Union. Prince Philip wa anxious for Princess Anne to be a godparent, especiall since Charles is godfather to her son, Peter Phillips. Dian had her own opinion: She wanted very much for one of *he* sisters, Jane or Sarah, to be named godparent. The fina choices surprised the public, since none of the above peopl were included. Harry's six godparents are artist Brya Organ, Diana's former roommate Carolyn Pride (now Mrs William Bartholomew), Prince Andrew, Lady Sarah Arm strong-Jones (Princess Margaret's daughter), and two clos friends of the royal couple: Lady Vestey, second wife o millionaire peer Sam Vestey, and Gerald Ward, who runs a two-thousand-acre Berkshire estate.

With Harry's baptism properly concluded, the Prince an Princess are looking ahead to their family's future. On thing they are said to be considering is a trip to the Unite States. They have been inundated with invitations and ma visit next autumn, when their stay would probably include a coast-to-coast tour (including a trip to Hollywood) and a visit to the White House. It's not known whether they woul bring their young sons with them. But one thing is certain When Diana visits America for the first time, her reception will be as gracious and elegant as the Princess herself. **End**


CAMEL LIGHTS
It's a whole new world.
20 FILTER CIGARETTES
CAMEL
LIGHTS
LOW TAR
CAMEL TASTE
Today's
Camel Lights,
unexpectedly mild.
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.
"tar", 0.8 mg. nicotine av. per cigarette by FTC method.


thrive! for life!
thrive! for points!
Now, on specially-marked packages, play Thrive! For Points! and get cash and valuable coupons. All because Thrive! gives your cat the energy and nutrition he needs to play his best. And now you can play for big savings.
MANUFACTURER'S COUPON
EXPIRATION DATE: 6/30/85
50¢
SAVE 50¢ on any bag or 2 boxes
thrive!
CONSUMER: Coupon must be accompanied by ... purchase. It may not be copied or transferred ... coupon may be used with this coupon to purchase ... package(s).
RETAILER: To obtain face value + 8¢ ... Company (RPCo.) P.O. Box 1001 ... Coupon must be redeemed in accordance with RPC ... redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPC ... P.O. Box 1000 Mascoutah, IL 62224. The consumer must pay ... sales tax. Good only in USA, APO's, FPO's. Void where ... prohibited, taxed, restricted. Cash Value 1/20¢
TH 248
5 7800 00050 00
50¢
Purina
Helping pets live longer, healthier lives
© Ralston Purina Company, 1985

Free A new world of misses & large-sized fashions...

The shopping experience for style-conscious women who never want to settle because of size or price!

The Sue Brett Collection features an "off-priced" selection of the season's best silhouettes identical in quality to that found in leading department stores, specialty shops and fashion catalogs ...at much lower prices.

A full 96 pages of sportswear, dresses, lingerie, shoes and more, in Misses sizes 10 to 20, Women's sizes 36 to 52, Half sizes 2½ to 30½.



RDER YOUR FREE UE BRETT CATALOG OW and discover all that nvenient fashion shopng can be...especially ith your Visa, Masterard or American Express harge!

Sue Brett

Discover the off-priced shopping experience.

Sue Brett, Dept. A, Indianapolis, IN 46207

FREE CATALOG



Sue Brett, Dept. A, Indianapolis, IN 46207

YES! I'd like to receive a FREE Sue Brett Fashion catalog.

Name _____

Address _____

_____ State _____ Zip _____

VISA MasterCard

P85-002-7

1984 B&W T Co

Does the taste of your ultra light go up in smoke?

You're smiling, aren't you? Then you know what we mean. After all, most ultra lights are so hard to draw, they have almost no taste at all.

Well, we just made ultra lights easy to draw. With new Barclay Ultra Lights. You see, we wanted them to be easy to take. Easy to taste. Easy to stick with. And that was no easy job.

We gave Barclay a new blend of tobaccos for a smoother, more satisfying flavor. And our patented filter delivers more smoke right where you can savor it.

So when you smoke Barclay, you get a full, rich tobacco taste. The kind of taste you'll stay with.

But don't simply take us at our word. Give us a call at 1-800-228-5990,* and we'll send you a free pack to try.

Then you'll know there's an ultra light that's more than just a smoke screen.

New Barclay Ultra Lights.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

*Offer limited to California and Kansas residents at least 21 years of age. Limit 1 per household. Offer expires two weeks from cover date of this publication.

continued from page 48

ou get what you pay for. So if people are shopping for omething of quality, they look for a high price as a shortcut o judging real value.

But the sales arena that is arguably the most notorious or employing sophisticated selling strategies is the automobile dealership.

"Buying a car for most of us is one of the most intimidating ales experiences we undergo," says Washington, D.C., marketing consultant Jack Gillis, author of *The Car Book*, the roceeds of which benefit the nonprofit Center for Auto afety. "The combination of high price—the average new car osts more than eleven thousand dollars—and high technolgy unnerves many buyers. They are easily manipulated.

"This is the first technique a salesperson uses—the fact hat you and I are nervous about the experience."

Based on his research on buyer behavior, Gillis has found hat women make much better car purchases than men because they don't expect to know anything about cars, so hey research more, shop around and compare."

How can you focus on getting the best price? Gillis says, Find out how much the dealer is paying for the car and ptions from a car pricing guide [*Edmund's*, one of the most opular, is available in most libraries]. If the dealer paid eight housand for a car and five hundred for the options, then lists t at eleven thousand, that's your negotiating room."

A rule of thumb when you're considering how much to pend: The dealer markup on cars is generally 15 to 20 ercent, and on options, it's as high as 100 percent.

One extra that usually has a high markup is the service ontract, an insurance policy you can purchase to cover epairs after the warranty expires. Gillis says they're overriced and "they mean you're taking a gamble that the car vill break down before the manufacturer says it will." His dvice is to take the $400 to $600 a typical service contract osts and put it in a savings account so you'll have it in the nlikely event the car requires major repairs.

If you start negotiating at the level of dealer cost, you are ccomplishing two things, Gillis says. "You let the saleserson know you've done your homework and that you're a ood negotiator."

This whole system falls apart, however, with foreign imorts, he says, because "import quotas have restricted the upply. Dealers are able to add on surcharges over and bove the list price. The best strategy to negotiate for a oreign car: Call dealers as far away as two hundred miles, ell them the car and options you want and that you're eady to pick it up now if they give you the best price. Most vill give a price over the phone. Then call your local dealer nd ask him to meet that price. If he will, great. If not, take he day off work and pick it up. You can always take it to our local dealer for service."

The biggest mistake consumers make: "Getting their eart set on one car. Then your negotiating ability drops to ero. When the dealer gets a sense you want the car, he can se the scarcity technique: 'Gee, it's our last shipment; I an't tell you when we're going to get another.' Going in vith two or three alternatives increases your negotiating ower. You have the most powerful weapon; the one hundred nd eighty-degree turn."

Other car sales tactics to beware of:

- Low-interest bait. The ads show low interest rates, but vhen they get you into the showroom, you find that the cost lifference is built into the price.
- Dealer packages. Salesmen say, "To get the wire wheels you ave to get the rustproofing, because this is the way we get it rom the factory." Try saying, "Fine, I won't buy the car."

One of the best ways to outsmart wily *(continued)*

How to eat right on only 50 calories a bowl.

Quaker Puffed Wheat and Quaker Puffed Rice fit right in with today's lighter lifestyle. Each bowlful of cereal is just 50 calories! And their tasty goodness comes from natural, wholesome grains of wheat and rice. They contain no added salt or sugar—no fat, cholesterol, or preservatives.

Start your day right. Start your day light. With Quaker Puffed Wheat or Quaker Puffed Rice.



STORE COUPON 7093

MO5

25¢ OFF

any size Quaker® Puffed Wheat or Puffed Rice



Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted from your retail customers in accordance with our redemption policy (copy available on request) and on the purchase of product(s) specified. Only retailers and Quaker authorized clearing houses send to: The Quaker Oats Company, 815 Commerce Drive, Oak Brook, IL 60521. LIMIT ONE COUPON PER TRANSACTION. Void if transferred, assigned, copied, taxed, licensed or where prohibited. Good only in U.S.A. APOs, FPOs. Cash Value .001¢

COUPON EXPIRES NOVEMBER 30, 1985.

© 1984 The Quaker Oats Company

MO5

7093

Only 50 Calories a Bowl.



SMART SHOPPER
continued

salesmen—of automobiles or anything else—is offered by super-seller Joe Girard, rated the "world's greatest salesman" by the *Guinness Book of World Records*: "Know what you want, do your homework and walk out on anyone who tries to play games with you."

As with any profession, "there are good and bad salesmen," says Girard, fifty-six, of Detroit, who holds the all-time record for retail salesmanship (he sold 1,376 cars during the 1974 oil embargo) and is the author of *How to Sell Anything to Anybody* (Warner, 1979) and *How to Sell Yourself* (Warner, 1981). In most transactions, he says, "you're buying the salesperson, not the product. Look to see if the salesperson is trying to sell you or help you decide.

"A good salesperson tries to find out what your need is and then helps you meet that need. When I was selling cars [he quit in 1978 to write, consult and lecture] I always asked people questions the way a doctor asks a patient—'What did you have in mind?' 'What features are important to you?' 'What did you like or dislike about what you had previously?' The salesman should help you make the best choice for you."

Too often, he says, "customers are afraid of salespeople. But there's nothing to fear—particularly if you research what you want first."

A good salesman knows, he says, "that in the selling game there must be two winners. If customers are completely satisfied that they've gotten their money's worth, they're more likely to return and to refer their friends."

Perhaps the one purchase that seems even more intimidating than buying a car is buying a home. Real-estate salespeople have their own brand of compelling sales tactics. One common device, says an agent for a large Washington, D.C., real-estate firm, is for the salesperson to schedule buyers to see several houses in Goldilocks order. "The first house is too hot—too expensive, too big, too remote," she says. "The second is too cold—too run down, too small, too noisy. The third one, naturally, is just right." Agents know, she says, that buyers rarely select the first house they are shown, just as some batters in baseball refuse to hit the first pitch. "So you schedule showings in strategic order."

In general terms it's worth noting that some of the more unscrupulous tactics salesmen use, such as the infamous bait and switch, may be illegal. "Some stores advertise fabulous but fake bargains just to get you to come in so they can sell you something more expensive," warns the Council of Better Business Bureaus. "The truth is they never had any intention of selling the advertised special." If a store tries the bait and switch tactic on you, leave and report the incident to your local BBB or consumer-protection office.

On high-cost items, Gillis says, "the salesperson will often sell you on a real or perceived need." Buying certain cars or clothes (especially furs) is like buying an image. Once the salesperson sells the consumer on the need to pamper herself, to look successful or devil-may-care or classically chic, the item for sale becomes the "shot" to cure that need.

On low-cost items, he says, "Sellers focus on impulse buying. In stores, shelf space is critical. Eye-level items are the most hotly contested products."

If venturing out into the marketplace to buy a new car, a new home or just a new pair of slippers now seems more fraught with peril than you ever imagined, don't despair. Remember, in the case of most items, it's a buyer's market, which means that ultimately you're the one in control. If you have the slightest question or doubt regarding the purchase, or your own motive for buying, simply tell the salesperson you need more time to think about it. When you're finally clear in your own mind and are ready to buy, that salesperson will still be there, ever eager to greet you with open arms. **End**

staff sergeant at Fort Benning, in Georgia. As you strongly suspected, he thought you were dead after losing contact with you when Saigon fell. . . . Now, nine years later, Roger has married again. He has a baby boy by his current wife. . . . He told me he had loved you very deeply and had tried hard to bring you to the States. You were a very special person in his life, he said. . . . But sometimes, as happens in life, circumstances separate people against their wishes, and by the time they discover each other again, their lives have changed. . . ."

It was the hardest letter I have ever had to write. But it also had a postscript. When I contacted IRC to tell them I had located Roger, they told me they had just been informed that the refugee section of the U.S. Embassy in Bangkok had that week been given permission for the first time to begin processing refugees at Thu's camp.

"With luck, we should be able to bring Thu to the States within six months," Beth Rutledge, a spokesperson for IRC, told me. "First we have to document her American employment record. Then, once she is here, we will help find her a home, a job, and we'll assist her until she is independent."

Bringing Roger, Jr., to the U.S. may take longer, Beth explained. "His name has not yet appeared on any Vietnamese list of Amerasian children they are willing to let go. It is possible that he has not yet registered with the Vietnamese, or doesn't even know that he has to before he can leave. We are trying to rectify that, but the final decision isn't ours, it is up to the Vietnamese."

Only Quoc's whereabouts are still unknown. Neither the *Journal* nor the Red Cross have been able to locate him. And perhaps that is the way it should be. Like the other children on that orphan airlift, Quoc no doubt was adopted when he arrived in the States ten years ago next month. Now fourteen, he has spent more than two thirds of his life living with his adoptive parents. Perhaps when Thu comes to the States, she will search for her youngest son, or perhaps she will accept that she gave up Quoc the day in 1975 when she placed him on the plane in Saigon.

Either way, Thu's decision will not be easy—so little in her life has been. And what is sobering indeed is the realization that Thu's suffering is not unique. Her plight is shared by millions of women around the world whose lives have been torn apart by war, who have lost the men they love, and who will never see their children grow up. But perhaps for Thu at least, there will be a better future. **End**



Why do we make Future's shine so tough?

Because we know what your floor goes through every day.

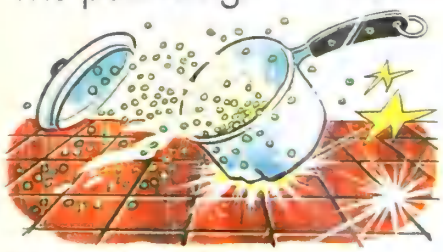
The beating.



The scraping.



The pounding.



That's why we make it with clear acrylic.



SKIN GUIDE

continued from page 119

hydrocortisone cream to relieve discomfort. In severe cases, you should see a dermatologist to determine exactly what is causing your allergic reaction so you can avoid products containing the offending substance.

Hives were for years thought to be a reaction to different foods, but now doctors believe that in some cases they are triggered by stress or medications, either over-the-counter products or prescription drugs. Occasionally, flare-ups (known medically as acute urticaria) can be successfully treated with antihistamines administered by a physician and taken orally. More frequent bouts (chronic urticaria) should be treated by a dermatologist who can prescribe a number of medications, the most common of which is hydroxizine.

ACNE UPDATE

In the last ten years, reports Dr. Richard Dobson, acne in women over twenty-five has been on the rise. Why? One new study conducted by leading acne researcher Peter E. Pochi, M.D., professor of dermatology at Boston University School of Medicine, finds a link between acne and stress, which can trigger an overproduction of androgen, a male hormone. This stimulates oil production, and when the oil combines with bacteria or dirt on the skin, it probably causes the acne flare-ups.

What can be done about acne? Fortunately, a great deal. Reports John S. Strauss, M.D., chairman of the department of dermatology at the University of Iowa College of Medicine, "Today, we can effectively treat severe cases of acne and we can prevent and erase the otherwise permanent ravages of the disease." Here's what doctors are doing now:

Mild acne. Typical culprits: dirt, oil and makeup that hasn't been properly or completely removed. Dermatologist Carole Shear recommends the use of mild astringents (not rubbing alcohol, which can be highly irritating) after proper cleansing (see "How You Can Prevent Wrinkles," page 117) and application of over-the-counter medications containing benzoyl peroxide. A dermatologist can also prescribe antibiotic astringents to destroy bacteria that cause the inflammation.

Blackheads. The culprits: stress, hormonal changes or improper use of cosmetics, all of which can cause excess oils to clog pores. The best treatment: Visit an experienced facialist, who can remove blackheads under sterile conditions. Then maintain a regular cleansing program, with cleanser that contains sloughing grains, and a once-a-week mask for oily skin. For persistent blackheads, a dermatologist can prescribe a cream called Retin-A, a weak form of vitamin A.

Severe acne. The culprits: Most often, this is an uncommon condition aggravated by stress and hormonal changes. Accutane, an oral prescription drug derived from vitamin A, is particularly effective in treating cystic acne, the severest form of the disease which often leaves permanent scars. Dermatologists agree that a carefully supervised four-month Accutane program can rid patients of cystic acne. However, the drug has a serious side effect: It has been linked to birth defects in pregnant women, and as a result, potential patients must be monitored very carefully. For most, however, Accutane is a safe, highly effective cure for a disfiguring condition.

Also new: Recent clinical tests at the University of Michigan Medical School and the Veterans Administration Medical Center in Ann Arbor have shown that the combination of ibuprofen, a nonsteroidal anti-inflammatory drug, and tetracycline hydrochloride, an antibiotic, when taken orally, has been dramatically effective in treating severe acne.

Acne scarring. According to Michael J. Albom, M.D., head of the surgery section of the skin and cancer unit of New York University Medical Center, doctors have made great strides in improving the appearance of acne-scarred skin. They are using *dermabrasion*, an in-office procedure particularly effective for shallow acne scars on the cheeks. Under local anesthetic, a doctor first freezes the skin and, in a process that is similar to sanding, removes the uppermost layers. The skin surface is denuded and will appear red for up to seventy-two hours and then deep pink for about ten days after. It may be several weeks before the skin takes on a normal appearance. Approximately two weeks after the procedure, enough healing will have occurred to allow judicious use of makeup to camouflage the change in your skin color. The procedure usually takes one hour, and the cost can be high: $1,000 to $2,500 or more, depending on your dermatologist and the extent of the work done. In some cases, this procedure can lead to worse scarring or significant color changes in the skin, so check that your physician has experience with this technique. Many dermatologists now recommend that dermabrasion be delayed for six months after completion of the use of Accutane to make sure the initial treatment has been effective. Dermatologists are also using Zyderm collagen injections to improve shallow acne scars and facial wrinkles. (See box on collagen, page 118.) **En**

PAUL NEWMAN
continued from page 102

ork Times in the sauna every morning - eating cantaloupe in the shower. Re-ently, when Woodward complained nat she was always having to clean ielon rinds out of the stall, Newman onsulted a plumber about installing a arbage disposal unit inside the ower. Nonplussed by the workman's efusal, Newman is now using a waste-asket to appease his wife.

For all his eccentric ways, there's still nother side to Paul Newman—an al-uistic one. A longtime liberal who as marched and campaigned for civil ights, a nuclear arms freeze and seat-elt laws, Newman has often taken me out from moviemaking to donate ortions of his time and money to narities in need of funds. But these ays, the actor's heart has turned to old. Instead of banking the swelling rofits from a highly successful food usiness he began three years ago, aul Newman has been giving them ll away—$4 million thus far—to mall organizations for the sick and ne outcast, the disheartened and the esperately poor.

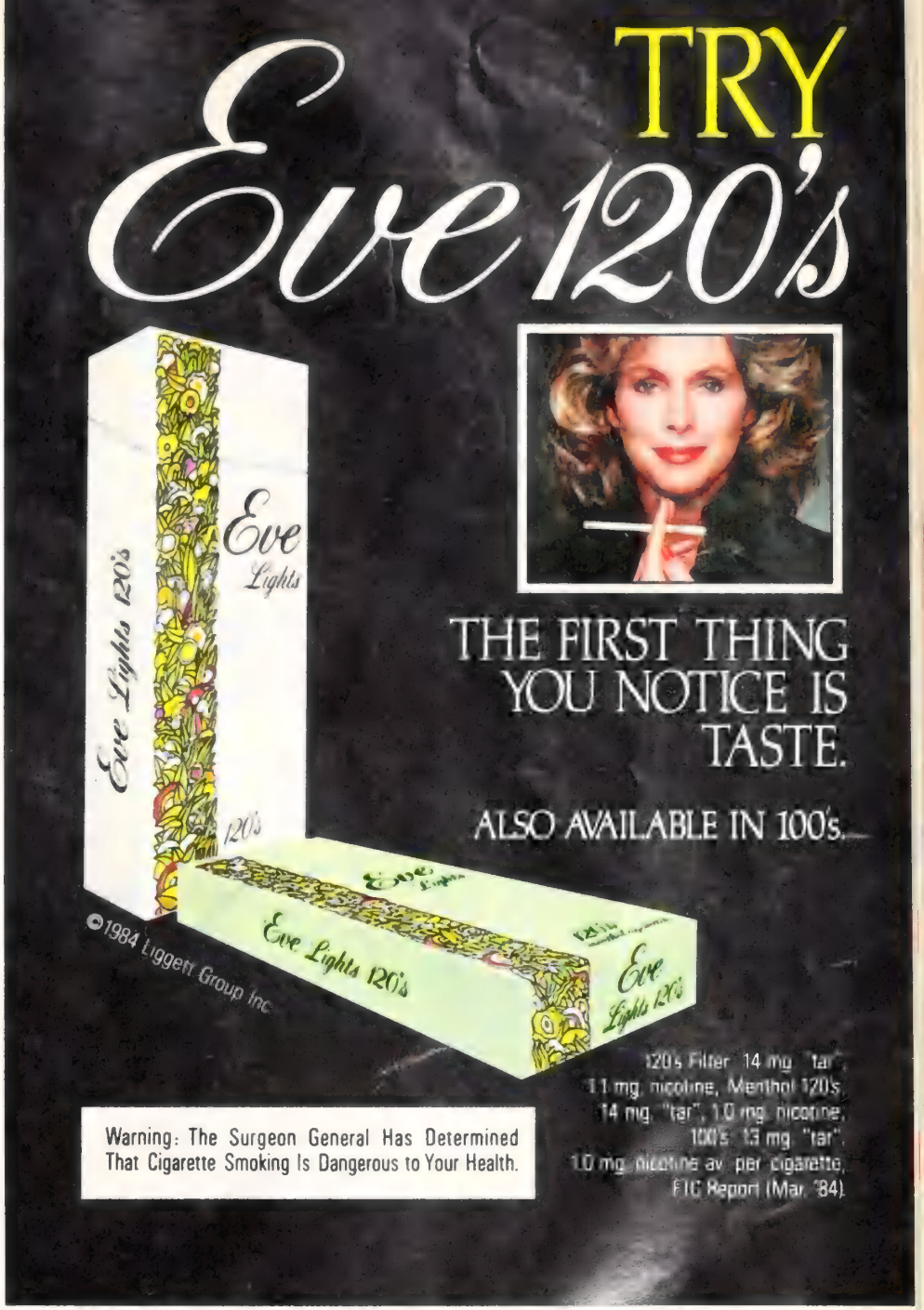
Newman's winning enterprise in phi-nthropy began as an innocent whim everal Christmases ago when the ac-or gave gifts to friends of homemade alad dressing, concocted in his cellar. hortly afterward, Newman decided to narket the dressing, reasoning that hat was good enough for his pals was ood enough for the public. But he had o idea that his basement scheme ould suddenly evolve into a burgeon-ng food empire, let alone turn him into fairy godfather.

Last fall, just one week before hanksgiving, a school in Florida for he children of migrant farmworkers eceived a generous dose of Paul New-nan's benevolence. On hearing that the chool might have to shut its doors be-ause its fourteen-year-old, secondhand chool bus had been condemned, New-nan sent the school a check for $26,000 o buy a new bus. For the children at he Hope Rural School in Indiantown, lorida, the actor's gift meant far more han just a new bus to ride in; it also neant their only chance to get an edu-ation, and for them, this opportunity ame just in time.

For years, the children had been de-ied any sort of solid and consistent chooling. They were prevented from ttending classes by the wretched pov-rty that forced their farmworker fam-ies to travel constantly throughout he country in search of seasonal work. he youngsters often labored in the elds alongside their parents, return-ng to central Florida every winter to harvest the state's citrus crops. When lucky, they lived in labor camps and abandoned houses; when times got particularly hard, they slept under bridges and in cars. Many of them had never held a schoolbook or heard a nursery rhyme until five years ago, when the Hope Rural School began a flexible term that allowed the children to attend classes during the picking season without having to enroll in a rigid September-to-June school year.

"But when our school bus was condemned this past summer by the state authorities, my worst fears were realized," says Sister Carol Putnam, a Sacred Heart nun who heads Hope Rural. "With no bus to transport these children from their homes miles away, the school would be worthless, and many of the children would return to their hopeless lives in the fields."

In desperation, Sister Carol took $[illegible]0 that had been earmarked for teachers' salaries and put a down payment on a new school bus, hoping that somehow, some way, someone would donate money for a new bus. The sisters at Hope Rural wrote to foundations and called wealthy men and women from the nearby Palm Beach area, but still the school could find no help. And then, as time and hope were running out, tragedy almost struck. *(continued)*



Win a Wonderful EUROPEAN HOLIDAY IN MUNICH in the

GOURMET GETAWAY RECIPE CONTEST from Leroux, SilverStone® and Armour®

Create an original gourmet recipe with our products and you can win an exciting getaway to Munich, Germany!

GRAND PRIZE—(1 awarded)—7 days/6 nights for two at the luxurious Sheraton Munich... Bavarian elegance in the heart of Germany, plus airfare and $1,000.00 to spend.

Sheraton Time of Your Life

FIRST PRIZE—(3 awarded)—5 days/4 nights for two at either the Sheraton Centre, New York; the Seattle Sheraton; the Sheraton Boston; the Sheraton Americas, Miami; the Sheraton Premiere, Los Angeles or the Sheraton New Orleans—including round-trip airfare and $500.00 to spend.

SECOND PRIZE—(50 awarded)—electric skillet or 5-piece bakeware set with SilverStone.

THIRD PRIZE—(50 awarded)—The Sheraton World Cookbook featuring world renowned recipes.

FOURTH PRIZE—(200 awarded)—fry pan or covered saucepan with SilverStone.



The Liqueurs of Leroux®

FRUITS AND PEELS
Flavored Brandies • Blackberry • Polish Blackb (Jezynowka) • Cherry • Peach • Apple • Aprico
Liqueurs • Apricot • Blackberry • Cherry • Cura • Blue Curacao • Grenadine • Kirschwasser • • Peach • Raspberry • Sloe Gin • Strawberry • Triple Sec
Seeds and Herbs • Amaretto • Anisette—Whi Red • Chocolate Amaretto • Coffee Amaretto • Coffee Flavored Brandy • Ginger Flavored Br • Sharp Ginger Flavored Brandy • Kummel • C • Sambuca
SCHNAPPS
• Peppermint—60, 100 Proof • Green Pepperm • Spearmint • Cinnamon • Applemint • Origin Apple Country
CREMES
• Creme de Banana • Creme de Cacao—White Brown • Creme de Cafe • Creme de Cassis • C de Menthe—Green, White • Creme de Noya
SPECIALTIES
• Irish Cream • Irish Moss Rock & Rye • Rock & with Fruits

Leroux Liqueurs • 25 to 100 Proof
General Wine & Spirits Co., N.Y., N.Y.



ORANGE-GLAZED HOLIDAY HAM

1 (3-pound) ARMOUR GOLDEN STAR Ham
1 cup orange marmalade
¼ cup LEROUX Triple Sec Liqueur
1 tablespoon spicy brown mustard
1 medium orange, thinly sliced and seeded
Whole Cloves

Heat ham according to label instruct in roasting pan with SilverStone.

Combine marmalade, LEROUX Triple S and mustard in small saucepan with SilverStone. Heat until preserves melt.

Cut each orange slice into quarters. Remove ham from oven. Arrange orange slices on top of ham, in diagonal rows, starting at wide end. Secure each orange s with a whole clove. Spoon glaze over oran slices during last 30 minutes of heating t Serve remaining glaze as sauce.*

MAKES 12 SERVINGS.

*Garnish serving platter with orange twists and lemon leaves.

DU PONT
SilverStone





E CONTEST RULES

a single piece of paper no larger than 8½"x11" e use one side only) or on the official entry handprint or type your name, address, tele- and attach your recipe.
l your entry to Gourmet Getaway Recipe Con- O. Box 627, Dept. S-360, Jenkintown, PA 19046. entry must be mailed separately and post- d by June 30, 1985 and received by July 15, 1985. r recipe should use one ingredient from each se three groups: Leroux—any of the 48 flavors queurs; Armour—any Armour meat product; liverStone—any type of cookware, bakeware ctrics coated with SilverStone. Entries must e directions for preparation, mixing, cooking erature setting, cooking time and list all ingre- s in standard U.S. liquid/dry measurements. ntries will be judged, and all winners chosen es Aides International, an independent judging ization, whose decision is final. Judging will- ed on the following criteria: Originality—20%, ality—20%, Ease of Preparation—20%, Appro- riness—20%, and Taste 20%.
winners will be required to sign an affidavit ving that their entries are their own original and have not been previously published, have on a previous prize or award and that they ollowed the official rules of the contest. All s submitted become the exclusive property neral Wine & Spirits Co., E.I. DuPont de Nemours and Armour Food Company and none will urned.
mission of an entry gives The DuPont Company, al Wine and Spirits Co., and Armour Food Com- the right to edit, modify, adapt and publish or e recipe as it seems appropriate without fur- onsideration to the entrant.
contest is open to residents of the U.S.A. of drinking age in their state of residence at time ry except employees of the SilverStone/Teflon n of DuPont, Armour Food Company, General & Spirits Co., and the Sheraton Corporation, ffiliates, subsidiaries, distribution, advertising romotion agencies, alcohol beverage licensees he families of each. Void in Ohio, Texas, Penn- ia and wherever prohibited by law. Limit one per family. Substitutions of prizes not per- d. Taxes on prizes are the sole responsibility ze winners. All federal, state and local laws egulations apply.
ners will be notified by mail. To obtain a list ze winners, send a stamped self-addressed pe to: Gourmet Getaway Prize Winners, P.O. 7, Dept. S-364, Jenkintown, PA 19046.
Grand Prize Winner will receive an all-expense 7-day/6 night trip for two to Munich including trip coach airfare, double room accommoda- at the Sheraton Munich and $1,000.00 to spend.
First Prize winners will receive a 5 day/4 night t either the Sheraton Centre, New York, the on Seattle, the Sheraton Boston, the Sheraton cas, Miami, the Sheraton Premiere, Los Angeles Sheraton New Orleans, including roundtrip airfare and $500.00 to spend. Hotel prizes ed on a "first come" basis due to limited available at each hotel. Meals, taxes, gratui- nd incidentals are not included and are the nsibility of the winners. Hotel accommoda- subject to availability and certain black out ds. Fifty second prize winners will receive ectric skillet or 5-piece bakeware set with Stone; 50 third prize winners will receive The on World Cookbook, and 200 fourth prize rs will receive fry pans or covered saucepans liverStone.

CIAL GOURMET GETAWAY ENTRY FORM

ure to follow all of the official rules. Com- this form and submit it to:

Gourmet Getaway Recipe Contest
P.O. Box 627, Dept. S-360
Jenkintown, PA 19046

E: _____

ESS _____

_____ STATE _____ ZIP _____

es must be postmarked by 6/30/85 and received by 85. Winners will be notified by mail. Void where bited or otherwise restricted by law.

PAUL NEWMAN
continued

On a blisteringly hot November afternoon, the condemned school bus made its way along back roads to bring a handful of students home for the day. As the bus approached the flashing lights of a railroad crossing, the driver pressed down on the brakes. But something was wrong; the brakes weren't holding and the bus continued to speed toward the tracks. Warning whistles blared the approach of the Amtrak express from Tampa, and with no time to get the children safely out, the driver decided to floor the gas pedal, charging across the tracks moments before the train swept by.

"It was some kind of miracle that the very next day our archangel appeared, but I would never have dreamed he'd be someone so famous," says Sister Carol. "Without Paul Newman, our children could not have gotten to school and may never have been able to hope for a future away from the fields. The new bus he bought will help them get an education that may one day give them a chance to climb out of their life of poverty. For that, we are most thankful."

To express their appreciation, the children of the Hope Rural School have sent "Mr. Newman" hand-drawn thank-you notes, calling the actor the "nicest guy in the whole world." Sister Carol has also extended an invitation to the actor, who races his cars only miles from the school. She hopes that Newman will drop by someday and take a spin in the new bus, which, she says, is as much his as the school's.

For Newman, however, just knowing he's helped is enough. "Reading all the letters of thanks from the kids at Hope Rural is rewarding beyond measure; it's what makes life such a kick."

But while the actor has always been bighearted, Newman never dreamed he'd literally become an overnight philanthropist. What began for him as an innocent spare-time venture to supply friends and family with his highly admired salad dressing has today evolved into the vastly profitable business of "Newman's Own" products. In only three years, adding spaghetti sauce and popcorn to the money-making menu along the way, Newman and his partner, longtime friend and well-known author A.E. Hotchner, have created a booming food business. But for Newman, making money wasn't enough.

"It's more than you or I ever dreamed we'd make," he told his partner after a year of phenomenal success. "So why don't we give it all away to them that needs it?"

But as their newfound philanthropy business grew, so did the requests for help. Cancer hospitals, orphanages, drama schools, homes for the retarded, the poor, the handicapped—all needed assistance and hoped Newman would give it to them. In the past three years, the actor has answered the prayers of many organizations. He has rescued a food pantry in an impoverished section of Hollywood by stocking it with supplies, and he has contributed to The Burn Center at New York Hospital-Cornell Medical Center, helping to ease the painful recovery of hundreds of patients. Earlier this year, he also contributed $250,000 for emergency aid to drought-stricken Ethiopia. And, not one to forget his roots, he's assisted drama schools around the country, supplying them with extra funds to start script-writing courses or acting seminars. For him, philanthropy has become a way not only of paying back the people who put him on the fast track to success but also of remembering others far less fortunate than himself.

Yet, for every person that Newman has helped, there are always two others, hurting and needful, who must go begging. In the beginning, as the coffers grew and the requests for aid piled up, there seemed no easy formula for deciding where he should give and who should receive. But true to his brash style, Newman eventually came up with the formula that today has nearly one hundred and fifty organizations benefiting from his generosity.

"We've got to let our gut feelings make the decision," he reasoned with Hotchner. "We should give to organizations for the very young and the very old."

By agreeing to fund only registered charities, Newman is today able to screen out many of the more doubtful requests for money. He can now, in good conscience, turn down people like the man from Virginia who wanted Newman to help him open up a judo school, or the gentleman needing airfare to marry his Czechoslovakian pen pal—even the young lady from New Mexico who enclosed a provocative photo of herself, along with her request for financing to prepare for the next Miss America contest.

At the same time, Newman can only commiserate with the plight of a sixty-year-old widow who is losing her homestead of thirty years, or with the mother whose son is dying of cancer and whose last request is to visit Hawaii. One forty-three-year-old woman recently wrote that she had finally found two adjoining townhouses for herself and her mother and that all she needed was $160,000 to pay the bill.

"What isn't rewarding is having to turn down all the requests from individuals—even the ones that seem far-fetched," says Newman. *(continued)*



Outgro will relieve her ingrown toenail pain in minutes.



A painful ingrown toenail doesn't have to keep anyone in your family off their feet. Outgro® has a local anesthetic to temporarily relieve ingrown toenail pain fast. And Outgro reduces swelling without affecting the shape, growth or position of the nail. At the first sign of ingrown toenail pain, get Outgro ...lieves pain in minutes.

U... ...ly as directed.



© Whitehall Laboratories 1982

PAUL NEWMAN
continued

While that woman's request for those houses may sound ludicrous, the fact is her letter represents a dream she and her mother have shared for years."

Of course there will always be a suspicious few who write Newman cynical letters accusing him of giving all his money away so he can get a hefty tax deduction. But if the skeptics could look at the corporate setup of his food business, they would see that while Newman pays no taxes on the money he gives away, he does dole out a bundle to Uncle Sam each year from his acting income, estimated at over $2.5 million annually.

Lately, when he's not christening a new food product for charity, Paul Newman is donning his dramatic mask for a seminar he teaches at The Actors Studio in Manhattan. At the same time, he's been actively searching for a new film role, poring over the volumes of scripts that arrive in his mailbox each morning for a part with the depth of the attorney's role he played in *The Verdict*. Friends of Newman say he was so discouraged by the poor reviews of *Harry & Son*, a film he co-wrote, directed and produced, as well as starred in, that he is not going to work on a script of his own creation for quite a while.

Newman was also disappointed by his poor performance on the racetrack last year, having finished only five out of twelve competitions. But not one to sit around with the blues, the actor-cum-racer has been tinkering with his crew of mechanics on the Datsun Turbo he plans to begin racing next month. Recently, longtime friend Robert Redford, who had never driven a race car before, asked Newman if he could take a spin around the track in his pal's souped-up car. Gracious to a fault, Newman gritted his teeth and handed Redford the keys to the Turbo, praying to himself that the Sundance Kid would make it around the course in one piece.

But certainly the greatest pleasure Newman has allowed himself lately has been a fishing trip to Florida with daughter Nell. He bragged for a week about their one-day catch of nineteen bass.

Steering the conversation back to his current pleasure in philanthropy, Newman says, "Frankly, what I like is when life wiggles its hips and throws me a surprise. All the experts told us that no business in the world could give away one hundred percent of its profits and still survive. Well, we didn't listen to any of 'em and just look at us. I never thought I'd get into chemistry, but being able to turn salad dressing, spaghetti sauce and popcorn into a school bus—that's the kind of chemistry that makes this all such a kick." **End**

TOM SELLECK
continued from page 103

hottest sex symbol enabled her to s... beyond the star's rough and ready *Ma... num, P.I.* personality and get to kn... Tom Selleck for the truly nice guy th... he is offscreen.

"Before *Runaway* I hadn't had a... work for an entire year," adm... Cynthia, whose round cheeks, sma... upturned nose and quick smile ma... her look more like a blond, blue-ey... pixie than the movie star she now is. ... spent my time trying to keep in shap... patiently waiting for the phone to rin... And finally, my agent called me to s... that Michael Crichton was going to ... directing a new movie and that h... wanted to meet me."

What Cynthia didn't know, howev... was that the writer-director had chos... Selleck as the lead for his futurist... crime drama, and that in her role ... the star's police partner she wou... chase a mad scientist and his army ... murderous robots through the stree... of Vancouver and fall in love with To...

As thrilled as she was to get the pa... the twenty-eight-year-old actress w... also somewhat apprehensive. "In t... back of my mind, I kept thinking, Tom... not going to be as nice as everybo... says he is. I'm sure that he's going to ... a little egotistical." And the thoug... that she could be spending ten wee... on the set in Vancouver worki... closely with someone she didn't care ... filled Cynthia with dread.

The actress, however, wasn't the or... one with a case of the jitters. "The fi... time the whole cast got together, eve... body—including Tom—was a little n... vous. But in spite of his own feelin... Tom started in with his jokes a... funny comments to loosen things u... Tom was just being Tom, and sudden... everybody began to relax."

Selleck's humor would also serve as... safety valve against stress on the s... for as glamorous and exciting as mov... acting can be, the monotony of havi... to do scenes over and over can be drai... ing. "One night we were filming ou... side, and it felt like twenty below zer... says Cynthia. "I had to dress Tom in ... mor, and we kept doing retakes, putti... on the armor and taking it off again. W... been working all night in the freezi... cold, and we had to get the scene do... before it got light. The sun was starting ... come up, and people were getting ten... So, to ease the tension, the next time ... had to do the scene, instead of pulli... Tom's armor out of the trunk, I pulled o... a black, lacy push-up bra. Tom didn't ev... smile . . . he just slipped it on and turn... around so I could hook it up. Everyo... cracked up and felt much better."

The superstar, who turned *(continue*

The Hunt's Tomato. Even when you can't see it, you can taste it.



Open a can of nt's® tomato sauce or nato paste or whole natoes, and you'll see an redible red.

That's the red of the nt's Tomato, and it's not just re for looks. That color says u're cooking with a truly ie-ripened tomato. And at's important.

You see, as a tomato gets lder, it also gets sweeter. Naturally sweet, and very delicious.

It's simple. But it isn't easy.

It took eight years to develop the sweet-red Hunt's Tomato. akes weeks longer to grow than even a fresh produce tomato. d the Hunt's Tomato is both picked and packed in less an twelve hours.

That makes for a lot of work and a lot of delicious Hunt's matoes. But it also makes one thing very easy to see.

Why Hunt's tomato sauce and tomato paste were chosen the st-tasting of all leading brands.

Next time you make spaghetti, see for yourself.

Hunt's. It's a better way to say tomatoes.





TOM SELLECK
continued

forty in January, was equally tolerant when ribbed by cast members about being so popular. "If we had gone out the night before and a fan had told Tom how much she loved him—which happened all the time—the next day I'd come up to him and say, 'Oh, Tom, I just adore you. I love you. I worship you. I dream about you at night,' " recalls his co-star. "Tom would get a little embarrassed and say, 'Okay, cut it out.' But in the end he'd get back at me, because he knew my soft spot."

In this case, Cynthia's Achilles' heel was her addiction to chocolate—Oreos, chocolate chip cookies, chocolate truffles—it didn't matter what kind so long as it was rich and chewy. "In fact, while we were filming in Vancouver, my sister came to visit me with an extra suitcase that was stuffed with five pounds of plain M&Ms, five pounds of peanut M&Ms, three bags of chocolate chip cookies and two large packs of Snickers bars," the actress admits sheepishly. "At first, the airline lost her luggage, and when she told me what she had brought, I freaked out. I didn't care about her clothes. I just cared about that one suitcase that had all my chocolate in it. I guess that shows how vulnerable chocolate can make me."

Fortunately for Cynthia, the suitcase was finally found, but not before Tom had learned just enough about her "habit" to give her a hard time. " 'Don't you know what you're doing to your body?' he would say. One day, he actually spent forty-five minutes lecturing me about the evils of chocolate. But the next morning he confessed that all that talk about chocolate had given him a huge craving for sweets, and he'd gone out that night and gorged himself."

In the end, the bantering friendship that developed between the two stars made shooting the movie's love scene a lot more comfortable for the rookie actress. For by the time Cynthia and Tom's screen relationship turned torrid, the two actors had become good buddies, and "kissing Tom was like kissing a nice friend—a very good-looking nice friend," she adds. But while she'll admit that "Tom is definitely a good kisser," she points out that in real life, making love to America's sexiest male was actually a lot funnier than it was sexy.

"The day that Tom and I were supposed to kiss for the first time, we both started gobbling packets of breath mints. By that afternoon, when the caterers started passing around bowls of chips and Mexican salsa, we just smiled at each other and said, 'Don't you dare. Don't you even think about having any of those.' "

According to Cynthia, making love to Tom Selleck did not get much more romantic than that. "Let's face it—you're kissing a man with a camera stuck up your nose, with thousands of people watching, and you have to listen for the director's instructions as well. You can't really concentrate on the kiss itself. And while I'd think, Here is Tom Selleck, he has his lips around my lips, he's kissing me passionately, at the same time, I'd always be trying to remember what the director said—'Don't turn your head, stand here, pull away at a certain time, say your line, then kiss him a little again.' "

During the love scene, things even became comic at times. "The director would tell us to kiss until he told us what to do next," says Cynthia. "So we kissed and kissed for about five minutes, until suddenly someone called out some directions. But there was so much noise on the set that neither of us understood a word. 'Did he say turn or pull apart?' Tom asked me, his teeth hitting mine. I hadn't a clue, and in between giggles Tom finally manage

whisper to me, 'Just keep kissing.'"
When he wasn't in front of a camera preparing for upcoming scenes, Tom ok advantage of shooting breaks to nduct business over the phone with ents and investment counselors. ese long-distance negotiations be- me even more frequent as the end of ming *Runaway* and the new *Mag- m* season neared.

But once shooting was through for e day, business was over as well. And his off-hours, the star who recently gned a reputed $13-million contract three more years on *Magnum* was st one of the guys. He spent his time hanging around with the rest of the ng, unless he had a couple of free ys in a row, in which case he'd fly to s Angeles to be with his sixteen- ar-old stepson, Kevin. Even though m and actress-model Jackie Ray di- rced several years ago, before *Mag- m* became popular, the star has ayed very close to his former wife's n, often having him come for week- ng visits to his $500,000 hillside me in Diamond Head, Hawaii.

Tom also spent a lot of his free time th his British girlfriend, Jillie Mack, e former dancer from *Cats*. "The two them have such wacky senses of mor," says Cynthia. "They're great gether." When Jillie wasn't visiting, m dined with Cynthia and the other st members. "Tom appreciates good od and I appreciate good desserts, so tried every restaurant there was— m fancy French dining establish- nts to little holes in the wall."

But rarely did Tom's social life in ncouver extend beyond going out to nner and/or to see a movie. "The rest the cast and I used to go dancing all e time, but Tom wouldn't come with ," recalls Cynthia. "One night, after out twelve of us had dined at a great ench restaurant, I said, 'Come on. u've never gone dancing, Tom. You ve to come with us.' He hesitated, d finally said that he'd try it out. We sooner walked into the club than m was mobbed. Women were shoving e, stepping on me and even pulling y hair in order to get to him. And all I uld hear was high-pitched scream- g: 'Tom Selleck, Tom Selleck.' Natu- lly he left. I felt sorry for him—he ally wanted to stay out and dance d have a good time. But the next day just laughed. He understands that ople just want to be next to him and uch him or talk to him."

For a while, Tom spent part of his enings working out in a local gym. at eventually he couldn't even do that. ne night we were listening to the ra- o and suddenly the disc jockey comes and says, 'Yessirree bob, if you want see Tom Selleck, we know *(continued)*



Rik·Sha breaded shrimp
FROM TREASURE ISLE

Now, firm, tasty, breaded Rik-Sha fantail shrimp go from freezer to table *in just two minutes* with the magic of *microwave*. Or, oven-bake these oriental-style breaded beauties with deep down shrimp flavor from Treasure Isle, America's first family of shrimp. Also enjoy salad-ready cooked shrimp for just pennies more than tuna; ready to cook shrimp for easy, elegant entrees; and economical Shrimp-mates, ideal for parties or "hurry up" meals. Rik-Sha and Treasure Isle frozen shrimp— at your favorite market.

The Treasure is in every package...

® TREASURE ISLE, INC.

$1.00 OFF STORE COUPON

MICROWAVABLE Rik·Sha shrimp
(SAVE $1.00 on any purchase)

TO THE RETAILER: Coupon will be redeemed for $1.00 plus $.08 for handling when you comply with offer terms. Any other application constitutes fraud. Invoices proving sufficient purchases of this product to cover coupons presented must be available on request. Consumer to pay applicable sales tax. Coupon may not be assigned or transferred by you. Coupon void where use is prohibited, restricted or taxed. Cash value 1/20¢. Mail to: TREASURE ISLE, INC., P.O. Box 4466, Clinton, Iowa 52734. Only one coupon redeemed per package. EXPIRES 9/30/85.

41810 107056

FROM TREASURE ISLE, INC. $1.00 OFF

NEW Microwave or Bake

Rik·Sha 21 or more breaded fantail shrimp

$1.00 OFF

TOM SELLECK
continued

where he's been working out.' The deejay named the gym and the hours Tom was usually there. Tom's face turned white as a sheet. That was one of the few times I heard him complain. 'Why can't people leave me alone?' he said, more to himself than to anyone else.'I just wanted to have a workout.'"

While the stars, for the most part, had a great time making *Runaway*, film critics haven't had much fun watching the movie. But their unfavorable reaction is nothing new to Tom, who has had to suffer through two similar disappointments in the last two years. Both *High Road to China* and *Lassiter* (some called it Lassitude) failed to gain critical recognition and fell short of box-office expectations as well. And *Runaway* opened to a dismal reception at the box office, making the film career of Tom Selleck a far cry from the success of his TV career.

"The problem isn't Selleck, it's the films he's done," says *Good Morning America* movie critic Joel Siegel, who speculates that Selleck, like many other top actors, may not even get the chance to see a finished script when he accepts a film role. But there's a more serious problem confronting Tom Selleck than simply a lack of good material. "It's very tough for actors to go from television to the movies," says Siegel. "Movie stars are special—you have to make an effort to go see them. For TV stars all you have to do is turn your set on and they're right in your home. There's a completely different level of anticipation. That's why so very few TV stars have been able to make the switch. In fact, the only two I can think of are Burt Reynolds and Clint Eastwood, and that's just because people don't remember that they ever starred on television. Selleck is good-looking, a nice guy and serious about his craft. But if he really wants to be a movie star, he'll have to just work on movies and stop doing *Magnum*, something he obviously doesn't want to do."

Selleck usually makes a film during his break from shooting *Magnum*, and this year he will do a movie for CBS-TV, *Sullivan's Travels*. A remake of a 1940s classic starring Joel McCrea and Veronica Lake, *Sullivan's Travels* is about a movie director who travels the country in search of subjects to film.

Though Selleck remains extraordinarily popular on TV, critics have pointed out that this season *The Bill Cosby Show*, which airs at the same time as *Magnum*, has been giving *Magnum* a run for the money. Representatives of A.C. Nielsen, the organization that rates the appeal of television's top shows, say it is unusual that two shows ranked in the top ten happen to run in the same time slot. "Normally it's only one show that receives the lion's share of popularity," concedes William Behanna, a spokesman for Nielsen. "But with *Magnum* and *The Bill Cosby Show* it's been a nose-to-nose horse race. All this suggests that there are two very different audiences watching the two shows. In the end, neither show is at risk of beating out the other so long as they continue to keep their own individual appeal." Tom manages to put it a little more simply. In his typical nice-guy style, he said, "I like Bill Cosby, and there's room enough for both of us."

But when all is said and done, it's more than just being a nice guy that has made Tom Selleck as popular as he is. "Let's face it, with those huge Bambi eyes, that mustache, those dimples, Tom would look gorgeous even if he were shaved bald," says Cynthia Rhodes. "And he's also talented and intelligent and has a great personality. There's nothing fake or pretentious about him. No wonder he's America's number-one sex symbol." Now, if he could only find a decent movie script. . . . **En**

ALAN ALDA
continued from page 103

rated show in the history of television, Alda pronounced himself fulfilled. Swearing off acting in another series, he said he wanted to play more tennis and spend time with his family as he worked on two big writing projects. Clearly, TV acting was behind him; he wanted to make movies, and he wanted more power behind the camera.

His plans sounded familiar. It seems that actors who star in hit series are destined for a fallow period when the long run ends, a kind of postseries blues. Think of Carol Burnett, Mary Tyler Moore and Carroll O'Connor, for example, who haven't yet been able to find other successful vehicles. Alda, too, ran into setbacks and delays, compounded by sad events in his family.

To begin with, much of his restless energy after *M*A*S*H* was lavished on an ill-fated series for CBS, *The Four Seasons*. He'd hoped to make a "crossover" of his 1981 movie hit of the same name, much as his own *M*A*S*H* series was a crossover. Acting as *Four Seasons* script supervisor, however, Alda was unable in two tries on the network to equal the movie's drawing power, despite critics' and friends' compliments. "It was a great try," says old friend Marlo Thomas. "Nobody's ever really tried before doing a series that explored friendship."

Then, last year, Alda faced another surprising disappointment in what was new territory for him. He had always avoided cashing in on his popularity by doing product endorsements and commercials and had turned down scores of offers. But in 1983 he signed a five-year contract with Atari, the home-computer and video-game people, for a soothing $7.5 million. Atari described Alda as their "biggest asset" (after their good name and products) in making a last-ditch try to pull out of a sales slump. Alda's eleven Atari commercials charmed the airwaves that autumn but then disappeared when Atari didn't recover sufficiently and the company was sold. (There is no need to worry about the Aldas' finances, however. While Alan's income may have dipped from the days when *M*A*S*H* brought him a reported $5.6 million a year, the series still churns out big residuals from reruns.)

Undaunted by the disappointment of *The Four Seasons* and the Atari deal, Alda has been working on his next movie, *Sweet Liberty*, a period comedy he will co-author, co-produce, direct and star in. He plays another soldier, but this time it's the Revolutionary War, and he's a fumbling, bumbling dogface at Valley Forge. The character has been described as a Woody Allen type. Unfortunately, plans to film in New England last summer were delayed until this May. (Later on, Alda will start the screenplay for yet another comedy, planned to satisfy his $20-million, three-picture contract with Universal Studios.)

Despite all his commitments and the hectic bicoastal commuting required, Alan has found the time to take up a new charity, one close to his heart. He's always been a tireless campaigner for feminist causes—he was *Ms.* magazine's only cover man—but he and his wife, Arlene, have been working late to relieve the plight of Amerasian abandoned children who are half-American, half-Asian (see our story "War Torn!" page 80). Inspired by an episode of *M*A*S*H* entitled "Yesss That's Our Baby," the Aldas learned that there are tens of thousands of needy Amerasians left behind by American GIs. "They really are lost kids," says Alan. "Wherever we've had servicemen stationed—Korea, Vietnam, Philippines, Okinawa, and so on—the legal rights in those societies pass down through the male parent. With an absent father, the kids can live without *legal* status, and sometimes they're thrown onto the streets."

Adds Arlene, "These *(continue*



Fixin', Taste Ticklin' Butter Cookies.

Everybody loves cookies, especially when they're moist, chewy and peanutty as can be. They'll melt in your mouth—and vanish right before your eyes.

Good thing they're super-quick to fix, with Eagle® Brand. It's the original sweetened condensed milk—the one good cooks have trusted since 1857.

Bake a batch of these taste-tempters and watch 'em disappear. And whenever dessert counts, count on the Dessert Maker.

Easy Peanut Butter Cookies

(Makes about 5 dozen)

1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
¾ cup peanut butter
2 cups biscuit baking mix
1 teaspoon vanilla extract
Granulated sugar

Preheat oven to 375°. In large mixer bowl, beat Eagle Brand and peanut butter until smooth. Add biscuit mix and vanilla; mix well. Shape into 1-inch balls. Roll in sugar. Place 2 inches apart on ungreased baking sheets. Flatten with fork. Bake 6 to 8 minutes or until lightly browned (do not overbake). Cool. Store tightly covered at room temperature.

Peanut Blossoms: *Shape as above; do not flatten. Bake as above. Press milk chocolate candy kiss in center of each ball immediately after baking.*



BORDEN®

When dessert counts, count on *the dessert maker*®

© Borden, Inc., 1984.

For over 150 other delicious recipes, send for the new hardcover, 128-page "Classic Desserts" recipe book. Send $5.95 by check or money order to: P.F.C., Box 7073-B, Clinton, Iowa 52736. Allow 6 weeks for delivery. Offer good only in USA. Expires 12/31/85.

PROTECTS & FORTIFIES NAILS UP TO TWO FULL WEEKS



For longer, stronger nails you need the

Protection of
Nutra Gloss™
Protein Fortified Nail Glaze

Nutra Gloss™ uniquely combines flexible-strength Nylon and Acrylics with Natural Proteins for the most resilient, damage-resistant nails ever! Won't crack, chip, or peel. Works over, under, or instead of nail polish. Results guaranteed or your money back.



Discover how flexible-strength Nutra Gloss™ can fully protect your nails!

© 1983 Alleghany Pharmacal Corporation

ALAN ALDA
continued

children without fathers are considered noncitizens and are not accepted in their own homelands. Unlike melting-pot America, those societies are very homogenous and don't like outsiders."

To help, the Aldas have donated all the royalties from their captioned picture book, *The Last Days of M*A*S*H* (Unicorn Press), to the Pearl S. Buck Foundation. Buck, the late China traveler and Nobel Prize-winning author of *The Good Earth*, created a fund in 1964 for sponsorship and self-help programs in fourteen centers throughout Indochina. The *M*A*S*H* book, helped by Alan and Arlene's appearances on talk shows, quickly sold out its first printing of 30,000 copies, has another 50,000 now in stores, and may in time, at $1 per copy royalty, generate a sizable donation. "The foundation tries to educate people around the world to the problem," explains Alan, "and to help the kids over there. You can sponsor an Amerasian child for twenty-four dollars a month, and you'll know that at least one kid is getting an education and what he or she needs to make his way in the world."

Career and good works are not all that have kept Alan on an eighteen-hour-a-day schedule. Last year held events that distressed him personally. His seventy-one-year-old father, Robert Alda, a veteran star of Broadway (*Guys and Dolls*) and Hollywood (*Rhapsody in Blue*), suffered a stroke and underwent triple bypass surgery. Then his sixty-nine-year-old mother, Joan (Robert's ex-wife), suffered a stroke about the same time. Both parents were hospitalized, and Alan visited them daily, even though Joan and Robert were in Los Angeles-area hospitals forty miles apart. At one point, Alan's work deadlines became so pressing that he was forced to keep a bedside vigil and write in the hospital room where his father lay in a coma.

Sadly, Joan Alda died last fall. Never remarrying since the divorce in 1957, she had lived quietly for many years in the modest Burbank house Alan gave her. Alan's father is on the mend at the Pacific Palisades condo he shares with his second wife, Flora, a onetime Italian movie actress. (The couple have a son, Antony, Alan's twenty-six-year-old half-brother, who is also an actor, married and the father of one child.)

These two family crises coming together must have been extremely difficult for Alan to bear, because as a teenager he had suffered through his parents' long, messy divorce, which was followed by three decades of ill feeling between Robert and Joan. Happily, however, and no doubt partly because he learned by their negative example, Alan's own twenty-eight-year marriage has been famously successful.

Alan Alda was born in New York City forty-nine years ago as Alphonso D'Abruzzo, Jr. (Alda, his father's stage name, combined the first two letters of his first and last names), and he grew up wherever work took his father. His mother was the former Joan Browne, a pretty blond showgirl of Irish ancestry, and a onetime Miss Manhattan.

Alan's childhood was marked by uprootings, teasings by schoolmates, and a life-threatening bout with polio from which he completely recovered.

As a Fordham University senior bent on acting, he met and soon married Arlene Weiss, the daughter of a Bronx lithographer. Arlene was Phi Beta Kappa, a Fulbright scholar and a clarinetist already launched on a symphonic career. She gave up her work, however, to have three daughters and stand behind Alan as he became, like his father, a star on Broadway (*The Apple Tree*) and in Hollywood (*Paper Lion*). He had made eight movies by the time *M*A*S*H* debuted in 1972, and its success destined him to whirlwind cross-country commuting. The Aldas own two homes, a three-bedroom bungalow in Bel-Air, California, and the family's home base in Leonia, New Jersey, where they live comfortably in an old, rambling house with a tennis court squeezed into the backyard. They live modestly and admit to only one indulgence: buying moderately priced paintings by contemporary artists.

Alan, a devoted father and husband, is passionately private about his homelife. Nonetheless, as if deciding it's their time at last, his wife and children have lately sought the public eye.

Arlene, now mostly free of child care and homemaking, is making a career as a professional photographer. She is busy with books, articles, appearances and gallery showings. The three Alda daughters all have college degrees and are planning careers that reflect their parents' talents and concerns. Eve, twenty-seven, is finishing graduate school in Boston and will be a social worker. Liz, twenty-five, and Bea, twenty-four, are budding actresses who handled small roles their father wrote for them in the movie and TV versions of *The Four Seasons*.

Did this bit of nepotism reflect Alan's hope that Liz and Bea would go into show business? The question makes him grin. "I did the same thing my father did," he says. "I discouraged them and helped them every way I could. I kept saying, 'Don't do it. Acting will drive you crazy. It's the worst, and especially difficult for *(continued)*

"Two ways to pop it. No way to beat it."

Orville Redenbacher



"My famous Gourmet® Popping Corn pops up bigger and fluffier than other popcorns. So pop it in my Buttery Flavor® Oil, get out a big bowl, and watch your family gather for the best tasting popcorn around!"

"My Gourmet® Microwave Popping Corn practically pops itself. Just pop the no-mess bag into your microwave. And less than five minutes later, pop those famous light, fluffy kernels right into your mouth."

Orville Redenbacher's.® It's the best there is.

©1985 Hunt-Wesson Foods, Inc.

"TWO ITALIANS I DON'T HAVE TO RESIST ANYMORE."

LYNN REDGRAVE





I can now succumb to that notorious Italian seducer, spaghetti with meat sauce. The sauce, brimming with mushrooms, is based on fresh tomatoes mingled with touches of garlic, onions, spices, and the flavor of Burgundy wine. And I can give in to that other delicious Italian, cheese ravioli – pasta puffs stuffed with ricotta and mozzarella in a fresh tomato sauce blessed with garlic and onions. This is living – not dieting."

WEIGHT WATCHERS® FROZEN FOODS



® WEIGHT WATCHERS IS THE REGISTERED TRADEMARK OF WEIGHT WATCHERS INTERNATIONAL, INC. © WEIGHT WATCHERS INTERNATIONAL, INC. 1984

women.' Then I wrote them parts." He shrugs. "They're lucky to have a schizophrenic father."

"But," adds Arlene, "we always insisted they get a good education. With that you can go anywhere."

The Aldas also wrestled with a dilemma common to all mothers and fathers: the question of how much of a parent—versus how much of a *friend*—they should be to their children. "It's a disaster either way," says Arlene with a chuckle. "You can't win."

Alan takes the traditional view. "You *have to* be parental," he says, "no matter how much you want to be their friend. No matter how old they get, there's always that moment when you say to yourself, Uh-oh, I'm not needed now as a confidant—I'm needed as a person to absorb some pain. I'd just better sit here for a while and listen to her disappointment because that's my job as a parent. . . ."

While he's an obvious success as a father and husband, Alda can be proud, too, of a remarkable career and his work for good causes. He's hit a rough patch lately with *The Four Seasons*, Atari, parental crises and a stalled movie, but it's clear he still has the guts and optimism to overcome postseries blues. Let's hope *Sweet Liberty*, his movie with the wishful title, will do the trick. There seems a good chance it will, for it bears the stamp of America's most popular guy, both in front of and behind the camera. **End**

Journal Shopping Center

THE FINE ART OF DESSERTS
Page 62: "Winterthur" reproduction porcelain dinner service by Robert Haviland & C. Parlon. Reproduction sunburst decanter and creamware cake plate by Mottahedeh. Octagonal silver-plated tray by Sheffield. Silver-plated bread tray by Reed & Barton.
TAKE A CAN OF FRUIT
Pages 112–115: Aluminum platters from Pan American Phoenix, 153 E. 53rd St., NYC 10022.
FOLLOWING IN DIANA'S FASHION FOOTSTEPS
Pages 106–107: Cotton cap, Unique Clothing Warehouse, NYC. Earrings, Detail. Belt, Anne Klein. Shoes, Allure. Hose, Dim. White shirt, Bowman Trading. Pram courtesy of Peter Jones, London.
Pages 108–109: Large photo—Belt, Robin Kahn. Earrings, Carol Dauplaise. Scarf in hair, Bag of Rags.
Inset, lower left: Earrings and Maltese cross necklace, Detail. Scarf, Oscar de la Renta. Belt, Robin Kahn.
Inset, middle: Cap, Unique Clothing Warehouse. "Pearls," Marvella and Carol Dauplaise. Scarf, Oscar de la Renta.
Inset, right: Necklace and earrings, Carol Dauplaise.
Inset, top right: Jewelry and tiara, courtesy of Butler & Wilson, London. Gloves, La Crasia. Hose, Dim. Lavender dress in background, Victor Costa.
STORE LISTINGS FOR PAGES 106–109
Page 106: Norton McNaughton available at: Thalheimer's, Richmond, Virginia; Marshall Field, Chicago, Illinois; Hecht's, Washington, D.C.; Goldwater's, Phoenix, Arizona; Kaufman's, Pittsburg, Pennsylvania.
Pages 108–109: Blake by Devon (large photo) available at: Gimbel's, New York, New York; May Co., Los Angeles, California; Hecht's, Washington, D.C.; Emporium, San Francisco, California; May Co., Cleveland, Ohio.
J.G. Collection by Joyce (inset, lower left) and Joyce (inset, middle) available at: Herbergers, St. Cloud, Minnesota; Goody's, Athens, Tennessee; Yonker Brothers, Des Moines, Iowa; J. Byron's, Miami, Florida.
Bradley (inset, lower right) available at: Dahle's, Salt Lake City, Utah; Kelly Kitt, Cleveland, Ohio; Rosenberg's, Santa Rosa, California; House of Large Sizes, Minneapolis, Minnesota.
Carteret (inset, upper right) available at: Bullock's, Los Angeles, California; A & S, Brooklyn, New York; Plymouth Shops, New York and Washington, D.C.; Burdine's, Miami, Florida.
HOW TO HAVE YOUNG-LOOKING SKIN
Page 119: Top row, left to right: John Mendez muffler. Braefair coat. Braefair coat. Michael Kors sweater; John Mendez muffler.
Bottom row, left to right: Liz Claiborne jacket; John Mendez muffler. Braefair coat; Bowman Trading shirt; John Mendez muffler; La Crasia gloves. Esprit shirt.





THE MEN IN YOUR LIFE

continued from page 100

women in their forties, it's the kids—who are most often teenagers.

● Almost one third of the women say that nothing about their husbands is bothersome, but of those who complained, the three most frequently mentioned gripes were that he watches too much TV, he's a workaholic, and he drinks too much.

● A commanding 86 percent of the wives talk about their husbands to other people—45.9 percent to praise him, and 37.3 percent to complain about him. But only 2.8 percent ever talk about their sex lives.

● Most women (78.1 percent) say they've had the experience of being attracted to another than their husbands—but 77.1 percent say they resisted temptation and never had an affair.

● When asked whether their husbands have been unfaithful, 16.9 percent said yes, but another 37.2 percent checked "not that I know of," instead of "no."

● Couples talk about what's going on in their lives almost every day, but they talk about other things—cultural events, books, politics, world affairs—only once or twice a month.

● The wives' number-one sexual complaint is that lovemaking isn't frequent enough. The second most common complaint they reported is that their husbands make love too fast.

Does a woman's age affect the way she feels about men?

Yes, in several interesting ways.

● While 61.8 percent of the women over forty feel that men are just as good with children as women are, the figure shoots up to 84.2 percent for women under forty.

● Witness the effects of the sexual revolution: 76 percent of the women under forty debunk the double standard by saying it is just as hard for a woman to be faithful as it is for a man. The tally for women over forty? Only 36 percent.

● And in the year of Geraldine Ferraro, there was a political age gap, with 51 percent of the women over forty saying they believe men make better political leaders than women do, compared with only 26 percent of the under-forty contingent who share this attitude.

● Of the respondents over forty, 52 percent said that they think men are better at math and science than women, but a mere 19 percent of those under forty hold this belief. Even more indicative of changing attitudes about gender is that 81.6 percent of women in their seventies think men excel at math and science, but only 4.9 percent of teenage girls in the study feel that this is true.

● What do women notice first about men? Overall, 46 percent look into his eyes, but women in their twenties were the notable exception, with 42 percent checking (and checking out) his body.

● In what do men look most appealing? Women in their twenties like their guys in jeans and T-shirts (45 percent), while women in their thirties shifted toward a three-piece suit (46 percent) and women over forty definitely find the man in gray flannel the most dashing (64 percent).

● Pornographic magazines and videotapes are viewed by 45 percent of the husbands of the women under forty, compared with only 22 percent of the older group. And of the women under forty whose husbands use pornography, 54 percent say they look at the material with their men, compared with 24 percent of the over-forty women. And the latter group was much more likely to report feeling disgusted and demeaned.

Do homemakers and working women have different opinions about men?

In most cases the answer is a definite

no. But there are a few fascinating exceptions. To wit:

- Women who are not employed say they believe they would not care whether they worked for a man or a woman. But employed women, especially those in high-powered careers, say they prefer a male boss. They also say they prefer male co-workers, but once again the homemakers imagine that it wouldn't matter whether their colleagues were men or women.
- While homemakers and the majority of working women agree that what makes a man a good lover is the feeling he gives that he loves only you, managerial women have another view. They say the secret is the feeling he gives that he respects you as a person.
- Working women are more likely than homemakers to have male friends who are not part of couples they see with their husbands. They are also more likely to say they've been attracted to men other than their husbands, and to have been unfaithful.
- The overwhelming majority of homemakers describe their husbands as "traditional," while working women say they are married to "new men." And indeed, the husbands of the working women are more likely to do housework and child care than are the homemakers' husbands. (For more on "The Housework Hassle," see the chart on page 100.)

Is there conflict or ambivalence in the way women view the men in their lives at this point?

Yes, for women of all ages.

- A full 60.6 percent of the respondents say that men do not have a greater sex drive than women do, but only 11 percent of the women say they are the ones who are more likely to initiate lovemaking sessions.
- Forget the jokes about women drivers: 84.7 percent of the respondents say men are not better behind the wheel. Even so, 90.2 percent admit that when husband and wife go somewhere together, she leaves the driving to him.
- Should a man be older than his wife? No, say 70.4 percent. Yet married respondents were on the average three years younger than their husbands.
- And while 60.2 percent don't think it matters whether a man is taller than his wife, 92.9 percent are married to men taller than they are. (Of course, the average man is taller than the average woman.)
- Are men superior to women? The answer is a resounding no, according to 93.8 percent of women of all ages. But when we asked the respondents whether their husbands believe men are superior to women, only 52.4 *(continued)*

There's one word for Salmon this pure, this firm, this delicious:

Libby's.



At Libby, we're very particular about our salmon. For over 70 years, we've only selected the Pacific Northwest's best quality salmon.

So Libby's is sure to turn any appetizer, entree or other recipe into something very special.

And the Pacific Salmon Salad shown here is just one savory way to serve Libby's Salmon.

Pacific Salmon Salad

Chill can of Libby's Pacific Red Salmon. Drain. Separate into bite-size pieces; place on assorted greens. Arrange avocado slices, hard-cooked egg quarters, ripe olives, cucumber slices and cherry tomato halves. Mound salmon in center. Sprinkle with green onion slices. Garnish with dill or watercress. Serve with buttermilk ranch style salad dressing.

Maxi-Absorbent Protection in every MAXITHINS™ *Product*



Equal amounts of blue test solution were poured on pads that were cut open. The pads were then blotted. The surface of the MAXITHINS stayed drier.

Because only MAXITHINS has the Maxi-absorbent center

The blotter test proves that MAXITHINS Maxi-absorbent center locks in fluids better than the materials in ordinary pads and panty shields.



Also available in deodorant.

Each MAXITHINS product is folded and wrapped to be fresh and clean.

Maxi-absorbent protection, from the MAXITHINS family

pads & panty shields

© TAMBRANDS INC., 1984

WHO RESPONDED?

A total of 74,000 women returned the 108-item questionnaire. As is true of the respondents to any magazine survey, these constitute a self-selected sample of the readership.

- **Average age: 32**
- **Median age: 30**
- **Average age of married women: 37**
- **Median age of married women: 34**
- **Average age of husbands: 40**
- **Median age of husbands: 37**
- **Marital status: 66 percent in first marriage**
- **Years married: 14**
- **Number of children: 2, mostly school-age and young teens**
- **Employment: 40.2 percent of women employed full-time; 15.7 percent employed part-time; 12.3 percent self-employed; 31.7 percent full-time homemakers**
- **Occupations of the 68.2 percent who are employed: secretary/clerk, 25 percent; professional/technical, 24.8 percent; management, 10.5 percent; sales, 7.7 percent**
- **Occupations of husbands: professional/technical, 54.6 percent; management, 32.4 percent; secretary/clerk, 2.3 percent; sales, 9.9 percent**
- **Personal income: $15,000**
- **Family income, total: $38,000**
- **Residence: suburbs**
- **Lives less than fifty miles from birthplace: 46.9 percent; another 18.1 percent live less than 300 miles from birthplace**
- **Region of the country: about equal responses from all areas**
- **Considers herself religious: 72.6 percent**
- **Husband considers himself religious: 53.3 percent**
- **Registered with a political party: 70 percent**
- **Husband registered with a political party: 67 percent**
- **Education: some college, 41.6 percent; college degree, 20.7 percent; postgraduate work, 7.9 percent**
- **Husband's education: some college, 30 percent; college degree, 30 percent; postgraduate work, 12.7 percent**



THE MEN IN YOUR LIFE
continued

percent of the women under forty said no, and the figure dropped to 34.4 percent for women over forty.

What does all of this mean?

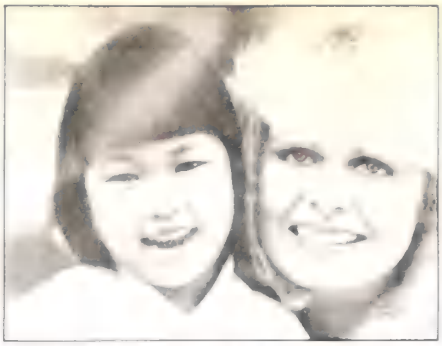
We can safely say that men behave and feel differently today from their counterparts of twenty years ago. For one thing, far more of them than we had anticipated now do what was once thought of as women's work. And clearly, the notion that women are somehow instinctively better at parenting has given way to the belief that men are capable of caring for children. Not surprisingly, younger women are especially prone to feeling that parenting is not a gender-linked characteristic.

Apparently, these changes are for the better, since women married to men they characterize as "new men" seem to be especially happy with their mates and most likely to say they'd like their sons to grow up to be like Dad. Yet when it comes to smaller matters—men opening doors for women, men whistling at women on the street, men being the ones to propose—the status quo remains. That is, men still do these things, and women still like it that way.

Interestingly, the women also continue to want their men to be the family's breadwinner. Of the 35.6 percent who say their husbands are "new men," 57.6 percent think a man should support a family and 72.6 percent of these men do; of the 56 percent who are married to "traditional men," the figures are 58 percent "should" and 84.2 "do," and for the wives of "macho men" (8.4 percent), they are 63.2 and 62.9 respectively. In effect, women seem to want a man who fulfills traditional male responsibilities, is an assertive and eager lover, but who will do the dishes and care for the children, too. Perhaps as women have become "superwomen," with many roles, they have come to expect their men to be "supermen" in turn.

Indeed, in the last twenty years, men and women have crossed once impenetrable boundaries into each other's territory. She may be gainfully employed, and he, though dragging his heels a bit, may be doing housework and caring for the kids. But on other levels, where *la difference* between the sexes is perceived as a pleasure instead of an unfair demarcation, nothing much has changed, and men and women still relish the little exchanges that charge the male-female relationship with elemental excitement. That, it seems, is just the way our respondents really want it, after all. **End**





The faces may change, but I always feel the same.



"Through my travels for Christian Children's Fund, I see lots of beautiful young faces in countries all over the world. Each one is wonderfully different. But unfortunately, they all reflect the unending poverty in which the child lives.

"One other thing always remains the same: the feeling of love that fills my heart when they look at me with their big, grateful eyes as if to say, 'Thanks for caring, Sally.'

"These children usually can't speak my language and more often than not they really don't know who I am. But they do understand that caring is what CCF is all about. And for them that means sponsorship can provide nourishing food, decent clothing, medical care, a chance to go to school, or whatever is needed most.

"For just $18 a month you can give a desperately poor child all this and more. There's no need to send money now—just mail in the coupon and we'll send you all the details. You'll see how your love can help change the face of poverty one child at a time."



Sally Struthers, National Chairperson

Send Your Love Around The World.

Dr. James MacCracken, Executive Director, Christian Children's Fund, Inc., Box 26511, Richmond, VA 23261

☐ I wish to sponsor any child who needs my help
☐ I prefer to sponsor a ☐ boy ☐ girl ☐ either in the country checked below

☐ Bolivia ☐ Colombia ☐ Honduras ☐ Indonesia ☐ Mexico ☐ Thailand ☐ Zambia
☐ Brazil ☐ Guatemala ☐ India ☐ Kenya ☐ Philippines ☐ Uganda

(If you would like to sponsor more than one child, please specify the number in box[es] of your choice.)

PLEASE SEND MY INFORMATION PACKAGE TODAY

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $18 within 10 days. If I'll return the material so you can ask someone else to help.

☐ I prefer to send my first monthly payment now; enclosed is $18 for each child.

☐ I cannot sponsor a child but I _____ to the Christian Children's Fund Growth Fund that provides expansion of services to hungry world)

Mr.
Mrs. Ms. _____

Address _____

City _____ State _____ Zip _____

IN THE U.S.: CCF, Box 26511, Richmond, VA 23261
IN CANADA: CCF, 2409 Yonge St., Toronto, Ontario M4P 2E7
Gifts are tax deductible. Statement of income and expenses available upon request.

OLHJ30

Christian Children's Fund, Inc.

Journal Store

By Sheryl Kraft

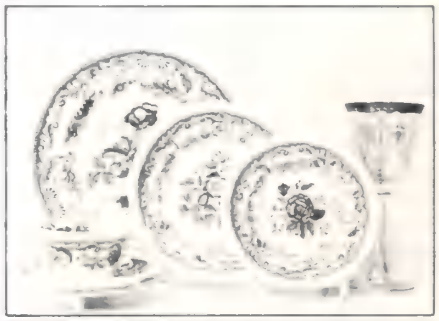
1.



2.



3.



Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!

1. **Luxurious crinkle cotton cafton** 100% Cotton fabric imported from Pakistan. Choose from Ivory, Blue, Hot Pink, Green. Specify both size and height when ordering. Sizes: Slender (6-12), or Full (14-20). Heights: Petite (5'1"-5'4") or Tall (5'5"-5'9"). $19.95 plus $1.95 p&h. SHOPPING INTERNATIONAL, Dpt. ARL3A, 3740 E. 34th St., Tuscon, AZ 85713-5305.

2. **Free Needlepoint Canvas** Recieve a beautiful 8"x10" full color Unicorn canvas, plus a free copy of Needlepoint News and membership information on the club that is revolutionizing the needlecraft industry. A $15 retail value for free! Just send $1 to cover postage and handling to: NEEDELCRAFT CLUB OF AMERICA, Dpt. E-716, Monsey, N.Y. 10952.

3. **Discontinued patterns of china and crystal** Choose from the world's largest inventory of patterns—easy to replace your missing or chipped pieces! Hundreds of thousands to choose from, including most of the major brands of bone china, earthenware & crystal. Call 919-275-7224 or write: REPLACEMENTS, LTD., 1510-L Holbrook St., Greensboro, NC 27403-2785. REPLACEMENTS LTD. also buys china and crystal.

Personalized Quality LABELS

Printed in Black with Red Border on White Cotton.
TO SEW INTO THE LOVELY THINGS YOU MAKE



Actual Size 2 1/2" x 1 1/16"

Prices 40/$5.75 - 70/$7.75 - 100/$9.75
(prices are for one name and one style only)

NAME TAPES for Schools, Camps or Homes



style 1 sew only
100 Name Tapes $4.00
200 Name Tapes $6.00

Please enclose self-addressed stamped envelope
(2 postage stamps for 70 or more labels)

Approximately 10 day delivery
Enclose check or M.O.
Canadian residents, enclose M.O. in U.S. funds.
IDENT-IFY LABEL CORP. Dept. 21
P.O. Box 204, BROOKLYN, N.Y. 11214



BORDERLESS COLOR PHOTOS ONLY $2.95

FIVE CHOICES only $2.95 each

- 4-5" x 7"s & 4 WALLETS
- 2 CUSTOM 8" x 10"s
- 10-3½" x 5" PRINTS
- 20 WALLETS (2½" x 3½")
- 16 WALLETS & 1-5" x 7"

BE Size-Wise!
BIGGEST IMAGE! NO BORDERS!
BEAUTIFUL COLOR COPIES on KODAK paper!

Send only photos up to 5" x 10" (RETURNED) Include 75¢ each set for handling and 1st class postage MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO 152-3 BOX 159
STAMFORD, CT

Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal: We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

Change of Address
Please remove my name from your rental list

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii. In Iowa call **800-532-1272**). Please have your magazine or bill handy.

FCP-3

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to: **LHJ**, P.O. Box 9400, Bergenfield, N.J. 07621



"I'm wearing an EVA GABOR WIG... (bet you didn't know it)."

So Natural-looking, So Comfortable, So Convenient

Send Coupon for FREE Catalog

of Famous EVA GABOR Wigs. Every Style and Color. Available by Mail-order.



Send Free Catalog to

Name _____

Address _____

City/State _____ Zip _____

Paula Young Dept. 511, Brockton, MA 02403

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2⅓ x 3½
- 4 Pocket Photos 1¾ x 2½
- 1-8x10 Enlargement or
- 3-5x7 Photos

Send any photo or polaroid 8x10 or smaller (returned). Add 65¢ per selection for postage and handling, and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

A Place in Medicine Awaits You!



Receive the latest in office automation equipment! Home study programs prepare you to be a Medical Receptionist, Medical Transcriptionist or Medical Office Administration computer professional. Get outstanding lesson material, faculty support and equipment—an IBM computer in CMOA course—from an accredited resident college. Job placement aid and financial aid available.

Call toll free: 800-892-8880 or write to Manic College, Dept. C, 7202 Princess View Dr., San Diego, CA 92120 for free brochure.

Manic College

Be seen by over 17 million women!

For mail order advertising information, call Sheryl Kraft at 212-719-3065.



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis treatment recommended by 4 medical textbooks (titles on request). "Tweezer-like" action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.
$16.95—send check/M.O.
Cal. residents add 6% sales tax

A LIMITED WARRANTY TO CONSUMERS. Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ I enclose $16.95 in full payment.
☐ MasterCard/Visa #/Exp. date.
☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. LJ-129
1935 Armacost Ave., W. Los Angeles, CA 90025

Two Famous Farmers!



These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just **$3.00** plus $1.25 shpg. Also available set of 12 notecards of picture for **$3.95** plus $1 post.

Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept.FJP-385 1118 W. Lake Box 370, Tawas City, MI 48763

High School at Home
DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you.

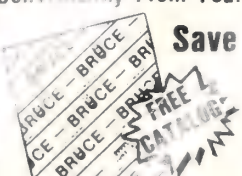
CALL FREE ANYTIME

American School, Dept 20304
850 E. 58th St.
Chicago, IL 60637

1-800-228-5600

OSTOMY SUPPLIES

Buy Your Medical Supplies
Conveniently From Your Home By Phone



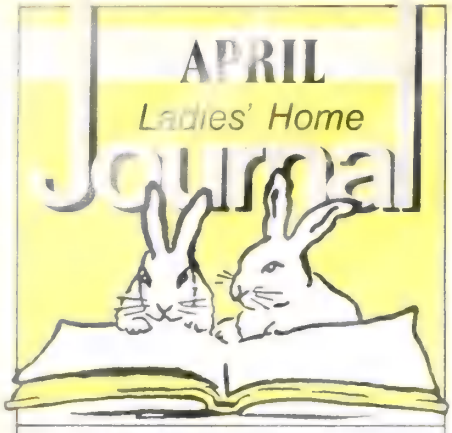
Save up to 60%

Hollister
Squibb
Coloplast
Bard
United
and many other brands

America's Leading Mail Order Medical Supply Company

Send for FREE CATALOG Bruce Medical Supply, Dept. 743, 411 Waverly Oaks Rd., Waltham, MA 02154

CALL TOLL FREE 1-800-225-8446
in MASS. CALL 1-800-342-3955



Did we have the wrong dreams?
A career woman wonders if we can be all that our mothers were plus all that our fathers were.

Spring fashion preview
What's in? What's out? The country's top buyers tell you.

Fitness fever
Dr. Kenneth Cooper's lifetime aerobics plan, tailored especially for *LHJ* readers.

Twice-as-nice menus
Double-batching isn't new, but our super recipes are. You'll love every one!

Fast and easy landscaping
How to make your yard a showplace with surprisingly little time, effort and money. Read

Critter cakes
From adorable dust to creepy caterpillar easy-to-make sweets the kids will love.

All this and lots, lots more. On sale March 14.

Last Laughs

Out of the mouths of babes

"One Saturday afternoon, our family was waiting to be seated at a local restaurant. I was eight months pregnant at the time, and my son, Matthew, was about two and a half. Just as we sat down, a woman at the next table turned around and asked Matthew, "Do you want a little brother or a sister?" Immediately he replied, "I want a hamburger!"
—Diana Silveira, Somerset, MA

Recently I was playing the "opposite game" with my four-year-old daughter, Melissa.

I asked her the opposite of "hot" and she said "cold." When I said "Mommy," she said "Daddy." I then went on to harder words and asked her the opposite of "defeat." She answered calmly, "De hands, of course."
—Karen Savin, Springfield, NJ

Our two-year-old daughter has a free-spirited habit of running naked through the house before her bath. Each night she appears at the kitchen doorway, gleefully announcing, "I'm naked! I'm naked!" One cool evening, Rachel raced out. "I'm naked! I'm naked!" Then with great solemnity she added, "I'm cold!"
—Jan Dunlap, Minnetonka, MN"

Fat

The more you eat, the more you'll find
That a waist is a terrible thing to mind.
—Tom Perdue

The art of the good excuse

- I can't understand why you haven't received it. I gave it to my son to mail over a week ago.
- Sounds like a super evening. You two always bring back such beautiful slides. Let me check to see if John has anything planned.
- I'm completely stranded here. My daughter went off with the car keys.
- I've been dying to hear all about your operation. Wait, you'll have to hang on a second. I think I just heard a scream from the kids' room. Why don't I call you right back.
- I'll certainly be there. Let's see, what date is that? The twentieth? Oh, what a shame—that's my grandmother's birthday.

From THE BEST EXCUSE . . . Copyright © 1983 by Donald Carroll. Reprinted by permission of International Creative Management Inc.

We'll pay $25 for accepted anecdotes or poems. Address contributions to Last Laughs, LHJ, 3 Park Ave., New York, NY 10016. Contributions cannot be acknowledged or returned.



"Who wants to feel ten years younger?"

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Competitive tar levels reflect the Feb. '84 FTC Report

NOW: THE LOWEST OF ALL BRANDS.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

ALL BRAND STYLES BELOW ARE 100mm

© 1985 R. J. REYNOLDS TOBACCO CO.

8mg 6mg 4mg 5mg 3 mg



Low. Lower. Lowest.

Now is lowest.

By U.S. Gov't. testing method.



For kids who use Crest, it's an easy chair.

Now we're not saying that by using Crest your kids will never get a cavity. But, the simple fact of the matter is that every year Crest prevents more kids' cavities than any other toothpaste. And that's a statistic that we're real proud to brag about.

The ingredient that makes Crest so tough on cavities is Fluoristat.® A cavity-fighting system that actually concentrates its protection where kids' teeth need it the most. So, when your kids brush regularly with Crest, there's a real good chance that when they sit down in that dentist's chair, they're going to have an easy time with it. And if you're a parent, that's a very comfortable feeling.



Aren't your kids worth Crest?

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

© P&G 1984

April 1985

m America's top fitness doctor

8-PAGE EXERCISE BONUS

$1.50
April
1985
adies'
Home

Journal

3 9042 01796371 8

XCLUSIVE!



"MY MOTHER, PRINCESS GRACE" By Prince Albert

XCLUSIVE!

ETTE DAVIS ALKS about er battle gainst ancer and stroke

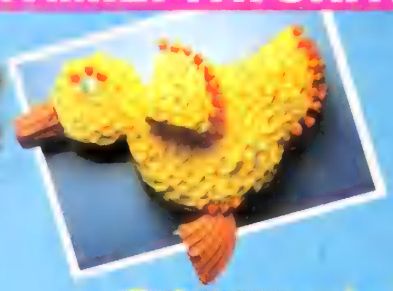
EXCLUSIVE!

AREN ANN UINLAN en years ater

VORK VS. HOME

ld a generation f women make he wrong choice?

FAMILY FAVORITES



- Critter cakes
- Perfect pizzas
- Cook once, serve twice

LOVE & MARRIAGE

How to live with a difficult man

SPRING FASHIONS

The best-seller list

THE SPECIAL STRENGTH OF MARY TYLER MOORE

BURLINGAME
MAR 26 1985
LIBRARY

Anything Goes!® from Armstrong
The luxury carpet with a 10-yea

Armstrong offers you an assurance of lasting carpet beauty.

When you invest in luxury carpeting, you want to be sure it will stay beautiful for years to come. You get that assurance when you invest in Anything Goes, because Armstrong backs it with a 10-year performance warranty.

This special limited warranty is our promise that, with normal maintenance, the carpet will not mat or crush for ten years as a result of tufts untwisting. (If this occurs within five years, Armstrong will replace the carpet; during the next five years, we'll refund your purchase price.) Ask your retailer for details.

Proven performance sets Anything Goes! apart from other luxury carpets.

Rigorous testing in both laboratory and public locations has provided dramatic proof of the unmatched performance of Anything Goes carpets. Their extraordinary resistance to foot traffic is the result of a special combination of fibers, twist, heat-set, and density that keeps the tufts from losing their twist.

Exceptional resistance to soil and stains.

In many of the test locations, such as New York's Grand Central Station, foot traffic resulted in heavy dirt buildup. In every case, steam cleaning restored the carpet beautifully—proving the exceptional soil and stain resistance of Antron® Plus nylon as well as the carpet's extraordinary resistance to wear.



erformance warranty.



The Armstrong Carpet Studio™—your friend in the carpet business.



You want good, honest advice to help you select the best carpet value. And your Armstrong Carpet Studio retailer is one place you're sure to get it. A friendly trained staff can help with any questions you have about performance, style, and color. And the beautiful showcase of Armstrong carpets includes the complete selection of Anything Goes styles, featuring Anything Goes! Fantastic—the plushest, most luxurious of all.

Anything Goes! Color Consultation with an Armstrong Interior Designer.

From among the 100-plus colors in the Anything Goes collection, you should have no problem finding the perfect complement to your room. But if you'd like additional advice, your Carpet Studio can arrange for a Carpet Color Consultation with an Armstrong Interior Designer. This service is available free of charge during April and May, 1985.

Call the Anything Goes! Information Center, toll-free.



We're ready to answer any questions you may have about Anything Goes and its 10-year warranty, send you complete literature, and give you the names of your nearest Carpet Studio retailers.

Call us toll-free: 1 800 233-3823.
Ask for Dept. 54XLH.

Or write: Armstrong, Dept. 54XLH.
P.O. Box 3001, Lancaster, PA 17604.

Armstrong

so nice to come home to™

LADIES' HOME Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin **Sondra Forsyth Enos**
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, senior editor
BETH WEINHOUSE, associate
ROBERTA ANNE GRANT, associate
LINDEN GROSS, associate
BETH KNOBEL ANNE VACCARO

BOOKS AND FICTION
Constance Leisure, editor
ALICE WEIL

COPY DIRECTOR
Randi Blaun

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S. JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL, copy editor
ROSEMARIE SMITH, copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
ELLEN R. GEISELMAN
DEBRA F. LEWIS
JAMES M. FRANCO, photo researcher

ART PRODUCTION
Frank Della Femina, coordinator
JAY SCOTT FRANCIS

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D.
CLIFF JAHR ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

EDITOR'S JOURNAL

By Myrna Blyth

Meet the Pros

For the past ten years, writer Phyllis Battelle and *Ladies' Home Journal* have been covering the story of Karen Ann Quinlan, the young New Jersey woman who fell into a coma in April 1975. At that time, Karen's parents asked that the respirator Karen was attached to be turned off. Their request erupted into a headline- and history-making court case about the right to die and medical ethics that affects us all. Phyllis's first story about Karen appeared in *Ladies' Home Journal* in September 1976. She also spent eighteen months helping the Quinlans write their book, *Karen Ann: The Quinlans Tell Their Story* (published by Doubleday in 1977). During that time, she interviewed Karen's brother and sister and many of Karen's friends. "Karen was a very special young woman. I felt I really was getting to know her through all those who love her, and I wish I had known her before her illness," says Phyllis, who has remained close to the family. Her latest story on the Quinlans appears on page 118.



Phyllis Battelle

Phyllis, whose interviews often appear in the *Journal*, sold a poem to one of the Scholastic magazines when she was in the third grade. She has been a professional journalist for over forty years and has written a syndicated newspaper column since 1955. For the column and for magazines, Phyllis has interviewed practically everyone worth interviewing, including all the Presidents and First Ladies since President Eisenhower, as well as Marilyn Monroe, Fidel Castro and the Beatles. In fact, she and her son, who was then three and a half, once spent a week in Nassau with the Beatles in 1965. "They adored *him*. Uncle Ringo would play with him while I talked to the other Beatles." At the *Journal*, we think Phyllis is terrific—a fine writer, a lovely woman and a real professional in every way.



Dr. Kenneth Cooper

Another real pro in this issue is Dr. Kenneth Cooper, who is known as the man who started America running. He helped us prepare our special exercise section (page 149). Dr. Cooper is the author of *Aerobics*, a worldwide best-seller, which introduced his exercise system for strengthening the heart and lungs and improving circulation. He has expanded his fitness message in four more books. Altogether his books have sold thirteen million copies and have been translated into thirty languages. In Brazil, exercisers say they are doing their "Cooper" when they exercise!

After reading this issue cover to cover, we hope you put down the magazine and do your Cooper, too. It's April—time to be out, about, and enchanted once again with the miracle of springtime.

© 1985 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" ™ ® trademark of Family Media, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) April 1985, Vol. CII, No. 4. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices: U.S. and Possessions, 1 yr. $20.00; 2 yrs. $32.00; all other countries, 1 yr. $26.00; 2 yrs. $44.00. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized ® second-class matter ® Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.**

Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

Gregory W. Dunn, VP/Advertising Director
Stephen B. Levinson, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Giella, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Laufer, Promotion Director
Ron Valeno, VP/Associate Publisher, Family Media
Jeremy Grayzel, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clappi, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

Armstrong

PRESENTS

ADVENTURES IN SPACE



The transformation of a two-car garage. The first in a series of innovative remodeling ideas to help you make the most of the space you have.



Armstrong turns a parking place into a beautiful living space.

Where the Glazecraft™ vinyl floor creates an extraordinary feeling of spaciousness.





The space:

Imagination and Glazecraft no-wax vinyl tile transform a little bit of space into a lot of good living. In an area smaller than the average studio apartment, you'll find a spacious kitchen with a dishwasher, microwave, ample cabinets, and room to work. Plus, there's a full bath with a mirrored vanity and a large linen and towel closet.

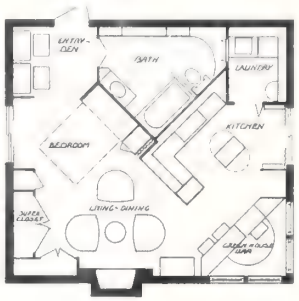
During the day, the bed folds out of sight to create a generous space for relaxing or entertaining in front of the fireplace. There's a cozy study nook and a breakfast bar where the morning sun spills in through an overhead skylight. There's even a separate laundry room with a washer and dryer. And there's an extraordinary amount of closet and storage space throughout.

But what's more remarkable is that these are just a few of the good living features in this idea-filled space.

If you'd like to see more, just fill out the coupon below. We'll send you additional photos, a complete floor plan, and detailed how-to information.

The Glazecraft floor:

Even close up, it's hard to see the difference between Glazecraft and real glazed tile. This remarkable realism comes from the thousands of natural mineral



particles that are imbedded into the vinyl. The result is an amazing depth of design you can see and a subtle mix of textures you can feel. Glazecraft has a natural realism you don't find in other vinyl floors. Plus it's Armstrong's longest-wearing and easiest-to-care-for vinyl tile floor ever.

You can see all 25 beautiful designs and colors of Glazecraft at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials." Floor Fashion Center® stores offer the full selection of Armstrong floors.



FREE OFFER For product information and a 12-page color brochure filled with ideas and how-to tips, write or call the toll-free Armstrong Consumer Line. Ask for Dept. 54FLH. 1 800 233-3823.

Send to: Adventures in Space • Dept. 54FLH • P.O. Box 3001 • Lancaster, PA 17604

Name (please print)

Street

City

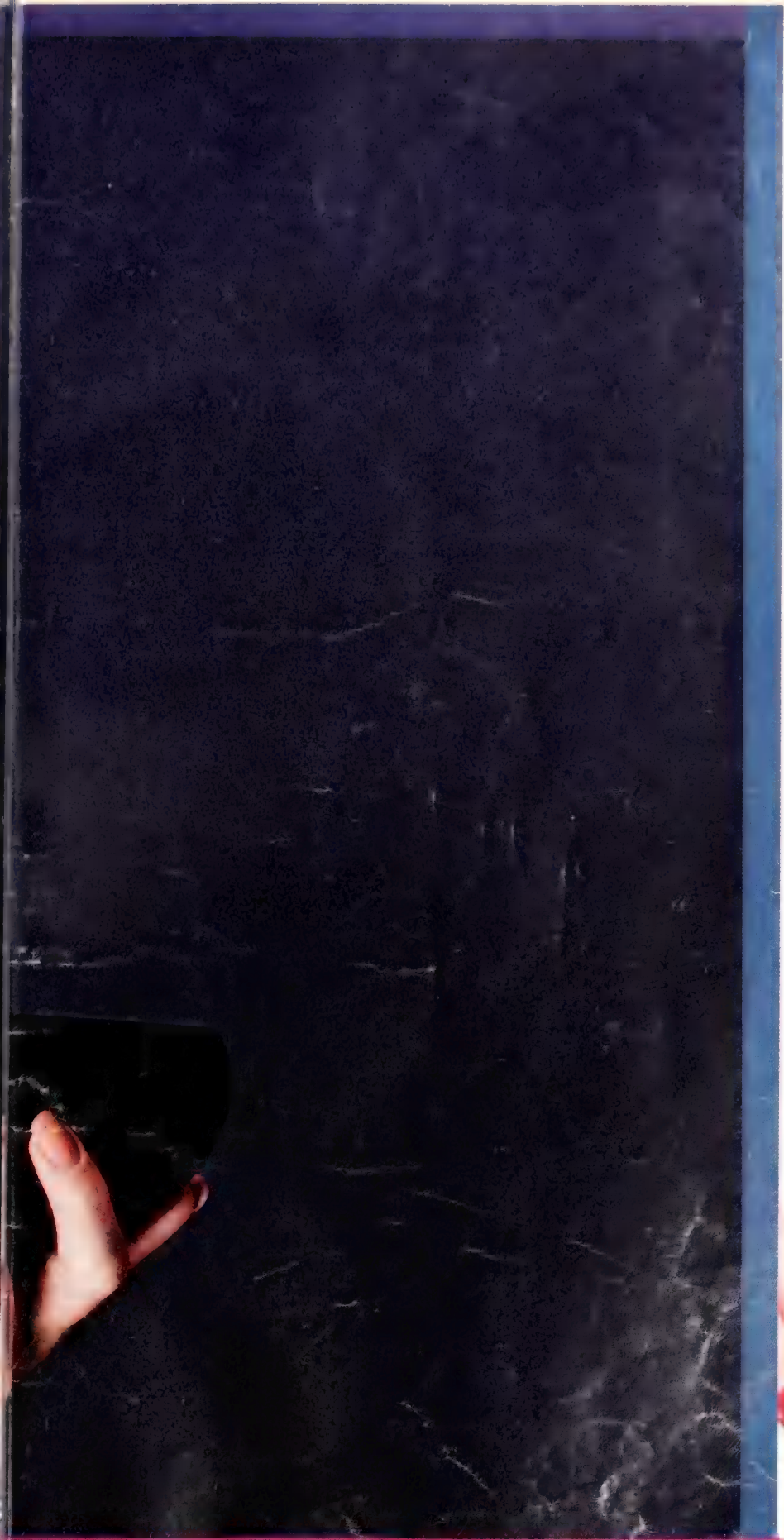
State

Zip Code

Armstrong so nice to come home to

ign copyrighted by Armstrong


REVLON
Pam is wearing Basic Diamond Dusty Pink Eye and Skyblue Jacket by Cutura Shock. Jewelry by Laurence de Vries. Shirt by Agnes B. © 1985 Revlon Inc.



Custom Eyes. Choose your colors.

Tiger Lily
Superfrost Goldleaf
Mocha Glaze
Shy Brown
Ranch Mink
Taupestar
Cameo Blush
Dusty Pink Frost
Superfrost Pink
Spirited Rose
Indian Turquoise
Sea Teal
Hush Green
Society Mint
Night Moss
Silver Lace
Slated Grey
Black Diamond
Midnight Plum
Wisteria
Wild Violet
Sterling Iris
Prosperous Plum
Wine with Everything
Sparkling Burgundy
Ruby Bronze
Baby Blue
China Blue Frost
Frosty White
Canary
Superfrost Beige
Ipanema Gold
NewBlue Frenzy
SkyBlaze
Billionaire Blue

Create your own eye shadow looks...with "Custom Eyes" compacts that hold 2 or 3 interchangeable shadows. Never buy another color you don't want. Refillable. Gorgeous.
The first... The only..."Custom Eyes."



Revlon. The difference between looking good and looking great.

New discovery!

End pain of high heels!

Thin invisible mini-sole ends slipping, toe-jamming!

High heels? Open toes? Loose straps? Unique new SLIP-STOPS™ self-sticking mini-soles are specially cushioned to fit perfectly beneath the ball of your foot—to stop toe-jamming, stop sliding, stop high heel pain!

Shoes fit better and feel better

Now! High heels feel like low heels! Toes won't slide forward or overhang! Loose straps and heels won't gap! And SLIP-STOPS won't bunch or show!

More comfort and a guarantee too!

In fact, new ultra-thin SLIP-STOPS, by the makers of famous *Odor-Eaters*® Insoles, are guaranteed to end slipping and high heel pain. SLIP-STOPS are made with long-lasting suede-like tops and patented activated charcoal in latex foam. Put new SLIP-STOPS in your shoes and stop high heel pain!

Wherever health and beauty aids are sold

2 PAIRS



© 1984 COMBE Inc

LADIES' HOME

Journal

VOL. CII NO. 4 APRIL 1985

Articles

2 EDITOR'S JOURNAL

14 CAN THIS MARRIAGE BE SAVED?
"My husband puts me down"
By Jane Marks

22 A WOMAN TODAY
"I won't call the sheriff"
By Elizabeth Pullen-Hoff

32 BETTE DAVIS: "NO GUTS, NO GLORY"
By Christine Sutherland
The actress talks about her battle against cancer and a stroke.

36 PSYCHOLOGIST'S JOURNAL
By Sonya Friedman, PhD.

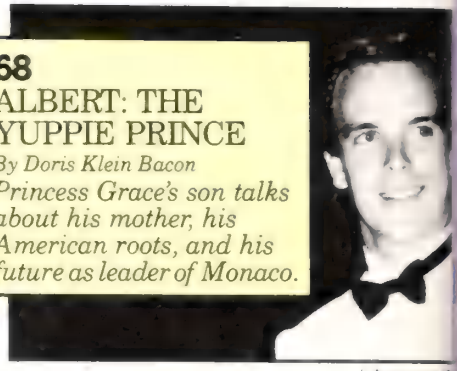
40 FOOLPROOF LANDSCAPING
By Theodore James, Jr.
Advice from an expert on making your lawn a showplace.



George Barkentin

122 THE SECRET OF BEAUTIFUL HAIR
By Louis Licari with Sharon Esche
Hair savvy from an expert.

68 ALBERT: THE YUPPIE PRINCE
By Doris Klein Bacon
Princess Grace's son talks about his mother, his American roots, and his future as leader of Monaco.



J. Andanson/S

49 MEDINEWS
By Beth Weinhouse
Salt talks; perfume allergies; and more.

54 HOW TO LIVE WITH A DIFFICULT MAN
By Norma Peterson
No, you can't change him—but you can learn to cope with his less-than-charming ways.

64 GUIDE TO WOMEN'S OPERATIONS
By Phyllis C. Leppert, M.D.
What you should know about women-only surgery—from a leading woman doctor.

74 WHEN YOUR PARENTS NEED HELP
By Barbara Deane
Can women juggle the demands of husband, children and aging parents? Yes, if they know where to find the resources.

85 EXPERT OPINION
By Katy Koontz
Remodeling your kitchen? Repairing your roof? Here's all you need to know about hiring a contractor.

96 MONEY NEWS
By Katherine Barrett and Richard Greene
Shrewd and sensible financial tips. ▶

REVLON





Introducing the 10-day turnaround for skin.

European Collagen Complex®

10 days from today
your skin could be merely
10 days older,
or, it could be
silkier, smoother,
on its way to looking younger.

European doctors tested it.
European women proved it.
In 10 days...
European Collagen Complex
can vastly improve
the texture, the tone,
the very quality of your skin.

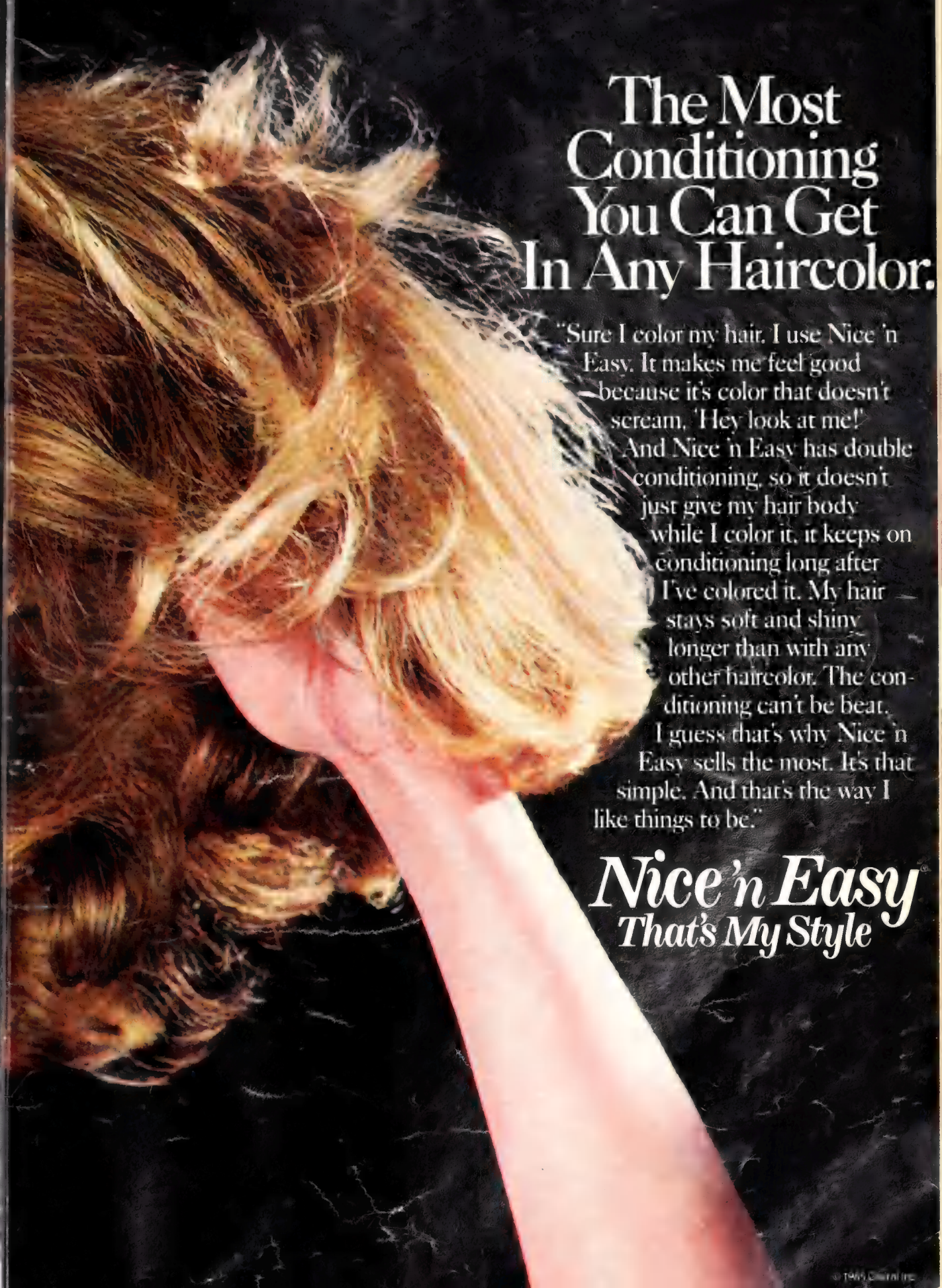
Available in cream or lotion.

Revlon. The difference between looking good and looking

Sweater from Rita Jamie © 1984 Revlon Inc.

© 1985 Clairol Inc.


Clairol®
Nice'n Easy®
the shampoo-in hair color
105 natural deep golden blonde
Clairol
Nice'n Easy



The Most Conditioning You Can Get In Any Haircolor.

"Sure I color my hair. I use Nice 'n Easy. It makes me feel good because it's color that doesn't scream, 'Hey look at me!' And Nice 'n Easy has double conditioning, so it doesn't just give my hair body while I color it, it keeps on conditioning long after I've colored it. My hair stays soft and shiny longer than with any other haircolor. The conditioning can't be beat. I guess that's why Nice 'n Easy sells the most. It's that simple. And that's the way I like things to be."

Nice 'n Easy
That's My Style

© 1966 Clairol Inc.


Wear it Classy
Wear it Sassy
Wear it Soft
Wear it Sleek
Wear it Light
Wear it Luscious
And...
Wear it Long
Introducing
Long Wearing Nail Color
Now Maybelline keeps your nails looking their best longer in a whole new wardrobe of colors designed for your look, your life. Colors designed to last. And last!
New from
Maybelline®

2 DID WE HAVE THE WRONG DREAMS?
By Hilary Cosell
Is career the ultimate fulfillment? What does success really mean for today's woman?

Tom Arma

98 NEWS FOR PARENTS
By Mary Mohler
Information about child rearing in the eighties.

103 MARY TYLER MOORE
By Jeff Rovin
She's a favorite role model on TV, but Mary's own life is a lesson in courage.

118 KAREN ANN QUINLAN: TEN YEARS LATER
By Phyllis Battelle
She is the world's most famous patient. How is she surviving? What is life like for her devoted parents?

188 LAST LAUGHS

Fiction

86 AFTER EMILY
By Elinor Lipman
Baby hunger—the second time around.

At home

112 CAN THIS ROOM BE SAVED?
By Marilyn Diane Glass
What happens when a couple redecorate?

Good looks

30 BEAUTY JOURNAL
A guide to low-calorie snacking; a fanny firm-up; new-product notes.

108 THE BEST-SELLER LIST
By Lois Joy Johnson
An insider's report on the best of spring fashion.

149 DR. COOPER'S HEALTH AND FITNESS GUIDE
By Sylvie Reice
From the doctor who started the fitness revolution.

Food

62 EASY AS 1-2-3
By Jan Turner Hazard
A new way with Newburg, a hot cucumber combo and a peachy dessert.

116 TWICE AS NICE
By Sue B. Huffman
Terrific recipe duos that let you fix two great meals at once.

120 APRIL FOOLS AND OTHER PUDDINGS
You'll fall in love with our cool and creamy desserts.

126 CRITTER CAKES
By Susan West
A charming caterpillar and a daffy duck will delight kids of all ages.

128 RECIPE INDEX

Cover photo of Mary Tyler Moore by Harry Benson. Inset photos: Critter cake by Nora Scarlett; Princess Grace by J. Andanson/Sygma.

106 PIZZAS WITH PIZZAZZ!
You'll love our zesty recipes, from classic Neapolitan to California nouvelle.

J. Barry O'Rourke



Wear it Classy. Wear it Sassy.

Wear It Long.

At long last, a truly long-lasting nail color from Maybelline.



STORE COUPON

50¢ off Long Wearing Nail Color

Retailer: To receive reimbursement with the terms hereto of 50¢ plus 8¢ for handling on consumer's purchase of Long Wearing Nail Color, mail this coupon to Maybelline Co., P.O. Box 1510, Clinton, Iowa 52734. Invoices evidencing purchases of sufficient stock to cover coupons presented for redemption must be shown on request. Your failure to do so will void applicable coupons. Coupons nontransferable by you except to Maybelline Co. Any use or transfer of this coupon not in full compliance with the terms hereof will constitute fraud and void applicable coupons. Any applicable sales tax must be paid by consumer. Void where prohibited, taxed or restricted by law. Good only on Long Wearing Nail Color. When redeemed according to the terms hereof, cash value is 50¢, otherwise 1/20 of a cent. Facsimiles or copies are void. All promotional expenses paid by Maybelline Co. Good only in U.S.A. One coupon per purchase. **Coupon expires: 12/31/86.**

Maybelline®

41100 105463

© 1986 Maybelline Co.

By Jane Marks

"My husband puts me down"

Kim wanted to help David in his work. But what happens to a marriage when a husband demands too much?



This case is based on information from the files of the Counseling Center of Southern Westchester in Bronxville, New York, a nonprofit agency funded by the Community Fund of Bronxville, Eastchester and Tuckahoe, as well as by churches and friends. The true story reported here is based on interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was the Reverend James Walkup, D. Min.

Kim's turn

"David is so demanding," said Kim, thirty-seven, slim and dark-haired. "He treats me horribly at the office, and the tension carries over to our home life. I realize he's the veterinarian with all the professional training and that I'm just his assistant, but he acts as if I make no contribution at all. That hurts, because I have devoted myself to helping him build his practice—I've even neglected my own kids when David needed me for an emergency. But if everything isn't done his way—and perfectly, I might add—he tells me I'm stupid.

"Even at home, David blows his stack if the house isn't as tidy as a hospital. When I hear him scolding Jessie and Jenna, my thirteen-year-old twin daughters, I really get upset. He's always finding fault. Sometimes I think that if they hadn't already lost one father, when my first husband died, I would walk out on David right now.

"What's so hard to believe is that David used to be such a lovable man. We lived in the same apartment complex, and met the afternoon he accidentally put a scratch in the fender of my car. He came over to apologize, and I was struck by how serious and caring he was, very different from the other men I had been dating. I was thirty-four then, teaching kindergarten and dreaming of someday returning to school for a degree in counseling. David was finishing his veterinary studies. He wasn't even thirty, but he already knew what he wanted in life, and I respected his commitment to his work.

"That June, David graduated and began work at a veterinary clinic in New York City, about two hundred miles away from the college town where we lived. We saw each other on weekends, but it wasn't enough. The strain of a long-distance relationship was difficult for me. I needed the stability of a solid family for myself and my daughters.

"When I told David I wanted to get married or call it quits, he agreed. I also knew that I didn't want to relocate the girls to New York City. After much discussion, David also agreed that the big-city environment would be too hard on them, since they would have enough trouble adjusting to a new father. I knew that leaving the job at the clinic was difficult for David—he was, after all, in an excellent position for important career moves. But he said he was willing to sacrifice the immediate rewards for what he was sure would be even greater ones in the future.

"So, in June, we were married; and since there was no opportunity for a young veterinarian in my town, we spent our honeymoon—the four of us—driving around in search of a new job for David. We would settle for any place with a decent school district. Just before September, he finally found a position in a small animal clinic.

"Though I had hoped we'd be one happy family once we were settled, it didn't work out that way. David really did mind leaving a dynamic city clinic for a poky country office. And I have to admit that I was restless, too. Teaching positions were few and far between, and the only job I could find was selling clothes part-time in the local department store. Although I wanted to start working on my counseling degree, that seemed like far too great a commitment to make when I had a husband and children who needed me. So I was delighted when Arthur, David's boss, asked if I'd do the office paperwork. I really loved being at the clinic.



"Since David never told me directly that I was doing a good job, I was startled—and flattered—when he said one night, 'Hey, I do three times as much work as Artie, and he makes most of the money. Why don't we go out and start our own practice?' So we did.

"As the weeks went by, we began to see a little money coming in—just enough to get by. Since we still didn't have money to hire a staff, I became David's right hand. I drove around with him, picking up the sick animals and bringing them back to our house, where David had set up a mini-clinic in the basement. Though I felt deeply for all the sick animals we cared for, I have to say I was beginning to get tired of the mess and the smell.

"But I wasn't going to quit. David needed me, and I shared his dedication to the animals. The rest of our home-life, however, was beginning to suffer. We would go on calls at any hour of the day or night. Since we were building a new business, we couldn't afford to miss an opportunity. As a result, dinner was catch-as-catch-can. There was never time to relax or even to talk.

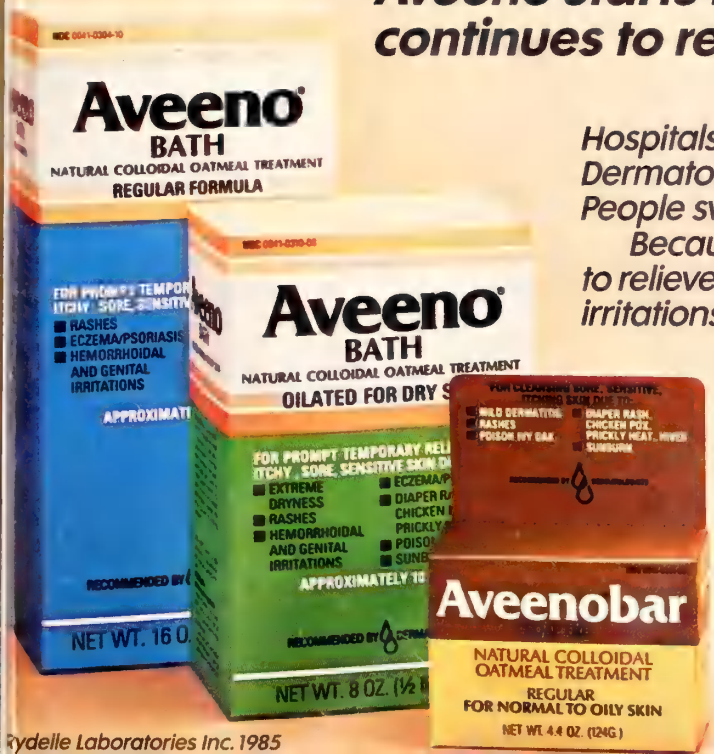
"To make matters worse, I began to feel very guilty about neglecting my children. They were used to having me all to themselves, and now they weren't getting any of me. I also felt that David wasn't being as kind and *(continued)*



Itches? Rashes? Dry, sensitive skin?

"Aaaahhh...Aveeno"

Aveeno starts to relieve immediately and continues to relieve long after your bath.



Hospitals use it.
Dermatologists recommend it.
People swear by it.

Because Aveeno® Baths go to work immediately to relieve itchy, sensitive skin due to rashes, eczema, irritations, hives, poison ivy, and sunburn.

Aveeno relieves these and other skin problems with a soothing colloidal oatmeal treatment that bathes your skin with billions of tiny protein particles.

Aveeno eases discomfort. Relieves itching. And Aveeno continues that comfortable relief long after your bath.

Try it just once and you'll say, "Aaaahhh ...Aveeno!"

And to cleanse irritated or problem skin, try soap-free Aveenobars.

"Aaaahhh!"

Rydelle Laboratories Inc. 1985

Shake Up!
Shape Up...
with a diet plan Doctors choose 2 to 1 over one like Slim·Fast™

SWIMSUIT BY MONIKA TILLEY FOR CHRISTIE BRINKLEY



So easy, so fast!



So delicious!



Doctor-Recommended!

In a recent national survey, doctors chose a plan like Dietene over one like Slim•Fast 2 to 1.*
With the doctor-recommended DIETENE Plan you lose weight fast and safely...without missing a meal!

And DIETENE shakes are so rich, so filling, you feel satisfied while you lose.
Your appetite is retrained naturally... this could be your chance to stay thin for good.
Delicious chocolate, vanilla, strawberry.

A SANDOZ HEALTH CARE PRODUCT

DIETENE®

*From a national survey with doctors who stated a preference among 1000-calorie diet shake plans.

CAN THIS MARRIAGE
continued

loving a parent as I thought he would be. He'd blow his top at little things—if the girls left an empty ice cream carton on the kitchen counter, for instance. I assured the girls that life would settle down once we could afford to rent an office. Yet, when we finally did, our practice became madly busy, and the pressure was actually worse. And so, incidentally, was David's treatment of me.

"Once, I hesitated for a few moments when David asked me to hand him some gauze pads while he was operating on an animal. He yelled at me and threw the pads on the floor. When I said, 'Look, I'm sorry,' he just glared and said, 'You've worked for me for a year. Are you stupid?' Another time, I was trying to reassure a little boy whose puppy was injured. All I said was, 'Oh, don't worry, honey. He'll be okay,' but David sneered at me: 'Stop trying to be the doctor.'

"The problem is, David and I are together constantly, and I'm hating every minute. Lately, I don't even want to go near him, let alone make love. Not that he's interested, either. We spent my thirty-seventh birthday in surgery.

"David is not the loving, considerate man I met. I cringe when I hear him angrily ordering the girls to put their clothes away or turn out the light in their room or stop slouching. For heaven's sake, we're not in the army. The girls seem so subdued, so hurt when he speaks like that. I'm afraid he's scaring them. Maybe I'm overreacting, but I can remember when I was little and my parents would yell at me. I was always devastated when they were angry at me because their fury sometimes lasted for days. I don't want my children to endure that rejection.

"But if I tell David to leave them alone, he really blows up. Right now, I feel trapped. I no longer enjoy working with my husband, and since I do the bookkeeping, I know he can afford to hire an assistant, though he denies it. We have been arguing constantly, both at the office and at home. The children are petrified that we will get divorced. I never thought that would happen, but unless the tension eases, I'm not so sure anymore."

David's turn

"Kim complains that I'm making life hard," said David, thirty-two, a blond, blue-eyed man in jeans and a college sweatshirt. "But I think *she* is being overly sensitive about everything, from our relationship at work to the way we agree to handle the kids.

"Whatever happened to the woman who seemed to take life in stride? We met when I accidentally *(continued)*

Free! Royal Albert thimble for joining now.

The Thimble Collectors Club

Now, at modest cost, you can build your own collection of choice collector's thimbles.

Royal Copenhagen...Wedgwood...Lladro... Imari...Hutschenreuther...Royal Doulton... Haviland...these and others of the world's greatest porcelain houses will be represented in your collection.



This lovely glass-domed display stand can be an attractive addition to the decor of your home. It and other unusually fine display pieces are offered by the Club to members.

The finest thimbles are works of art in miniature.

Charming and colorful, they add warmth and appeal to a room. They are family treasures to be passed to daughter and granddaughter. It's no wonder millions of people around the world collect thimbles.

A Lovely Thimble Sent To You Each Month

Now, through membership in the Thimble Collectors Club you can build a collection of the *creme de la creme* of porcelain and china thimbles; a collection which would be practically impossible to assemble on your own.

Each month, you will receive a beautiful thimble. Our representatives are in contact with porcelain houses all around the world. They select only the very best thimbles. Indeed, many of the monthly selections will have been created exclusively for the Club's members.

The thimbles in your collection will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual thimbles will have infinite variety...yet together they will form a harmonious collection.

A card will accompany each thimble describing the motif on it and the porcelain house which made it.



A Wedgwood thimble in their famous blue Jasper, invented in 1774 by Josiah Wedgwood himself. It depicts their well known Floral Girl. $7.60.



"Enchantment," a delightful fairy thimble from Royal Worcester. $7.50.

This traditional Dutch Windmill design is delicately captured in the beautiful 'Blue Chinese' style, by Royal Mosa. $8.00.



An Aynsley Bird thimble in fine English bone china. $6.80.

Kaiser of Germany has portrayed an exquisitely detailed country scene on this delicate thimble. $7.95.

No Risk or Obligation

If you are not delighted with any month's thimble selection, you may simply return it within ten days for full refund. And you may cancel your membership at any time.



Haviland of Limoges presents a lovely violet thimble – perfectly beautiful! $9.50.

Belleek of Ireland has hand-painted Shamrocks on this thimble made from their famous Parian china. $7.20.

Modest Cost

One of the nice things about collecting thimbles is that besides being beautiful, they don't cost a lot. The Club's regular monthly selections typically cost about $7.50 to $9.50.

Send No Money Now

To join the Thimble Collectors Club, just send your application. Enclose no money now. You will be billed for your first monthly thimble selection.

Thimble Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857



FREE. *This* Royal Albert *Thimble For Joining Now.*

The Thimble Collectors Club will send to each new member this lovely "Old Country Roses" bone china thimble from world famous Royal Albert.

Please add $1.50 to all prices for shipping and handling.

Membership Application 029

Thimble Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857

No Payment Required.
Simply Mail
this Application.

Please enroll me in the Thimble Collectors Club. Each month I will receive a thimble selected as being one of the very best from the world's great porcelain houses. I am under no obligation. I understand that I may return any thimble within ten days for full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Royal Albert thimble as a free gift.

Payment Options (check one):

☐ Please bill me, just before shipment, for my first thimble, the Aynsley Bird Thimble, priced at $6.80.*

☐ As a convenience, please charge my first thimble (priced as above), and each subsequent thimble, at the time of shipment, to my credit card:
☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling. (Conn. residents pay $8.92 to include tax.)

Name _____

Address _____

City _____

State/Zip _____

Signature _____

The Thimble Collectors Club reserves the right to select specific designs included in this collection.



CAN THIS MARRIAGE BE SAVED? "The problem," David said, "is that Kim complains about everything."



continued

scratched the fender of her car in the parking lot of the garden apartments where we both lived. I immediately went to apologize and offered to pay for the damage right away so she wouldn't have to wait for the insurance company to reimburse her.

"I felt terrible and really dumb for what I had done to her car. I suppose I've always felt as if I had to do things just right. My parents never tolerated mistakes or excuses, and so I didn't, either. But that night, I was amazed that Kim was so understanding.

"I fell very much in love with her. For the first time in my life, I had met someone who cared about me, and I felt very lucky. The difference in our ages seemed unimportant. Kim was just a lovely, sexy woman. I was also very fond of her ten-year-old twins.

"After I graduated, I was offered a great position in New York, which meant seeing Kim only on weekends. I was happy, but after six months, she put it to me bluntly: 'We're having a super time,' she said. 'You come here every weekend and the kids think it's Christmas, but I need more stability in my life and they do, too.' So we got married. I wasn't strong enough to say, 'I really don't want to do this yet.' But, to be honest, a lot was happening in my life. I had put myself through school—slowly—and I was finally free, earning money and enjoying my work. Yet I loved Kim, and I knew that she and the children would have a hard time adjusting to New York. I didn't want to lose them, so I agreed to look for a job in the sticks.

"At first, I was really unhappy. I didn't like working for someone else and, though I knew it would be hard, I was more than ready to strike out on my own. Kim has worked very, very hard to help set up our practice, but the problem is, lately she complains constantly about everything. Instead of thinking about the future and what we're building, Kim whines, 'Look what you pulled me into.' Things like birthdays stick out in her mind. Last month was her birthday, but a dog needed emergency surgery that night, and after the operation it was much too late to think about celebrating. Why was one dinner out so crucial? Isn't an animal's life more important?

"Kim also says that I humiliate her in front of clients. Well, I hate when she plays 'Mrs. Doctor,' acting like the expert she isn't. I remember the time she told a kid that his pet would be fine before I'd even had a chance to examine the animal. What if I'd had to put that dog to sleep after Kim had said, 'Don't worry, the doctor will fix everything'?

"Kim doesn't like being bossed, but she's got to understand that in the office, especially a medical practice, there are procedures that must be followed in a certain way, and there's no room for 'Hey, let's talk about it.' If I say, 'Hand me the gauze pads,' that means 'I need them *now*.'

"Kim also claims I'm bossy at home, but from my point of view, she's the dictator there. She is always taking the girls' side in an argument, no matter what they do. If I'm angry with Jessie because her room is a pigsty, Kim will say she feels attacked and helpless because I'm picking on the children. Well, I don't get it. Am I supposed to just shut up and let them turn the house upside down? I want them to grow up proud and competent, not slapdash and spoiled. If I expect a lot, it's only because I consider them my daughters, too, and I want the best for them—just like I want the best for all of us."

The counselor's turn

"David and Kim assumed they were sharing a single point of view," said the counselor. "Though they did love each other and the girls, and though they shared a commitment to the veterinary practice, they were often at odds on some serious issues.

"First there was the age and stage-of-life issue: Kim, in her mid-thirties with two children, had put her career goals on hold to devote her energy to helping David fulfill his dream. She exhibited the very unselfish maturity that had drawn David to her when they first met. Though David wanted to be as unselfish as Kim—indeed, he sacrificed a lucrative and exciting position when they got married—deep down he was not ready to forsake career goals he had struggled for years to attain.

"The parenting issue presented additional areas of conflict. David was not experienced as a father, nor had he been the one to shape these particular children. He felt frustrated when they didn't exhibit the qualities of neatness and responsibility that had defined his own upbringing. What was tolerable behavior to Kim was horrendous to David. Compounding the problem was the fact that David also saw the girls' messiness as defiance of his standards and therefore of him.

"Since David and Kim perceived their arguments about the children so differently, I suggested that Kim ask her daughters outright if they were indeed frightened of David. Much to her surprise, they said they weren't. Only then was Kim able to see that, conditioned by her own childhood fear of parental anger, she had been projecting her anxiety onto her daughters. What's more, she found that the girls, who were entering the turbulent teenage years, actually welcomed David's stern fatherly hand.

"At the same time, David had to learn to accept the fact that the girls would never share his passion for order. Once he stopped interpreting their messiness as a personal rejection, they were in a better position to discuss areas of compromise—for instance, that the girls at least learn to confine the mess to their room.

"I also suggested that Kim and David rethink their working relationship, because it was clearly draining much energy from their marriage. Since they had to learn to separate their boss-employee problems from their personal problems, I suggested that Kim find another job, at least for a while. Though Kim liked the idea, David was convinced he could never replace her. Feeling deserted, he grumbled and complained, and Kim felt obliged to stop her job hunt. Nevertheless, after a few more counseling sessions, she did find the courage to explore a variety of career possibilities. Eventually, she enrolled in a master's program for a degree in child counseling, her dream. And David, much to his surprise, was able to hire a young and very reliable woman to take her place.

"Once David found a new assistant who was indeed capable and trustworthy, he began to relax at work, too. Cheered by discovering that even though Kim was no longer working with him, she was as willing as ever to listen to his concerns and offer sound, objective advice, he has learned to tell Kim how much he values her opinions and ideas—a simple gesture, but one he had neglected in the past. And now that Kim and David are free of their office power struggles, they find their sex life has improved enormously.

"'You know,' David said to me the last time we met, 'Kim helped me to achieve my goals; now I see how fulfilling it is to help her do the same thing.'" **End**

REVLON INVENTS PERM LIFE™

The secret to a longer lasting perm.



©1983 Revlon Realistic Prof. Prod., Inc.

Perm Life Perm gives your hair vital moisture for a natural softness that lasts the life of your perm. Revlon's exclusive moisture control system, with special Aqua Cationic action, drenches your curls in moisture during every phase of the perm process. So curls are buoyant, soft and bouncy. Long lasting. And that's the beauty of a Perm Life Perm. It lasts.

To maintain your perm, use **Perm Life Perk-Up**. A unique perm moisturizing conditioner. Just spray it on. In just seconds curls and waves spring into place. There's nothing quite like it to keep the life in your perm.

Share the secret.
Discover Perm Life for a longer lasting perm.

STORE COUPON

50¢

SAVE 50¢
WHEN YOU BUY
PERM LIFE™ PERM



TO RETAILER: This coupon will be redeemed for 50¢ plus 8¢ handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be honored and will be void if presented through outside agencies, brokers, institutions or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so, may, at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in USA. Any unauthorized use constitutes fraud. For payment, mail coupon to: Revlon Realistic Professional Products, Inc. P.O. Box 1085 Clinton, Iowa 52734. Offer limited to one coupon per package purchased. MANUFACTURERS COUPON EXPIRES 4/30/85.

LHJ485

50¢ 30997 107526 50¢

By Elizabeth Pullen-Hoff

"I won't call the sheriff"

I thought we were safe in our remote country home until the day a stranger knocked on my door.

My husband Sandy, our ten-year-old son, Cary, and I had just moved from a small suburban home to a secluded area far out in the country. Three wooded acres and a white frame house were testimony to ten long years of saving, planning and struggling toward our dream.

For years, my husband and I had wanted to return to the quiet simplicity of a natural setting, to a place uncluttered by the rapid, interlocking patterns of urban life. Now, with the move, came the assumption of peace and privacy. Roaming our beautiful hilltop, unseen from the road below, I felt very far removed from the sort of violence that makes newspaper headlines and the ten o'clock news.

On an ordinary Wednesday morning, I began a thorough housecleaning after having seen Cary off to school and Sandy off to work. By eleven-thirty, I was grumbling my way through bathroom scouring while the television blared its usual morning inanities.

Then, midway through my search for the bottle of disinfectant, I heard a knock at the front door. I hadn't heard a car pull up, and it was somewhat unusual for anyone to come uninvited—and on foot—onto our property. Our nearest neighbor lived a third of a mile away and always phoned before stopping by. Only an occasional delivery person, unable to negotiate our steep driveway with his truck, would attempt the long trek up to the house. I peeked out the front bedroom window and saw no one.

I decided not to answer the door. If it was a delivery person, he would merely walk back down to his truck and leave a notice in my mailbox. Better, I thought, not to advertise that I am a woman at home alone in the middle of nowhere.

I paused for a moment, listening, and heard footsteps on the back porch. The deliveryman must have heard sounds from inside. If I answered through the glass patio door, I would not be able to conceal my obvious vulnerability. I waited quietly for him to return to the front of the house. But he did not. The footsteps moved rapidly along the rocky dirt ledge that sloped to the foundation. I heard a low, indistinct voice and then —another pair of footsteps.

Fear gripped me like a greedy hand, and I instinctively knew I had to get to the phone. As I moved quickly to the bedroom, sounds volleyed from the kitchen like crescendoing alarms: the heavy click of the metal door as it was tested on its track (the receiver was to my ear), the resolute prying of the safety lock (my index finger seemed to get stuck in each opening on the dial), the crack of glass and steel as the door was thrown back against its will (I waited interminably for the ringing at the other end), footsteps on the kitchen tile (Oh, God, I was out of time!).



Ivan Powell

Hours seemed to pass as I sat huddled against the sink. If only they would leave me alone.

Breathlessly, I replaced the receiver and moved to the bathroom across the hall. The footsteps, muffled now by the deep pile carpet, were coming toward me. Quietly, I closed the bathroom door and locked it. The footsteps paused outside the bathroom door, and as I held my breath, a hand tried the knob.

The footsteps finally moved away. Hours seemed to pass as I sat huddled against the sink. I listened as each room was ransacked in turn: hands rummaging through drawers and closets, the clink of coins from Cary's money jar, the unplugging of radios and televisions. My mind darted crazily from one reality to the next: my aloneness, the loss of our possessions, the fear I knew would never leave me. If they would only go away without discovering me, I prayed, I would call the sheriff and it would be over.

My thoughts were interrupted suddenly by a sound at the bathroom door. I figured it was the other of the two trying to turn the doorknob. Please, God, I prayed, let him, too, go away without wondering why this door is locked. But instead of moving away, he called to his partner, "Hey! Get over here! There's something back here!" A moment of silence followed and then a loud thump shook the door. I watched, horrified, as the wood in the center trembled against one powerful thrust after the other.

My God, I thought, he's trying to break down the door! Instinctively, I placed my hands on the interior of the door as if to forestall the inevitable. But it was too late. The door burst open, throwing the latch and a section of the door frame across the room.

Before he could catch sight of me, I called out, "Please don't hurt me. Take what you want and go." A crop of curly black hair, a portion of pale forehead and the metallic glint of a weapon darted forward, then out of sight. "I won't call the sheriff," I pleaded. I heard the two men whisper *(continued on page 20)*

WELCOME TO

STRIDE

WHERE TASTE RUNS RICH



RICH TASTE AT $1 LESS A CARTON*

Mfg. suggested retail price is 1.00 less a carton than full-priced rands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

100's: 14 mg. "tar", 1.2 mg. nicotine av. per cigarette by FTC Method.

© 1984 Liggett Group Inc.





EXTRA BODY & SET

OGILVIE

HOME PERMANENT

contains EXCLUSIVE PRE-PERM® conditioner with protein

also contains
POST-PERM body and setting lotion
for limp, dry, fine or tinted hair

REGULAR BODY & SET

OGILVIE

HOME PERMANENT

contains EXCLUSIVE PRE-PERM® conditioner with protein

professional-type for all hair styles



HOME PERMANENT

OGILVIE

SOFT BODY WAVE

contains EXCLUSIVE PRE-PERM® conditioner with protein

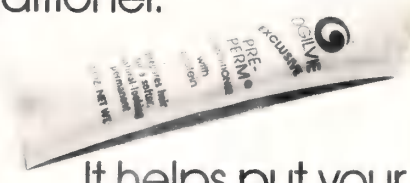
with special PERM-SOFT,™ a professional-style after-perm conditioner

HOW TO PERM LIKE THE PROS.

Whichever look you're looking for, there's one truly professional perm.

Ogilvie Home Permanent.

Because only Ogilvie has an exclusive Pre-Perm® conditioner.



It helps put your hair in its best possible condition before perming.

And it's protein-enriched so your home perm has lots of body, bounce and shine.

Just like a salon perm.

"Turn the blues and blahs into ooohs and ahhhs."
Know someone who's having one of those days? Send them the Pick-Me-Up® Bouquet from your FTD Florist. Cheerful flowers in a coffee mug and a reusable tote bag. It's a sure cure for the blues.



Merlin Olsen

Lift someone's spirits with special care.™

FTD and the Mercury emblem are registered trademarks of Florists' Transworld Delivery Association.

A WOMAN TODAY

continued from page 22

to each other. Then a frantic threat—"You'd better not!"—was hurled at me from the other side of the battered door.

Before I could think of what to do next, I heard the sounds of running feet, a door jerked open, heavy shoes pounding the front steps and, finally, silence. I sat very still for a moment, afraid to move. I heard myself breathe a soft prayer of thanks that I had apparently done the right thing—and very likely saved my own life. Then slowly I got up, listening for any sound that might signal their return. I went to my bedroom telephone. My hands were trembling so much I could barely dial, but I had decided that if I survived this ordeal, I would call the sheriff.

Next, I called my husband, who came home right away. Once he was sure I was all right, he began to express tremendous guilt. "If only we'd installed a burglar alarm," he moaned. "If only we'd gotten a watchdog." I ruefully reminded him that we had believed our home was at such a safe distance from the corrupting factors of civilization that we didn't need such protection.

A sheriff's deputy arrived quickly and I stammered the list of what had been taken: my engagement and wedding rings, my son's piggy bank money and ham radio, my husband's tools and a small black-and-white television set. Neighbors gathering at the scene reported having spotted a car parked down the road, so the burglars could be on their way to anywhere, but the deputy assured me that everything possible would be done to find them. He quickly placed a call for assistance.

When Cary, returning home from school, saw the squad cars lining the driveway and the deputies roaming the woods, he was frightened. He sat quietly as I explained the day's events, and then he put his arms around me as if to say how glad he was that I was all right. Fortunately, with the donation of a friend's ham radio, he was able to return to his normal activities and soon dismissed the experience with all the cheerful nonchalance of a typical ten-year-old.

It took me much longer to get over my ordeal. When, three months later, I learned from the county prosecutor that the curly-haired man had been caught after committing yet another burglary, I felt once more a flood of gratitude for being alive. He had held a hammer from my husband's tool chest on the other side of my bathroom door, and only a quirk of circumstance had caused him to leave me unharmed.

At the same time I felt terribly violated. I shuddered to think that it would have been Cary, arriving home from school, who would have found me unconscious—or worse. In addition, I was angry about our material losses. Although we had homeowners insurance and we did recover some of our belongings that the burglars had dropped in the woods behind the house, nothing could ever compensate for the theft of my diamond wedding set.

My anger and mourning were compounded by fear. Every small sound in the house, every crackle in the expanding and contracting wall surfaces, every bang of a shutter on a windy day, unnerved me. I found myself frequently bursting into tears, and Sandy and I discussed moving, even though we both realized how much we had invested here. He knew that what I wanted most was to leave, and we both saw the irony in my longing to return to what now seemed like the greater security of suburban living. Yet I knew that what Sandy wanted most was to stay and make this place a real home.

Eventually, we made the decision to stay, and the difficult adjustment began. We had locks changed, alarms installed, and burglar bars built. We alerted our distant neighbors. I learned how to fire a rifle and kept it under my bed. Yet I was still afraid. Intellectually, I knew that I was safe, that it could never again happen the way that it did. But I dreaded the meter man in my driveway, unexpected footsteps on my porch, a sudden knock at the door.

Perhaps to compensate, I read voraciously on the topic of crime and its victims. Everyone says "It can't happen to me" or "It can't happen here." Yet I learned the hard way that crime can happen anywhere.

In some ways, however, rural crime is more difficult to accept than urban crime. It can come as a greater surprise, invading all that is traditionally symbolic of privacy and safety. And it leaves the victim adrift in relative solitude to adjust to her new fear.

Yet my fear did eventually subside. The memory of the assault retreated slowly, like a subdued animal, and settled innocuously into the backdrop of my life. But faint traces of that day remain. I still sleep with both ears open, and occasionally I have bad dreams.

Sandy, Cary and I are grateful that we were able to face our fears of danger and violation as a family rather than run away. Today I have an inner strength derived from the conviction that I acted properly during my ordeal, and that I stood up to the terror that came afterward. Our home has grown more precious over the years, as has our appreciation of one another. We are survivors; we are still here. **End**

Everyone wins! Be an overnight success!

the overnight success® sweepstakes



Everyone wins. No purchase necessary. Simply enter the Overnight Success Sweepstakes and receive a free trial gift of Overnight Success Cellular Replacement Cream from Coty. Overnight Success is the remarkable advance in face treatment technology that virtually reverses the aging look of dry skin.

Grand Prize winner chooses from three prizes:

- Thrill to the romance of Paris... fly the Concorde, stay in an elegant hotel, wine, dine and shop in grand style.
- Indulge in a Caribbean cruise on the Cunard Queen Elizabeth 2*, luxuriate in its Golden Door Spa at Sea!
- Experience the ultimate New York shopping spree... with the help of an expert, select a glamorous new designer wardrobe and personalized beauty makeover.

First Prize winner receives a Blue Chip stock portfolio.

Second Prize (2 Winners): Host the dinner party of your dreams with chauffeured limousine for all your guests.

Third Prize (10 Winners): Dream of success on a luxurious, customized bed linen ensemble from St. Moritz.

Fourth Prize (1000 Winners): Overnight Success Cellular Replacement Cream or Lotion (full size)... phases away dry lines... phases in softer, smoother, younger-looking skin.

Visit the Coty counter at participating stores for entry forms with Sweepstakes rules and prize details. Or receive one by writing to: Overnight Success Sweepstakes, P.O. Box 3401, Monticello, Minnesota 55365. Void where prohibited by law.

*British Registry

1985 Coty N.Y.

Discover Overnight Success tonight. Wake up to younger looking skin tomorrow.

A POWDER PERFECT LOOK FROM FOUNDATION?

NOW IN LIQUID



COTY SAYS YES

AIRSPUN

POWDERESSENCE

FOUNDATION

Now Coty brings foundation and powder together as one! Slips on silky smooth like foundation—transforms into a soft matte powder finish. Feeling is believing. It's like no foundation you've ever worn. Looks so natural you never see 'makeup'. You only see beautiful skin. Powder perfect.

COTY. EXTRAORDINARY ANSWERS.

© 1984 Coty N.Y. Available in Canada. Model is wearing Delicate Beige Airspun Powderessence Foundation, Frosted Pink Blush, The New Romantics Shadow 'n Liner Eyekit, and Forever Bronze Sheer To Stay Lipstick. Ensemble Adrienne Vittadini. Earrings

DAZZLING COLOR THAT LASTS WITHOUT FEATHERING?



COTY SAYS YES

COTY '24'

Luminescent Lipstick

Soft shimmery color stays put for hours! Won't 'feather' because Coty's exclusive lip-lining formula actually helps hold color inside lip line. Moisturizes too. Color dazzles on and on and on. Now that's extraordinary.

EXTRAORDINARY ANSWERS. COTY

© 1984 Coty, N.Y. Available in Canada. Model wearing Lilac Luminescent Lipstick. Ensemble by George Rech.

Beauty Journal

Nibbler's guide to low-cal snacks; the return of the perm; a super bottom-trimmer; new products to try

22 SKINNY TREATS

Not all the best snacks are fattening. Here are twenty-two really terrific ones—each a skinny fifty calories or less!

HIGH-PROTEIN BITES: 2 oz. boiled shrimp; 1 oz. broiled chicken; 5 anchovies; ½ large boiled egg

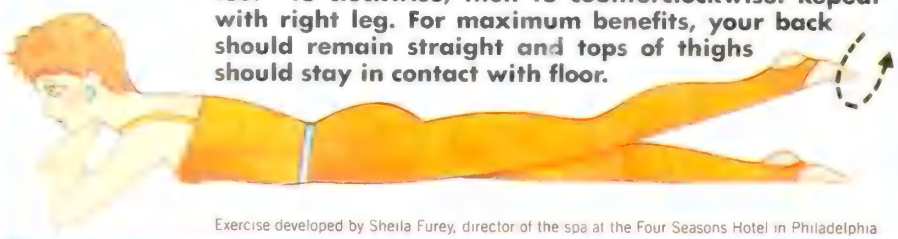
SWEETS: ½ cup blueberries or blackberries; 1 scant cup whole strawberries; 2 small apricots; ½ medium apple; ½ small banana; ½ oz. candy corn or gum drops; ½ of a 1-inch square piece of chocolate fudge

CRUNCHIES: 1 breadstick; 10 small pretzel sticks; 2 cups unbuttered popcorn; ½ slice toasted raisin bread (no butter)

VEGGIES: ½ small baked potato (no butter); 10 asparagus spears; 1 sweet red pepper; 4 oz. fresh mushrooms; 3 large dill pickles

Fast fanny firm-up

Lie on stomach, chin on hands, hipbones pressed to floor. Keeping knee straight and toes pointed, raise left leg six inches off floor and "draw" 30 small circles with your foot—15 clockwise, then 15 counterclockwise. Repeat with right leg. For maximum benefits, your back should remain straight and tops of thighs should stay in contact with floor.



Exercise developed by Sheila Furey, director of the spa at the Four Seasons Hotel in Philadelphia

Beauty news

- *All-day smiles: Translucent color in a pot lasts from dawn to dusk. Coty '24' Stay Put Lipcolor, $3.65.*
- *Terrific twofer: Mascara wand with two built-in brushes, one to flick on color, the other to separate lashes. Maybelline's Expert Eyes, $3.50.*
- *Hair fitness: Get better body, shine, with this super-rich instant conditioner. Rave Hair Masque, eight ounces, $2.99.*
- *Save your skin: Moisturizing makeup with sun protection is non-allergenic, won't irritate sensitive complexions. Balance Control Liquid Makeup by Avon, one ounce, $7.*

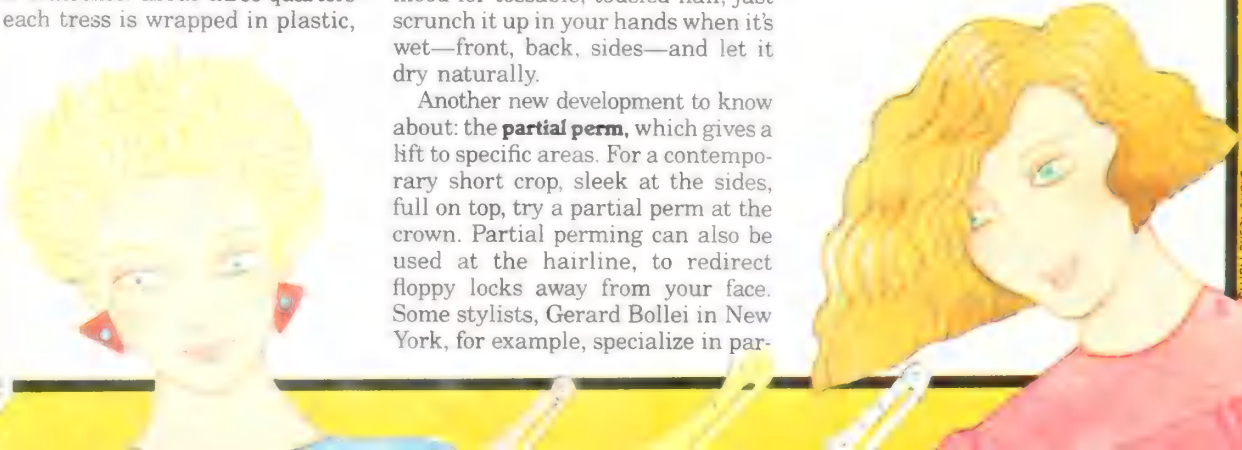
THE PERM PERFECTED

No *wonder* the perm is back and more popular than it's ever been before! With today's new perfected perming techniques, you and your hairdresser can coax your hair into doing practically anything that you want it to do!

In **root perming** hair is wound on rods, as usual, but with this important difference: about three-quarters of each tress is wrapped in plastic, leaving only the hair close to the scalp exposed to the perm solution. Result: Your hair has new "built-in" lift that never falls flat. Root perming is the secret success factor in many of the buoyant chin-length blunt cuts you've been seeing lately. It's also the key to quick-change hair, say the experts at Glemby Salons. Their tips: If you use a blow-dryer on root-permed hair, you'll get a sleek, straight look. When you're in the mood for tossable, tousled hair, just scrunch it up in your hands when it's wet—front, back, sides—and let it dry naturally.

Another new development to know about: the **partial perm**, which gives a lift to specific areas. For a contemporary short crop, sleek at the sides, full on top, try a partial perm at the crown. Partial perming can also be used at the hairline, to redirect floppy locks away from your face. Some stylists, Gerard Bollei in New York, for example, specialize in partial perming, use it for asymmetrical looks and to achieve fullness and movement at hair ends.

Not new, but definitely improved: the **body wave.** Product advances and special devices such as Revlon's computerized timer, which takes account of individual hair texture, condition and length, give stylists precise control over the perm process. Forget the frizz, forget the kinks—now you can have just the wave you want.



Diane Teske Harris



What's the secret of the fresh-dressed woman?

Fresh panties all the time.



Carefree Panty Shields®

When you're fresh and clean right down to your pretty underwear—you feel wonderful! One little way to have that feeling is with Carefree Panty Shields. Use them every day—it's like having fresh panties all the time.



Between-period discharge is normal but can be uncomfortable. Why put up with this kind of discomfort when it's so easy to feel dry and comfortable with Carefree Panty Shields. They're so light and soft you hardly feel them.



Light, small and comfortable enough for every day. No wonder so many women make Carefree Panty Shields part of getting dressed.

Certain contraceptives can cause problems. If you're wearing an I.U.D. you may have spotting—and the pill can increase vaginal moisture. Carefree Panty Shields keep your panties fresh and you secure.

Ovulation or hormonal changes can cause stains. Carefree Panty Shields are the comfortable answer.

At the end of your period or to back up your tampon. Use Carefree Panty Shields. Pretty panties are expensive so why not keep them new-looking longer with Carefree Panty Shields.

Deodorant Carefree Panty Shields are for extra freshness.



CAREFREE PANTY SHIELDS is a trademark of Personal Products Company, Milltown N.J. ©PPC 1984

Bette Davis
"No guts, no glory"



Eddie Adams/Gamma Liaison

Her doctors said she'd never work again, but Bette wouldn't listen: She beat cancer, survived a stroke, and now she is "planning to work until I drop." Join LHJ for an exclusive interview with this indestructible actress.

By Christine Sutherland

Small and trim, Bette Davis is sitting on a chintz-covered sofa in her London hotel room, dressed in a fashionably short black skirt and a white and black print jacket. Her gold hair is freshly done, her makeup immaculate, her movements quick and alert. She exudes boundless vitality and strength; she seems ageless; the whole room is filled with her presence. Behind her, like a gigantic stage set, the lights of the great city are reflected in the waters of the River Thames flowing under her window.

The actress, who turns seventy-seven this month, has just completed five weeks of filming an Agatha Christie movie—*Murder with Mirrors*—in the countryside north of London. It is a triumphant finale to a year during which the longtime celebrity suffered cancer, a stroke and a broken hip. As recently as last summer she was told by her doctors that she would never be able to work again. But they did not know Bette Davis.

"I've done it—I've won my battle," she exclaims, her husky, somewhat rasping voice ringing loud in the room. "And I had no trouble at *(continued)*

IF YOU WANT TO KEEP YOUR SKIN LOOKING YOUNG, STOP BABYING IT.



It's time you got tough. With Aapri Facial Scrub. It's brown. It's rough. Its coarse granules of crushed apricot seeds are more concentrated, more abrasive than any other scrub. So it works harder than any other scrub to remove the dull dead skin cell layer that keeps your fresher, younger, babysoft skin from seeing the light of day. Don't keep your youth under cover. Get a little tougher with Aapri. And keep bringing out that babyface of yours.

© 1985 Aapri Cosmetics, Inc.

Aapri®. Because staying young is a tough job.

Why do we make Future's shine so tough?

Because we know what your floor goes through every day.

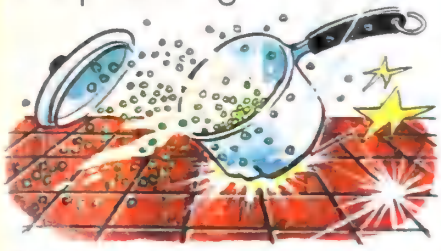
The beating.



The scraping.



The pounding.



That's why we make it with clear acrylic.



all with my lines. I can go on working for a long time—till I drop dead. Work is the best medicine. If you don't work, what do you do, sit around and rot? This last year has been terrible, devastating, certainly the worst year in my whole life. I don't know how the Almighty could have allowed it!"

I ask how she first knew of her illness. "Well, it was a beautiful, sunny morning," she begins. "I had just flown over from California to accept a television award, was on my way to the Cannes Film Festival after that. I was dressing, when I suddenly became aware of a hard foreign body in my breast. I felt it between my fingers, tried to examine it closer—my God, there it was, a good-sized lump. Of course I knew what it was. My sister had had a mastectomy years ago, but I, who had been a chain-smoker all my life, used to joke about it and say cancer would never dare come near me; I was too tough. But it did! I canceled my various appearances—'See you later,' I told them—and went off to the hospital."

She was immediately rushed to the operating room. "I was with her all the time," recalls her longtime secretary, Kathryn Sermak. "I saw her come out of the recovery room. She was barely out of the anesthesia, still half-conscious, but waving and giving me the 'all is well' signal, as if to tell me that she was ready to begin work."

"What were your thoughts on that day after the doctors confirmed you had cancer?" I ask Bette. "My first reaction was: Thank God it did not happen when I was a young woman with a good body and an active sex life," she admits. "At my age the physical side of it does not matter as much. All that is now behind me. Still, it was a horrid feeling to have a part of your body cut out, though I must admit that the cosmetic replacements these days are marvelous. I then prayed that the doctors had caught the cancer in time; I had to wait four agonizing days for the tests to come through. But I *was* lucky—they managed to take it all out—and I celebrated."

She did not know that a far greater ordeal lay ahead. On July 9, nine days after the mastectomy, Bette Davis had a stroke. She was unable to move; the muscles in her arms, legs and the right side of her face were affected. Only her voice stayed intact, and, of course, her ever-alert mind and steely determination. "I was furious," she says. "I did not think I deserved it. Of all human afflictions, a stroke is about the worst—I would not wish it on Adolf Hitler! Just imagine, every muscle in my body was inert. But right from the very beginning I had made up my mind to conquer it. There is a mystique about strokes, mostly created by doctors. I was going to tear it apart, show that they *can* be licked. Once again I had to ride into battle. It was a lot tougher than fighting Hollywood's Warner Brothers for better parts in their films; this time it was a struggle to achieve victory over my own body. Therapy is the greatest bore imaginable, but I doubt whether anyone ever tackled it with greater fury and determination than I did. Never stopped exercising . . . and it worked! The feeling in my limbs gradually returned, I could feel life flowing into me again, my face got right after only a few days. I was lucky.

"What did I think about all that time? I thought about the various mistakes I had made in my life, had many moments of guilt and regret. I thought about the films I starred in, of Judith Traherne in *Dark Victory*, one of my favorites. I thought about Patricia Neal; her courage and determination during her extended ordeal inspired me. I also recalled Ingrid Bergman and her long fight against cancer. At the time, Ingrid had been dead only a year. I remembered writing to her in the hospital to say that she scaled the heights in her role as Golda Meir—and getting the most wonderful letter back. Soon after that she was gone.

"That summer, as I was lying in my hospital bed, I coincidentally received a veritable flood of prizes and awards, as if my entire career had come up for review." (Bette Davis's seventy-fifth birthday was on April 5 of that year, and many countries organized retrospectives of her amazing career. Even the Department of Defense recalled that she had been given a medal for Distinguished Public Service during the war.)

"It was like a funeral, as if the world were lining up to say good-bye to Bette Davis," she says, laughing. "But I had no intention of departing yet, though I often used to make bets with myself in the past about how I will finally go. Would it be an airplane crash or an accident? But at that particular moment I wasn't ready; I sensed that there was still quite a lot of good work ahead of me, and I did not want to miss it.

"The eight weeks I spent in the hospital seemed like a lifetime, but I would have been there much longer had I not taken matters into my own hands and thrown away all the pills. I suddenly realized that they were killing me with drugs. Such quantities and such variety—I stopped them all and from that moment on got rapidly better. Soon after, I went home to California and learned to walk again by dragging myself through the sand near Malibu."

One of *(continued on page144)*

A Wear-Dated® carpet covers more than your floors.



. Wear-Dated carpet covers
oil and stain resistance.
very Wear-Dated carpet is made with
ecial fibers that resist stain. And
rt particles can't cling as tightly, so
acuuming is more effective. Your
arpeting keeps its original beauty longer.



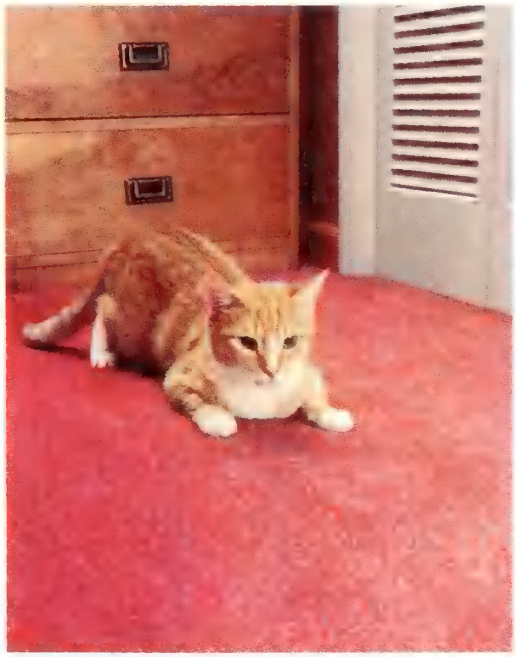
A Wear-Dated carpet covers resistance to matting.
Every Wear-Dated carpet is 100% Ultron Nylon to resist crushing and matting even in high traffic areas. As a result, your carpeting keeps a uniform, plush appearance longer.



A Wear-Dated carpet covers resistance to fading.
Every Wear-Dated carpet is colorfast to resist the ravages of sunlight, ozone, and everyday wear and cleaning. Your carpeting will keep its beautiful color far longer.



A Wear-Dated carpet covers static control.
Every Wear-Dated carpet is made with a patented conductive element which prevents the build up of static electricity for the life of the carpet. Annoying static shock is virtually eliminated.

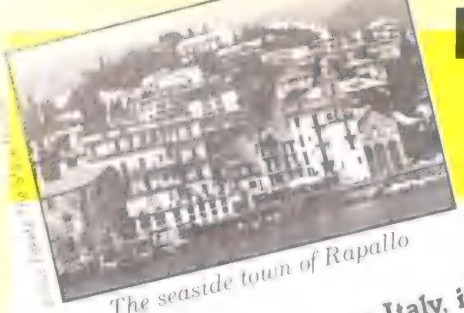


A Wear-Dated carpet covers durability.
A carpet's tendency to resist pulling is determined by how well the pile is secured into the carpet backing. Every Wear-Dated carpet offers superb construction that resists snags and pulls.



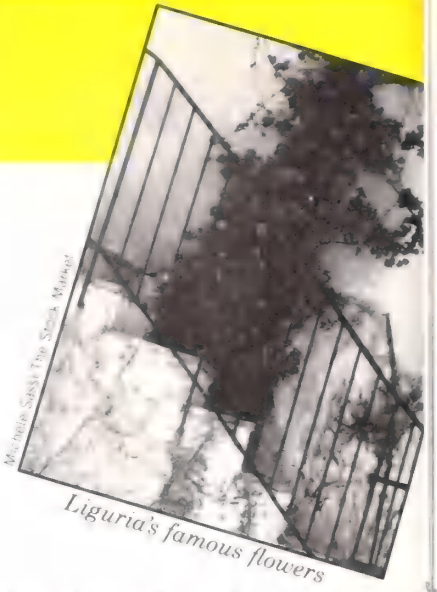
A Wear-Dated carpet covers all this for 5 full years.
We know how well Wear-Dated carpets will perform because we've tested them more than you ever can. Look for the most thoroughly tested carpet you can buy. Wear-Dated carpet.

Now! Get "wall-to-wall" credit with the new credit card for Wear-Dated carpet!
Ask your dealer about our Instant Credit Plan.



The seaside town of Rapallo

Travel talk



Liguria's famous flowers

For some travelers to Italy, it's strictly Rome, Venice and Florence that attract. But there are other treats in store for the adventurous! First, accompany Associate Editor Beth Weinhouse through the beautiful Italian Riviera and then join *LHJ* Food and Equipment Editor Sue B. Huffman for a delectable tour of a culinary paradise—the region of Emilia-Romagna. MAGNIFICO!

Your family is longing for a beach vacation, but you want to visit Europe. How can you make everybody happy?

One solution is to visit the Italian Riviera, also called Liguria. There, under a hot Mediterranean sun, your family can swim and play to their hearts' content, while you explore the culture and landscape of this magnificent region. Mountains roll right down to the sea, bordered by beaches that range from rocky cliffs to silky white sand (most of the beaches are a combination of the two). Buildings in Renaissance shades of umber and rust or a palette of sunkissed pastels complement the natural surroundings.

The Ligurian Coast is actually divided into *two* Rivieras, separated by the city of Genoa. The Western Riviera, stretching from Genoa to the French border, is known as the Riviera di Ponente. This area has lots of resorts, hotels, casinos and tourist facilities. The Eastern Riviera, called the Riviera di Levante, stretches from Genoa to the Italian city of La Spezia, and is quieter, more picturesque and full of quaint fishing villages.

THE RIVIERA DI LEVANTE

Start your visit to this part of Liguria in Rapallo, a beach resort town that attracts family vacationers from all over Europe. The bright flowers, palm trees, villas and harborful of boats lend Rapallo a holiday atmosphere.

Take a ferry from the nearby town of Santa Margherita to Portofino and mingle with the international jetsetters (Elizabeth Taylor used to visit in her yacht to shop) and others who appreciate the beautiful natural harbor town.

More adventurous travelers shouldn't miss an excursion to the Cinque Terre (literally, five lands) along the easternmost part of the Riviera. The five cliffside towns in a row along the coast—Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore—are not all accessible by car or bus. The best way to see this region is to take the train to any one of the towns, and then walk to the next—a footpath joins them all. Make sure you have good walking shoes since the path is narrow and steep in parts, and there are few guardrails. The path winds through vineyards and lemon groves, crosses little streams and meanders along cliffs with breathtaking sea views. The air is intoxicating, like a wonderful potpourri. Bring a canteen, and be sure to take along a camera.

THE RIVIERA DI PONENTE

The best-known of the western resort towns is San Remo, more commercial and less picturesque than towns of the east. It is dominated by grand old hotels and a large casino. From San Remo it is an easy train ride or day excursion to Monte Carlo, Nice or Cannes. Besides tourism, flowers are big business here. Greenhouses stud the hillsides all around, and every day a plane flies out blossoms for export. If you're an early riser, you can visit the big open flower market at five each morning.

GENOA

Your trip to the Riviera will probably begin or end in Genoa, since the international airport is located here. Set aside a day or two to explore the city. Genoa is the capital of the region, and a big, bustling port city. Stroll past Christopher Columbus's house (actually a reconstruction on what is thought to be the site of the explorer's home). And be sure to sample some pasta with pesto sauce; the fragrant sauce of basil and olive oil originated here.

Genoa is not a resort city, so there aren't a lot of hotels to choose from. The nicest is the Colombia-Excelsior, part of CIGA Hotels, the posh Italian chain. With its ballroom, grand staircase and crystal chandeliers, staying in the Colombia-Excelsior is like staying in an elegant palazzo from a bygone era.

To visit Genoa and the Ligurian coast, you will probably have to fly to Rome or Milan first and switch planes for Genoa. Alitalia flies regularly to both Rome and Milan from several American cities, and from there to Genoa. Also, check out Alitalia's Intermezzo program, which allows you to put together your own package tour of the country. The Intermezzo program will save you about 40 percent off hotels and flights individually booked. **End**



Olive groves are common on the Riviera

Win $10,000 in ten minutes



Enter the "TRISCUIT 10's" Recipe Contest



veryone WINS a "TRISCUIT 10's" Recipe Booklet



In just 10 minutes you could be $10,000 richer. That's all the time it may take to create your own "TRISCUIT 10's" Recipe.

"TRISCUIT 10's" are quick and easy recipes using TRISCUIT® Wafers, the great-tasting, versatile crackers with the unique crunchy texture. Create your own recipes for any of these contest categories: Hot Appetizers, Cold Appetizers, Microwave ·pared, Desserts, or Quick Meals. Contest details and Official try Forms are on specially-marked boxes of TRISCUIT® Wafers. Spend a few minutes creating a "TRISCUIT 10's" Recipe today. u may have $10,000 to spend tomorrow.

Here's an example of a "TRISCUIT 10's" Recipe

RISCUIT Chili Nacho

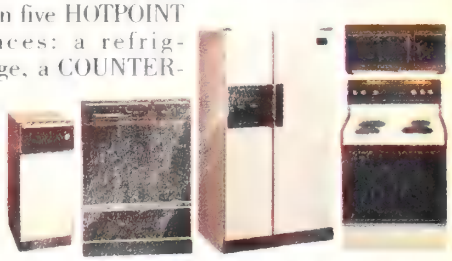
·oon chili onto TRISCUIT® afers. Sprinkle with eese and diced green ilies. Bake in 375°F eheated oven for 5 to 7 nutes or until cheese elts.



ebisco Brands, Inc. 1985

Five finalists win HOTPOINT Kitchen Appliances

Five finalists each win five HOTPOINT Kitchen Appliances: a refrigerator/freezer, a range, a COUNTERSAVER® microwave, a trash compactor and a dishwasher. The Grand Prize Winner, selected from the finalists, will also win $10,000.



COMPACTALL® COMPACTOR MODEL #GCG900, POTWASHER™ DISHWASHER MODEL #HDA965, SIDE-BY-SIDE REFRIGERATOR/FREEZER MODEL #CSX24DF, COUNTERSAVER® MICROWAVE OVEN MODEL #RVM60, SELF-CLEANING OVEN RANGE MODEL #RB747GH

MANUFACTURER COUPON · EXPIRES SEPTEMBER 30, 1985

Save 15¢

When you buy 9.5 oz. or 13 oz. size of TRISCUIT Wafers.



RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumer to pay sales tax. Void if copied, transferred, prohibited, taxed, or restricted. Good only in U.S.A. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. NABISCO BRANDS, INC., P.O. BOX 1754, CLINTON, IOWA 52734

MAG/TRISC/MR85

44000 115012

Women getting ahead

Get the most out of your job and make the most of yourself with these answers to your questions on working life.
By Shirley Sloan Fader

NASTY GOSSIP

Q I was horrified recently when I heard a totally untrue story about my best friend that had been making the rounds for weeks on the company grapevine. How can she counteract it, and how can I help?

A Your friend must make sure the truth reaches the people involved, especially her supervisors and immediate co-workers. She must do this calmly, without an emotional scene. It's more convincing that way. If she's certain she knows the people who began the rumor, she can confront them quietly but firmly. She should tell them, "I don't want to hear this anymore. If I do, I'll know it came from you." When they realize they've been found out, people like this often slink away and stop.

Just as important, plug yourself into the grapevine. You say this tale about your friend circulated "for weeks" before you heard about it. Because the story was about her, it's understandable that it never reached your friend. But if you were part of the grapevine, you certainly would have known of it earlier.

An organization's grapevine is *not* an empty gossip system that you can ignore. It's your early-warning network. Often there's only a kernel of truth in what is being passed around—sometimes it is very accurate. Pay attention to what's being said. By keeping up with news of the grapevine, you keep abreast of what your colleagues and bosses are thinking and doing. It's also a wonderful way to develop a solid understanding of the personalities of the people you work with. The way individuals respond to various stories tells you a great deal. By noticing what kind of grapevine news excites them, what they ignore and how they emphasize or alter stories, you develop insight into what's important to each co-worker as well as insights into their personalities, fears and ambitions.

THEY DON'T APPRECIATE ME

Q My supervisor is constantly after me to work faster and increase my productivity. I keep pointing out that I'm more accurate than my co-workers and that naturally takes more time. How do I make him stop pestering me?

A You probably can't, because you are producing a higher quality of work than your employer is interested in. This is a very common mistake that conscientious people—especially women—often make. The fact that your supervisor is satisfied with the quick though imperfect work of your co-workers tells you that your bosses are more concerned with speed than with high quality. So you must either modify your standards and quicken your pace or else find another employer where quality output is expected and valued.

MEDICAL-EXAM MONEY

Q The company I work for requires us to have a regular medical exam, which they pay for. But I'm an hourly worker, and the company doesn't pay me for the work time I miss—there's always waiting time before the exam, forms to fill out and the exam itself. Can I get them to pay me for that lost time?

A Yes. When an employer requires medical exams, they must not only underwrite all medical and transportation costs but also must pay your regular salary rates for the time you're involved in the exam. A recent court case held that failure to pay is a "serious violation" under the federal Occupational Safety and Health Act (OSHA). The court case number is 725 F.2d 1237, Ninth Cir., 1984. If your employer still refuses to cooperate, your group can report the matter to OSHA. You'll find your local OSHA office in the phone book under "United States Government" and then under its "Labor Department" subheading.

COMMISSION SELLING

Q I like the idea of earning big commissions as a sales representative. But I don't know if I'm aggressive enough to make many sales. Is aggressiveness really necessary?

A For selling commission products—whether it's cosmetics, computers, insurance or just about anything—you need self-confidence above all to present yourself and your product well. This is very different from aggressiveness, which can be grating and is not necessary. A Life Insurance Marketing and Research Association survey indicates that other necessary sales-success skills include the ability to work on your own without supervision, time management (to set your own schedule) and knowledge of sales techniques, such as adapting your presentation to your prospective customers' interests. For these basic skills, take a sales course at your local community college and read some informative books such as *The Fast Track for Women in Sales*, by Connie McClung Siegel (Jove, $3.50), or *How to Master the Art of Selling*, by Tom Hopkins (Warner, $8.95). **End**



LEJON CELLARS, ASTI, CA.

LEJON. THE ART OF SHARING.

Carpet that captures nature's richest tones and textures.



New

EARTH IMAGES™

Exclusively from

Evans Black

fine carpet fashions by

Armstrong

Capture the beauty in your home.



Now, the beauty of nature's richest tones and textures are right at home in your home. Introducing Earth Images, carpets so beautifully textured and rich in color, you'll think they were nature's own creation.

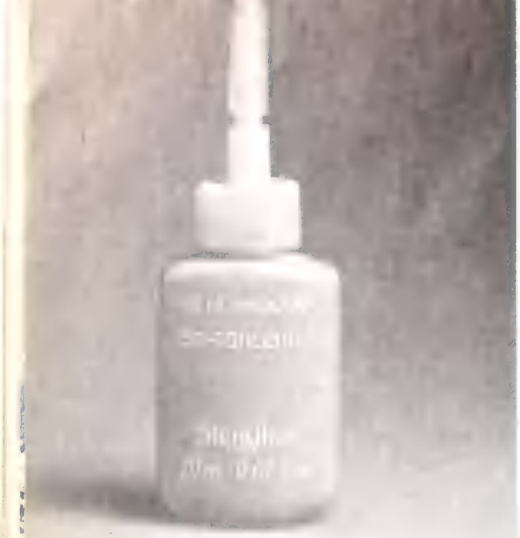
Sparkling ocean blues, rustic autumn naturals, exotic forest greens. Over 100 of the most beautiful carpets imaginable. All captured in rugged, performance-proven WEAR-DATED Ultron nylon.



And now, it's easier than ever before to afford the luxury of Earth Images carpet on credit! Up to $1500 credit—on the spot—if you qualify for a Wear-Dated credit card from Monsanto. Ask your retailer for details of this exciting new opportunity.

Special Introductory Savings

Right now, many Evans-Black retailers are offering special introductory savings on new Earth Images and the entire line of Evans-Black fine carpet fashions by Armstrong. Look for sale ads in this week's newspaper or call Toll-Free 1-800-233-3823 for the name of your local Earth Images retailer.



Postpone the signs of aging.

Bio-Concentré

Improve the environment your skin lives in and you improve your skin. This hypo-allergenic liquid containing an exclusive Bioactive complex of glycoproteins and mucopolysaccarids nourishes existing cells, fortifies inner cellular substances and enhances the living conditions for new cells.

Applied before moisturizer or night treatment and able to amplify their effectiveness, Bio-Concentré helps skin repair its defenses and achieve a more youthful, energetic metabolic balance. Over time it delivers a restored vitality to skin and a softly resilient look and feel. Bio-Concentré – the great protector against the elements that line, age and damage your skin.

Stendhal
PARIS
Superior skincare with a French accent
BURDINE'S

Decorating hotline

Learn how to solve your decorating problems—follow the expert advice given in this column by interior decorators and designers.
By Deborah S. James

What can you suggest as quick fix-ups for a drab kitchen?

Color is the key. Start with bright, bold colors and paint your whole kitchen, or merely the cabinets or a single wall. (A little bit of color can go a long way.) Wallpaper is another way to add excitement. It's easy to clean, and it hides defects. For a country look, use wallpaper with a small floral print and a companion border with a deeper background color. Or, if you want a more sophisticated look, try a paper with a geometric pattern. Check to see if the wallpaper has a matching fabric. Use the cloth to add finishing touches—like coordinated seat cushions, placemats, napkins or curtains.

But don't stop there. Take a long hard look at the floor as well. Try painting it a new color with either a flat or a glossy finish. Or, if painting isn't for your floor (or requires more energy than you're willing to devote), think about laying self-adhesive tiles. While black and white always look classic, why not try pastels or even a new combination like pink and gray for a soothing change? You can also opt for vinyl floor covering, available in hundreds of designs. When choosing a pattern, however, keep the size of your kitchen in mind (don't use a huge print in a small space), and of course, pick colors and designs you think you'll be able to live with for a long time.

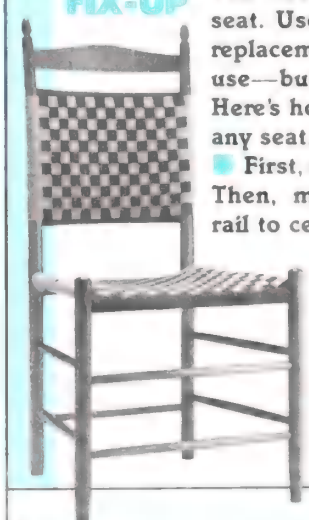


Next, to give your cabinets a facelift, try some new decorative hardware. Bright-colored plastic drawer pulls, for example, will give your kitchen a contemporary look. But bring a sample of your old hardware with you when you shop, to make sure you're buying the proper size.

Consider your lighting as well—brightening a room will add instant cheer. Even without *(continued)*

Kitchen photographed by Robert Grant. Kitchen design and wallpaper by Motif Designs. Country accents from The English Way. All flatware and dishes from Pottery Barn.

CHAIR FIX-UP



Cleaning out the attic you find a lovely antique chair. The wood is in mint condition, but it's missing its cane seat. Useless? Not if you weave a new bottom out of replacement tape, available at craft stores. It's simple to use—but hard to know offhand how much to buy. Here's how to figure the yardage you'll need to replace any seat, courtesy of the Shaker Workshops Catalogue.

- **First, measure the front rail between posts in inches. Then, measure straight across from center of back rail to center of front rail, in inches.**
- **Multiply these figures together.**
- **Divide the resulting figure by 9, and you will have the total number of yards of one-inch-wide tape required. For ⅝-inch-wide tape, divide by 5.3 instead of 9.**
- **To use two colors, order half the yardage per color. And order extra to cover up for mistakes. For more information call 617-646-8985.**

EARTH IMAGES™

VERY NEW. VERY EXCLUSIVE. ONLY AT YOUR EVANS-BLACK CARPET RETAILER.



Unlike many brands, Evans-Black carpet by Armstrong isn't sold to anybody and everybody in the business. It is sold to the best in the business.

What makes this selected few special? A commitment to quality. They carry only the best styles and most fashionable colors.

Their professionally planned showrooms . . . like the Evans-Black Fashion Showcase featured above, are designed to make your shopping easy and enjoyable. Their sales staffs are experienced and know how to turn confusing performance claims into the right carpet for your home.

Their attention to your needs goes beyond a cash register receipt. It includes skilled, professional installation with prompt follow-up service to assure your complete satisfaction. It's everything you expect from the best. It's everything you get from an Evans-Black retailer.

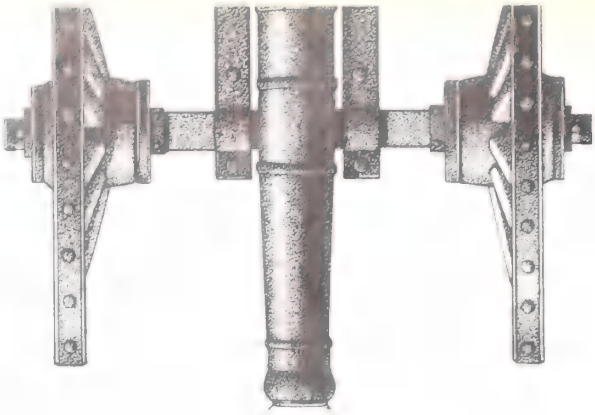


Your new carpet is special. Buy it from a carpet specialist . . . your Evans-Black retailer.

Evans Black

fine carpet fashions by

Armstrong



TODAY'S
VALLEY FORGE

YOU WON'T FIND IT
IN THE HISTORY BOOKS

If you visit Valley Forge expecting history, you'll find it. But that's not all you'll find!

Today's Valley Forge is also night club revues and dinners-for-two. It's blooming flowers and Bloomingdale's. It's an Amish fair and a Music Fair.

Great Old Cannons, Too.

No stay in Valley Forge is complete without a visit to our historic national park. See, we haven't forgotten what made us great. We just want you to know that now, we're even better.

Today's Valley Forge is city sizzle at country prices. And it's smack in the middle of everything! For complete vacation information about Today's Valley Forge, call anytime, day or night:

1-800-841-8000, Ext. 23. (in PA or out of state)

Or write: Valley Forge Country
Convention and Visitors Bureau
P.O. Box 311
Norristown, PA 19404

You've got a friend in Pennsylvania

DECORATING HOTLINE
continued

expensive wiring, you can add decorative lamps or battery-operated under-the-counter lights.

I'd like to have an interior designer redecorate my house. How can I find a good one?

Interior designers, like other service professionals, get business by word of mouth. So talk to your friends. Ask questions about who they used, how much it cost and how cooperative the designer was to work with.

If you can't get any good recommendations, there are still plenty of ways to find a designer. If you got your decorating ideas from a magazine feature story, look at the magazine credits to determine which designer or firm did the work—then contact them about working for you. Noticing a particularly pleasing window display in a department store can be another way to find a decorator. The stores have their own design studios, which will take on outside jobs. Finally, you can contact the American Society of Interior Designers, 1430 Broadway, New York, NY 10018. They'll give you a listing of members in your area.

Once you find a designer, you'll want to interview him or her in your home before contracting for any work. Talk candidly about the ideas you have, as well as your likes and dislikes. Look for someone who will provide new ideas but who won't ignore your own. Your best bet is to interview several designers and then pick the one you're most comfortable with.

When developing your new decorating scheme, make sure that it will fit in with your lifestyle. Are the fragile art works the designer is suggesting impractical considering your small children (or grandchildren)? Do you need extra storage space for your audio-visual equipment? Keep in mind that you don't *have* to decorate the entire house at once. It's not a bad idea to start small to make sure that you are satisfied with the designer's work.

Once you've agreed on a design, take a little time to think it over. It's often helpful if your designer lets you live with samples for a few days, since a carpet or fabric may look different depending on the light.

A last word: Be sure to talk about billing in advance, so the pleasure of your new beautiful home won't be marred by headaches resulting from the cost. Designers bill jobs differently, depending on how *(continued)*

JOCKEY®

For Her

Look who's wearing Jockey now. She's looking for comfort.

She's **Rebecca Machan.** Top fashion model, needlepoint artist, weekend camper, and loving mother of daughter Tessa.

Jockey For Her full brief with camisole is made to fit her. Comfortable, durable, feminine, in absorbent 100% soft, combed cotton. So lightweight, it breathes. And there's no problem with shrinkage.

Look for Jockey For Her in all your favorite colors. Also available in bikini and hipster styles.

Jockey For Her. May be the most comfortable panty you'll ever wear.



A COMMITMENT TO QUALITY AND VALUE.

UNDERWEAR · SPORTSWEAR · HOSIERY · SLEEPWEAR

Rebecca Machan: Zoli Management Inc., New York

M.I. Hummel
The Benchmark Since 1935

In half a century, handmade "M.I. Hummel" figurines have been often imitated, but never matched. Goebel of West Germany alone is authorized by the Siessen Convent to make figurines according to the drawings of Sister M.I. Hummel. Only a figurine bearing a Goebel backstamp and the artist's incised signature is authentic. So don't be misled by copies from places like Taiwan. Insist on the authenticity of "M.I. Hummel," the world standard for craftsmanship and quality. For more information, send $1 to Goebel, P.O. Box 525, Dept. LP504H, Tarrytown, N.Y. 10591.



The love lives on.

Goebel

Bringing quality to life since 1871

DECORATING HOTLINE
continued

extensive the work is. If you're purchasing only a few items, the designer may charge you a flat or hourly fee. If it's going to be a large job with lots of purchases, the designer will also make a commission on each item you buy, a fact that should be reflected in how much he charges you. To avoid problems, get a written estimate and agree on terms of billing in advance.

I love the look of Art Deco but can only invest in a few pieces. Any suggestions?

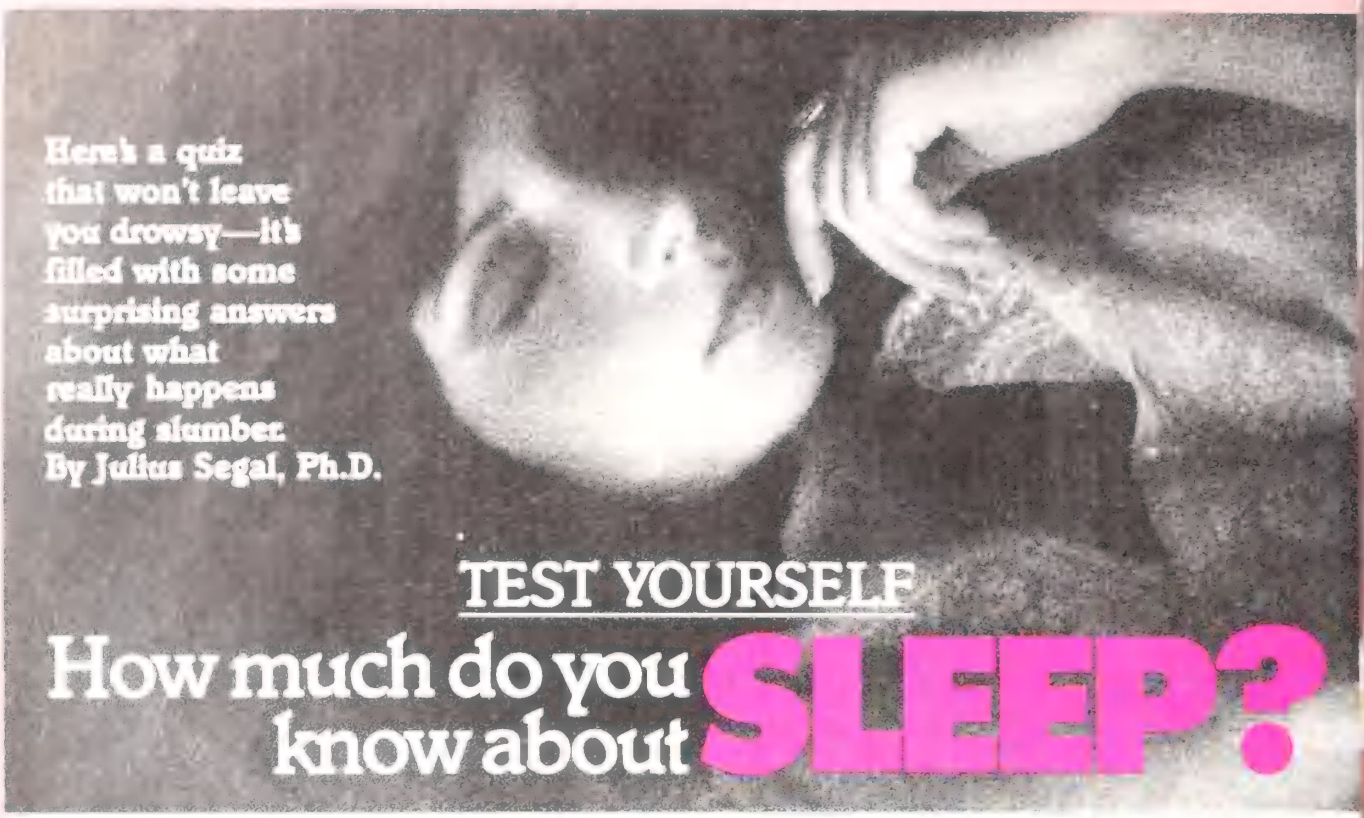
Art Deco—a design movement that flourished during the 1920s—will give your home a special sense of luxury, but you'll pay for it. Since Art Deco furniture is usually quite expensive, it's wise to do some research before buying. First, take a look at a few decorating books to find out as much as possible about Art Deco furniture and accessories. Then do some smart shopping and check out the merchandise at specialty furniture shops around town. Once you have an idea about quality and prices, you'll have the expertise to attend auctions or visit salvage companies that carry pieces from the 1920s—that's where you'll find the best buys.

Accessories are a good—and fairly inexpensive—way to get the Art Deco feeling. Especially popular are mirrors, picture frames and glassware. Hang a large circular mirror edged in chrome on a blank wall, for starters, and add a collection of silver and lacquered frames. (Different sizes and shapes will make an interesting display.) Then use chrome miniblinds (the ones with narrow slats) on your windows to spread the polished look through the room. And if your passion is glass, look for pieces that are frosted or etched, and use spotlights to show them off on your table or bookcase.

You can add to the Art Deco effect by using deep tones on your walls accented with simple moldings painted white. On the floor try an area rug with geometric shapes. And look for artwork or posters from the period.

If you have the money, though, you'll want to invest in a whole room of Art Deco furniture. Remember that not all of it has to be original. You can find reproductions that look as good as the real thing. But don't overdo it. A few big Art Deco pieces will more than make your room, bringing back the glamour of the Roaring Twenties in the process. **End**


"Childhood for me was pure bliss.
Running, laughing and playing with my favorite friend, Raggedy Ann. Life was simple, and I was lucky.
Life isn't so simple for many children. They need even more love and care than their own parents can give them. These special children need the services that only Easter Seals can offer.
You can make a childhood simple by giving a gift from the heart. Please give to Easter Seals."
Donna Mills
Be sure to watch the 1985 Easter Seal Telethon on March 30 & 31. Join host Pat Boone, co-host Donna Mills, and honorary spokespersons Raggedy Ann & Andy™, plus many other stars, in making this a special year for special children.



Here's a quiz that won't leave you drowsy—it's filled with some surprising answers about what really happens during slumber.
By Julius Segal, Ph.D.

TEST YOURSELF

How much do you know about SLEEP?

When it comes to understanding sleep most people are still in the dark. About a third of your life is spent in slumber. And although it takes up a huge chunk of time, few aspects of living are as shrouded in misinformation and myth.

Here are twenty statements about sleep. Test your knowledge by deciding which are true and which are false. (Choose carefully—the answers may surprise you!) Look below for the answers. Congratulate yourself if you get fifteen or more right. Getting ten correct is about average. And if your score is lower, you will be intrigued by the answers and tempted to hit some books about hitting the hay.

1 It is possible to get along fine on as few as three hours of sleep each night.
TRUE___ FALSE___

2 You can change your sleep requirements with practice.
TRUE___ FALSE___

3 Women have more trouble sleeping than men.
TRUE___ FALSE___

4 People need fewer hours of sleep as they grow older.
TRUE___ FALSE___

5 It is possible to sleep with your eyes open.
TRUE___ FALSE___

6 It is much better to get all your sleep at one time than in a series of short naps.
TRUE___ FALSE___

7 People are able to learn while asleep.
TRUE___ FALSE___

8 You are likely to reveal secrets if you talk in your sleep.
TRUE___ FALSE___

9 Many "insomniacs" sleep more than they think they do.
TRUE___ FALSE___

10 Quiet and dark make the best environment for sleep.
TRUE___ FALSE___

11 Milk before bedtime will help you fall asleep.
TRUE___ FALSE___

12 New surroundings can affect the brain's sleep patterns.
TRUE___ FALSE___

13 Sex is a surefire sleep inducer.
TRUE___ FALSE___

14 You can go without sleep indefinitely and suffer no ill effects.
TRUE___ FALSE___

15 Alcohol is a good remedy for insomnia.
TRUE___ FALSE___

16 You can fall asleep literally "on your feet."
TRUE___ FALSE___

17 Sleep is best in a cool room.
TRUE___ FALSE___

18 We dream in black and white.
TRUE___ FALSE___

19 Sleeping more than usual can make you feel terrible.
TRUE___ FALSE___

20 "Early to bed and early to rise" is a sound rule.
TRUE___ FALSE___

1. TRUE. Adults sleep an *average* of seven and one half hours a night, but the variations are great. Some of us need ten hours a night, while others are fine with only a few. And a British researcher found one woman who gets along perfectly well with only forty-five minutes of sleep a night.

2. FALSE. Whatever your own sleeping habits may be, they simply cannot comfortably be changed. In one experiment, couples were asked to get along with less sleep by cutting down slowly—by one half an hour a week. It was so difficult that all of them eventually gave up the attempt.

3. TRUE. A higher percentage of women report difficulties in falling asleep, complain more frequently of light sleep and are more prone to awaken during the middle of the night. The difference may be due to a built-in sex difference in the brain's arousal system. Or it may result *(continued)*



NOBODY PAINTS A FASHION PICTURE LIKE PRINCESS GARDNER.

Add a splash of fuchsia, a drop of china blue, a dash of maize or white and update your wardrobe with the freshest look in Spring accessories. Princess Gardner has all the styles you're looking for ...in the colors and textures you never thought you'd find. Yet, Princess Gardner belts and personal leather goods are available at fine stores everywhere.

Princess Gardner®

When it comes to fashion in leather, America comes to us.

CAPE COD
has a split personality

It's lively. It's tranquil. It's historic. It's modern. It's for the artist. It's for the fun-seeking family. It's water, water everywhere. It's tennis, golf, dining, dancing, antiquing...windmills and historic sites. It's glamorous. It's quaint. It's uniquely itself. That's the spirit of Cape Cod.



Write for our 64 Page Accommodations Directory and Color Brochure. Send $1.00 to cover postage and handling to

CAPE COD CHAMBER OF COMMERCE
Hyannis 143, MA 02601
Tel: (617) 362-3225

SLEEP QUIZ
continued

from the fact that women have a higher incidence than men of depression and anxiety, which are two of sleep's worst enemies.

4. FALSE. Sleep needs do not change significantly with age, but sleep patterns do. As we get older, we sleep less soundly. The brain loses its capacity for the deep, refreshing sleep of childhood. Noises that never bothered us become disturbing, and the result is light, fragmented sleep. This does not mean, however, that our requirements change. Dr. Thomas Roth, director of the Sleep Disorders Center at Henry Ford Hospital in Detroit, explains, "If it's true that elderly people need less sleep, then nobody bothered to tell them! If you measure complaints about sleep difficulties, you find many more from the elderly than any other group."

5. TRUE. Some people sleep without closing their eyelids, but they remain "blind" all the while. In laboratory experiments, people have actually slept with their eyes taped open. They never saw lighted objects held before their eyes once asleep.

6. TRUE. Research volunteers put on schedules alternating work and sleep typically become more fatigued and less alert. A few highly efficient and creative people can establish unusual sleep patterns, distributing their rest in brief, random periods. Thomas Edison was one such person. But these appear to be exceptions to the natural laws of sleeping and waking.

7. FALSE. Most research findings do not support the claims made by manufacturers of sleep-learning devices. There is, however, some evidence that material can be learned and retained during the twilight zones between sleeping and waking or during light levels of sleep. But while this means that you can absorb some things you hear in bed while drowsy, it does not imply that you truly learn.

8. FALSE. No big secrets are uncovered by listening to people who talk while they doze. True enough, many of the sounds that sleepers utter are highly emotional in tone. Veteran sleep-talkers recorded in the laboratory can be heard shouting, whispering, singing or even sobbing in fear or anger. But the content of their monologues is usually quite unexciting.

9. TRUE. But when insomniacs finally sleep it's usually at such a light level that they cannot distinguish accurately between dozing and waking. There are many "imaginary insomniacs" who arise from a night shattered by periods of light sleep on the border of waking, honestly convinced that they have not slept a wink.

10. FALSE. Many people actually need a lot of outside stimulation to fall asleep. In a totally quiet, dark room they suffer the same kind of disturbing anxiety reactions found among people placed in total isolation.

11. TRUE. Our grandmothers were right. Milk contains the amino acid L tryptophan, which has a soothing effect. Volunteers who are fed L tryptophan typically fall asleep with unusual speed, awaken less often during the night and spend more time in deep phases of sleep.

12. TRUE. New surroundings are likely to increase vivid dreaming. Many people notice, for example, that when traveling they remember more dreams. Researchers say that's because dreams help us sort out and "file" new experiences that come our way. If we are to store and remember all the events in our lives, they must be processed during sleep in a computerlike storage system in the brain. One result of new surroundings, therefore, can be an increase in "dream work."

13. FALSE. Sleep does not inevitably follow sex. The average individual requires only five minutes after orgasm to return to a normal energy level. Moreover, it is the emotional reverberations of sex, not the physical, that often determine the quality of sleep. Unsatisfactory or unpleasant sex can cause insomnia rather than slumber.

14. FALSE. Like the effects of any stress, the impact of sleep deprivation may be more immediate or severe in one person than another. Emotionally unstable people are especially vulnerable, as are older people. But sooner or later, volunteers going without sleep for a week or more have suffered extreme fatigue and irritability, and some developed such symptoms as hallucinations, paranoid reactions, overwhelming anxiety and an inability to perform even simple tasks.

15. FALSE. A single drink—an ounce of liquor, a beer or a glass of wine—sometimes helps tense people fall asleep. But anything more than this can easily lead to fractured and abnormal sleep. Indeed, heavy drinking is one of sleep's worst enemies. It can break up normal sleep patterns, robbing us of essential dream periods. And remember: No amount of alcohol should *ever* be taken in combination with a sleeping pill. Both substances depress the central nervous system—and taken together, they can result in coma or death.

16. TRUE. Brain-wave studies clearly show that sleep-starved volunteers are literally "out of it," falling into a brief two- or three-second flash known as "microsleep." If you're behind the wheel of an automobile during that moment, the result can be disasterous.

17. FALSE. This old belief has no scientific basis. No ideal sleeping temperature has ever been determined.

18. FALSE. If you were awakened at the moment that you were dreaming, you would report that your dreams were in vivid colors.

19. TRUE. Many of us do appear to have an optimum sleep quota and going far over it can produce a groggy, "hung over" feeling the next day. When eight-hour sleepers were asked in the laboratory to extend their sleep to ten or eleven hours, their efficiency and mood appeared to deteriorate. Sleep may be nature's restorative, but the sluggishness and fatigue many people feel after sleeping too much suggests that we actually do reach a point of diminishing returns.

20. FALSE. All of us are born with our own internal sleep and waking rhythm. There are "morning people," who go to sleep early and wake up early, raring to go. There are also legions of "night people," who go to bed late and have problems becoming alert in the morning. We must learn to accept such differences in body rhythms—they are usually built into our brains and bodies to stay. **End**


ENTER THE NEXT DIMENSION IN CLEANING
Never before has there been a vacuum cleaner so advanced, so sophisticated, so convenient.
It's the Hoover® Dimension™ 1000, the first totally automated cleaning system.
It's so smart, it thinks for itself. By setting the cleaner on automatic, electronic circuitry automatically adjusts the suction power as the cleaning head passes over different surfaces.
Or you can control it yourself. From the remote control module on the handle grip, you can vary the suction from maximum high to quiet low.
When it comes to cleaning effectiveness, no other canister surpasses this Hoover cleaner with its 4.3 peak horsepower motor and its unique Quadraflex™ agitation.
For ultimate convenience, all the tools store neatly inside the cleaner.
See the remarkable 'Dimension' 1000 at a Hoover dealer near you.
The next dimension in cleaning is now a reality.
Model S3281
AMERICA TRUSTS HOOVER
HOOVER
DIMENSION™

Just one little touch brings history to life.



Nothing brings the excitement of American history to life for children like a visit to Philadelphia.

They'll hear freedom ring at the Liberty Bell. Stand at Independence Hall where Washington once stood. Scamper down cobblestoned streets. Step into Ben Franklin's print shop.

There's no end of family fun in Philadelphia. From America's first zoo to museums where kids are king.

For your free 48-page Visitors Guide, a calendar of events and Philadelphiastyle brochure, call toll-free 1-800-523-2004.

Philadelphia Convention & Visitors Bureau

You've got a friend in Pennsylvania

A TASTE OF ITALY

continued from page P.S. 4

of my favorite meals was had in the tiny hilltop village of Dozza, ten miles from Bologna. This beautiful town is dominated by a fortress—complete with dungeon—which now houses the Enoteca Regionale, or winery, of Emilia-Romagna. (The region is Italy's leading wine-producing area in terms of quantity, with Lambrusco, Sangiovese and Trebbiano being most popular.) Dining on the terrace of Dozza's Hotel Cane, we overlooked meadows and manicured vineyards and sipped *frizzante*—slightly fizzy wine that inspires a pleasantly heady feeling. Then we meandered through a three-hour lunch, starring a dish called Devil's Chicken: a halved chicken, sprinkled with lemon juice, weighted down with marble and marinated for three hours, then grilled over an oak fire and basted with lemon juice, sunflower oil, salt and pepper.

The last great meal was in a two-hundred-year-old farmhouse that has been converted into an inn and restaurant called Azienda Il Gaidello, just outside Modena. Rooms complete with kitchen and bath go for about $30 per night. But who wants to cook when you can sample Paolo Bini's delectable food in the lace-curtained, geranium-bedecked farmhouse dining room? There was soup and pasta (a lasagna to die over—with beef and pork, carrots, parsley, celery, béchamel, crème fraiche and Parmesan), sausages, relishes, crescentina (fried puffed bread), rabbit and chicken spiced with garlic and rosemary, salad and a sinful cake. And it was all washed down with liters of local wine.

Lest you think you can do nothing but stuff yourself, between meals you can indulge in the region's cultural wonders, which range from Ravenna's brilliant medieval mosaics (reason enough in themselves to visit Emilia-Romagna) to Ferrara's Renaissance palaces of the famed Este family; from Parma's eleventh-century Romanesque cathedral and 4,500-seat wooden stadium, to Comacchio, known as "Little Venice," where thirteen islands are joined by canals, dikes and lagoons.

To get to Emilia-Romagna, this intriguing but not-so-well-known region, which gave the world such luminaries as Pavarotti, Verdi and Ferrari, we flew into Milan on Trans World Airlines from New York and drove the 125 miles to Bologna. You can, however, fly directly in and out of Bologna from many European cities.

To dine like we did in Emilia-Romagna takes a hearty appetite and a passion for top-notch food. The recipes on these pages will give you a taste of the region, and inspire you to pack your suitcase for your own trip. **End**

A SAMPLING OF Emilia-Romagna

VEAL WITH PROSCIUTTO AND PEPPERS

- 3 tablespoons olive oil, divided
- 1 pound veal scallops, pounded
- 1 small red pepper, julienned
- ¼ cup (about 2 oz.) chopped prosciutto ham
- 2 tablespoons chopped fresh basil
- 1 garlic clove, minced
- ¼ cup water
- ¼ cup dry vermouth
- 1 tablespoon balsamic or red wine vinegar
- 2 tablespoons pine nuts (pignoli)
- 2 tablespoons butter, cut into pieces
- Salt and pepper to taste

In large skillet heat 2 tablespoons oil and quickly saute veal. Transfer to serving platter; keep warm. Add remaining 1 tablespoon oil to skillet; saute red pepper, prosciutto, basil and garlic 1 minute. Add water and stir 1 minute to deglaze skillet. Pour in vermouth and vinegar. Reduce liquid by half. Add pine nuts, then gently swirl butter, one piece at a time, into skillet until well blended. Season with salt and pepper. Spoon sauce over veal. Makes 4 servings.

SWEET BALSAMIC STRAWBERRIES

- ¾ cup dry vermouth
- 3 tablespoons balsamic vinegar
- ½ cup sugar
- 1 ½-inch cinnamon stick
- 1 teaspoon grated orange peel
- 2 pints strawberries, hulled

In medium saucepan combine first 4 ingredients. Boil until slightly thickened, about 4 minutes. Remove from heat. Stir in orange peel; cool. Pour over berries and stir. Makes 8 servings.

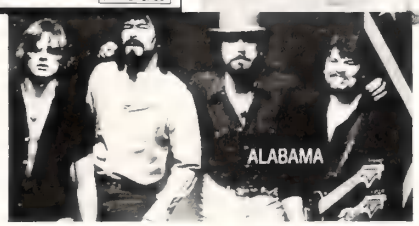
KENNY ROGERS WHAT ABOUT ME?	74388 RCA	
BRYAN ADAMS RECKLESS	51540 A&M	
STEVIE WONDER/Soundtrack THE [redacted] IN [redacted]	43574 MOTOWN	
*1984 ORIGINAL SOUNDTRACK	14748 RCA	
*THE KINKS WORD OF MOUTH	24680 ARISTA	
DEBORAH ALLEN LET ME BE THE FIRST	61997 RCA	
THE CARS HEARTBEAT CITY	43650 ELEKTRA	
LEADERS OF THE PACK Vol. 1—Hits of '50s & '60s	63607 LAURIE	
ALABAMA ROLL ON	44547 RCA	
GALWAY & MANCINI IN THE PINK	51758 RCA	
PRINCE PURPLE RAIN	60175 WARNER BROS	

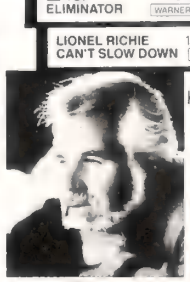
PAT BENATAR TROPICO	53749 CHRYSALIS	
DAVID BOWIE TONIGHT	44418 EMI-AMERICA	
OAK RIDGE BOYS GREATEST HITS 2	52261 MCA	
PAVAROTTI & MANCINI MAMMA	15310 LONDON	
*MADONNA	64288 SIRE	
*RATT OUT OF THE CELLAR	72038 ATLANTIC	
HUEY LEWIS & The News SPORTS	44448 CHRYSALIS	
*JOHN WAITE NO BRAKES	32851 EMI-AMERICA	
THE FIXX PHANTOMS	53353 MCA	
*ANNE MURRAY HEART OVER MIND	34374 CAPITOL	
VAN HALEN 1984	60018 WARNER BROS	
THE BEST OF MICHAEL JACKSON	24148 MOTOWN	
NEIL DIAMOND LOVE SONGS	44289 MCA	
SCORPIONS LOVE AT FIRST STING	14728 MERCURY	
DURAN DURAN RIO	63452 CAPITOL	
*KISS ANIMALIZE	63480 MERCURY	
JAMES GALWAY VIVALDI: THE FOUR SEASONS	24545 RCA	
LINDA RONSTADT WHAT'S NEW	44317 ASYLUM	
TWIN SETS Double the music Count as one!		
Motown Superstars 25 #1 Hits	54310 MOTOWN	
STYX CAUGHT IN THE ACT	53827 A&M	
ELVIS' WORLDWIDE GOLD AWARD HITS 1&2	13690 RCA	
VARIOUS ARTISTS This Is The Big Band Era	22514 RCA	
PRINCE 1999	52483 WARNER BROS	

HALL & OATES BIG BAM BOOM	14702 RCA	
ALABAMA 40 HOUR WEEK	44559 RCA	
BARRY MANILOW A.M. Paradise Café	61489 ARISTA	
*TINA TURNER PRIVATE DANCER	43583 CAPITOL	
BILLY SQUIER SIGNS OF LIFE	40311 CAPITOL	
GEORGE STRAIT DOES FORT WORTH...	34273 MCA	
DIANA ROSS SWEPT AWAY	30021 RCA	
BILLY IDOL REBEL YELL	24674 CHRYSALIS	
JOHN DENVER GREATEST HITS, Vol. 3	61664 RCA	
NIGHT RANGER MIDNIGHT MADNESS	53345 MCA/CAMEL	
AIR SUPPLY GREATEST HITS	34424 ARISTA	
KENNY ROGERS 20 GREATEST HITS	44523 LIBERTY	
*POINTER SISTERS BREAK OUT	43833 PLANET	
ZZ TOP ELIMINATOR	34129 WARNER BROS	
LIONEL RICHIE CAN'T SLOW DOWN	10767 MOTOWN	

Don't Miss These Smash Hits!

■ Def Leppard: Pyromania	70402
■ Best Of Bill Cosby	12015
■ Chicago 17	20763
■ Hall & Oates: Gt. Hits	13313
■ Perlman: Virtuoso Violinist	50752
■ Mike Post: "The A-Team"	14714
■ Alabama: Closer You Get	33563
■ The Big Chill (Soundtrack)	33970
■ John Schneider: Too Good	33756*
● Urban Chipmunk	44391
● Krokus: The Blitz	33615
■ Go-Go's: Talk Show	51667
■ Best Of The Beach Boys	23946
● Commodores: All Gt. Hits	13622
■ Jackson 5: Gt. Hits	44149
● John Cougar: Uh-Huh	44117
■ Rick Springfield: Hard To Hold	43687
■ Thompson Twins: The Gap	24567
● Jeffrey Osborne: Don't Stop	43774*
■ Dennis DeYoung: Desert Moon	44519*
■ Ghostbusters (Soundtrack)	43604*
● Eddie Rabbitt: Best Year	50640
● Everly Bros.: EB '84	43552*
■ Hank Williams, Jr.: Major Moves	73828*
■ Elton John: Breaking Hearts	24655
● Alabama: Mountain Music	60229
● Anne Murray: Gt. Hits	63530
■ Two Of A Kind (Soundtrack)	44646
● Lionel Richie	44354
● Jefferson Starship: Nuclear	43891
■ Rush: Grace Under Pressure	53786
■ Twisted Sister: Stay Hungry	33348*
● Elvis: Rocker	44561*
■ Golden Earring: Heavy Going	34480*
■ Yes: 90125	44514
■ Genesis	63383
■ Stevie Nicks: Wild Heart	44332
■ Frank Sinatra: L.A. Is My Lady	40351
■ Motley Crue: Shout At Devil	63952
● Foreigner: Records (Gt. Hits)	53317

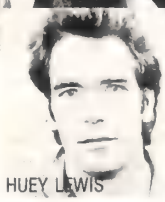
















WOW! 6 TOP-STAR TAPES OR RECORDS

FOR THE PRICE OF ONE

...WITH NOTHING MORE TO BUY EVER!

Start with 4 tapes or records for only 1¢
plus shipping and handling with Club membership.
Buy just 1 smash hit in one year's time.
Then get 1 bonus album of your choice.
Enjoy 6 albums for the price of one.
Nothing more to buy...EVER!

RETURN THIS COUPON...TODAY!

START SAVING NOW!

Start Now with 4 Hit Albums for 1¢! Yes, pick any 4 cassettes, records or 8-track tapes for just 1¢. Then agree to buy only 1 more hit at regular Club price (usually $8.98 to $9.98)... and take up to *one full year* to do it. Then you'll be able to choose a free bonus tape or record. That's 6 smash hits for the price of one and there's *nothing more to buy...ever!*

No Further Obligation Whatsoever! It's all up to you! You buy what you want... when you want to. This is one tape and record offer that really is different. And you pocket the savings!

Exciting "Members-Only" Benefits. Once you enroll, you'll receive your subscription to our exclusive magazine MEDLEY. Each issue is crammed with hundreds of hits—many as low as $2.99 to $3.99—plus your featured "Selection of the Month" in your favorite category. In all, you'll have 19 convenient, shop-at-home opportunities a year.

It's Easy to Get Your Favorite Hits! If you want the "Selection of the Month," do nothing. It will be sent to you automatically. If you want other selections, or none, just indicate your preference on the card always provided... and mail it back to us by the date specified. You'll always have at least 10 days to decide. But if you don't, you may return your "Selection of the Month" at our expense for full credit. As a member in good standing, send no money when you order, we'll bill you later. A shipping and handling charge is added to each shipment.

Free Albums! Yes! The sooner you purchase your 1 hit at regular Club price, the sooner you'll enjoy our Bonus Plan.

10-Day Free Trial! Listen to your 4 big hits for a full 10 days. If not satisfied, return them for a prompt refund. You risk *nothing!* So don't delay. Pick your hits, write their numbers in the boxes at right, and mail *today!*

RCA 219 TRADEMARKS USED IN THIS ADV'T ARE PROPERTY OF VARIOUS TRADEMARK OWNERS TMK(S) ® RCA CORPORATION.

RCA

❶ TAPE PENNY HERE

Mail to: RCA MUSIC SERVICE
P.O. BOX RCA 1, INDIANAPOLIS, IN 46291

I enclose 1¢. Please accept my trial membership in the RCA Music Service and send me the 4 hits I've indicated here under the terms outlined in this advertisment. I agree to buy just 1 more hit at regular Music Service price in 1 year's time—after which I will receive a free bonus tape or record. Then I may cancel my membership. (A shipping and handling charge is added to each shipment.)

❷ **SEND MY SELECTIONS ON** (check **one** only)
☐ CASSETTES ☐ RECORDS ☐ 8-TRACK TAPES*

❸ I am most interested in the following type of music—but I am always free to choose from every category (check one only)
1 ☐ **EASY LISTENING** (Instrumental/Vocal Moods) 2 ☐ **COUNTRY**
3 ☐ **HARD ROCK** 4 ☐ **POP/SOFT ROCK** 5 ☐ **CLASSICAL**

❹ **RUSH ME THESE 4 SELECTIONS** (indicate by number)
[ ] [ ] [ ] [ ]

❺ ☐ MR.
☐ MRS. _____
☐ MISS (Please Print)

ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP _____

TELEPHONE ( ) _____
Area Code

❻ Have you bought anything else by mail in ☐ **last 6 months** ☐ **year** ☐ **never**

RCA MUSIC SERVICE reserves the right to request additional information or reject any application. Limited to new members; continental U.S.A. only; one membership per family. Local taxes, if any, will be added.

*Items marked (*) not available on 8-track.

LL-AW (X2)

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the latest psychological research. By Sonya Friedman, Ph.D.

Q My in-laws are fond of me, but we rarely hug, kiss or touch. I would like to see everyone loosen up, but I don't want to make them uncomfortable. Any suggestions?

Families—and entire cultures—express affection in very different ways. Greeks, Italians and people of Hispanic origin are comfortable with an intense level of physical and verbal exchange, while the British are noted for their cool reserve. In general terms, touch is very healing, and hugging, stroking and kissing are important factors in emotional well-being. Yet for a person brought up in an environment of emotional conservatism where he was rarely touched, being grabbed for a hug may seem an unwelcome intrusion on his comfort zone; he may actually experience it as psychologically painful.

Apparently, physical affection is not part of your in-laws' everyday social behavior. Therefore, proceed with caution. Gently touch a shoulder, pat a cheek or hold a hand as you receive your in-laws or accompany them to the door. Use verbal affection to tell them how fond you are of them. If they warm to your efforts, fine. If not, give in gracefully. Some people don't want to loosen up. Be grateful that you can give your own children the gift of physical affection, and know that you are giving your in-laws the gift of accepting them as they are.

Q Our oldest boy, aged six, continually picks on his two younger brothers, and no amount of punishment seems to deter him. Yet, according to his teachers, at school he's a perfect angel. What can I do?

A child can easily sense when Mom and Dad are paying more attention to his siblings than to him. It sounds as if your oldest son is responding in a natural, although unpleasant, fashion to what he sees as a competitive struggle for parental affection and approval. Because he is the oldest, you probably encourage him to be independent. Yet he may be experiencing a sense of neglect when he sees you fussing over the younger boys. The fact that he is doing well in school may be due to the egalitarian nature of the classroom, whereas rules and standards of behavior at home may be less consistent. Obviously, some discipline is necessary when he acts cruel or hurtful, but most child psychologists recommend social isolation and the loss of privileges, rather than physical punishment, as the most effective means to change behavior. Send him to his room for short periods of time (five to fifteen minutes), and be sure to explain to him what is meant by cruelty and the consequences he will experience if he continues such behavior. Hand in hand with this discipline, however, should be a concerted effort to reassure him that he is loved and appreciated.

Q I dread spending money. My husband and I are fairly well off, yet I become anxious and short of breath even when I'm paying for necessities like food. Why is this?

There are a variety of explanations for anxiety about spending money. Some people were reared in poverty so great that any available cash was carefully hoarded for food or medical emergencies. Others may have lived surrounded—and humiliated—by the relative wealth of others. Parental attitudes toward money leave especially powerful imprints. If the handling of money provoked violence, hysteria or other dramatic conflicts in the childhood home, parting with money as an adult may provoke an "abreaction": an intense emotional discharge prompted by the painful re-experiencing of those repressed childhood memories.

For someone in your position, who has more than enough money but is severely crippled by the inability to enjoy spending it, I would recommend therapy or a process of gradual desensitization. To begin with, think of a situation in which you feel you can tolerate spending money—buying your husband a new pair of shoes, for example, or buying basic food items. Exercise your spending at that level, then try a situation that seems slightly more perilous. You may also enhance your feeling of security by placing a certain sum in an emergency savings fund. Give yourself permission not to touch the capital, but when interest accrues, see if you can take that money and spend it on something frivolous and pleasurable for yourself.

TV VIOLENCE LINKED TO ADULT CRIME

The most extensive study ever done on TV violence shows a definite correlation between childhood viewing and an increase in adult violent crime. A twenty-two-year study by Rowell Huesmann, Ph.D., and Leonard Eron, Ph.D., both professors of psychology at the University of Illinois at Chicago, surveyed the viewing habits of the entire third-grade class in one New York county and then reviewed the class at age thirty. Of those with criminal records, the ones who had watched more TV violence as children were convicted as adults of crimes significantly more violent than others from the same classrooms. "Children who watch more violence on television learn to behave more aggressively," says Dr. Huesmann, "and they are likely to carry this behavior into adult life." The study also found that girls who watched more TV violence than their peers grew up to punish their own children more harshly, although Dr. Huesmann would not say that TV violence was the sole factor responsible.


PUT ON THE POWER OF SHEER ENERGY
The power of Sheer Energy® pantyhose comes from special springy fibers that massage and soothe your legs. Sheer Energy's all day massage makes your legs feel lively, energized...and you feel ready to light up your days—and nights. So put on the power of Sheer Energy. In Control Top, too.
Nothing beats a great pair of L'eggs.®
L'eggs SHEER ENERGY PANTYHOSE
SHEER ENERGY Control Top
SHEER ENERGY and All Day Massage are registered trademarks of Consolidated Foods Corporation, for pantyhose.
©L'eggs Products, Inc. 1984

A LUXURIOUS MINK COAT FOR LASHES?



COTY SAYS YES

MINK LASH

Waterproof Mascara

Lashes as lush as mink! Exclusive formula is enriched with mink oil to help fight stiffness. The look? Rich. Soft. Silky. Thickens and lengthens. Smudgeproof and tearproof too. Treat your lashes to a luxurious mink coat!

EXTRAORDINARY ANSWERS. COTY

©1985 Coty, N.Y. Available in Canada. Model wearing Black / Black Mink Lash Waterproof Mascara, Ginger Creme Airspun Powderessence Foundation, Frosted Mauve Pure Blusher, Pralining Plush Silksticks Lipstick. Dress: Jonathan Hitchcock. Fur: Ben Kahn.


Sophia is desire.
Sophia is mystery.
Sophia is fantasy.
SOPHIA
SOPHIA
BY COTY
Wear it with a passion.
© 1983 Coty N.Y. Available in Canada

Fast and foolproof LANDSCAPING

BY THEODORE JAMES, JR.

From planning your design to sharpening your tools to selecting the perfect plants, here is a complete guide to making the most of your corner of the world.

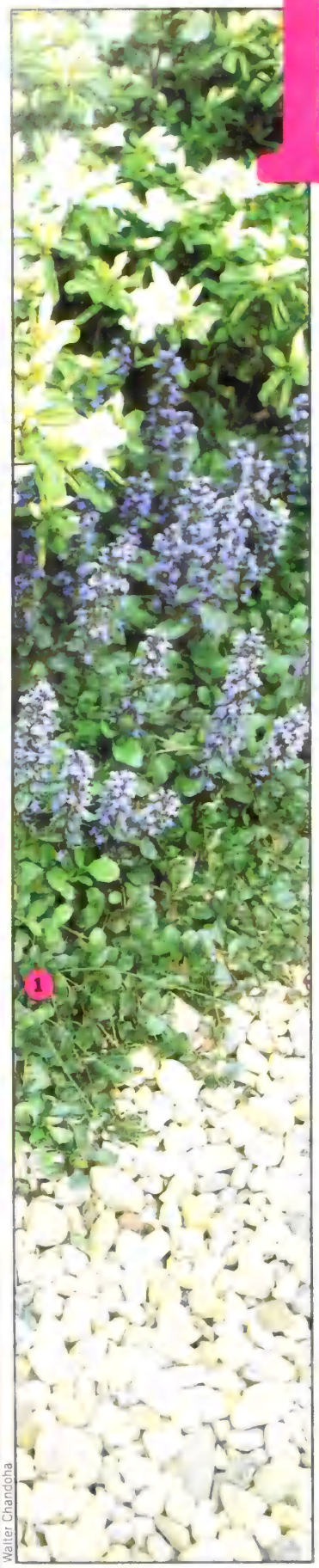
Picture a rolling lawn enclosed by deep green shrubs that are just high enough to give the owners privacy. Bursts of pink and white flowers line the front walk and driveway. Bright blue and yellow flowers bloom in the garden. From every window in the house, you can see these variegated and vibrant signs of spring.

If your grounds don't quite measure up to this image, read on for practical advice on how to make them a showplace—affordably. And there's another bonus: All the plants we've chosen for landscaping are hardy and easy to maintain, so you can virtually sit back and enjoy their beauty for years to come.

Designing your landscape

On a piece of graph paper, mark off the borders of your property, making each square represent three feet, and note north, south, east and west so you know the amount of sunlight falling on each area. Then, within the boundaries, mark off the areas where your house, driveway, walk and trees stand. This layout will give you a general idea of where you can place certain types of plants and *(continued)*

(1) Mix of shrubs and ground cover creates a unique border. (2) Flowers with greenery brighten path. (3) As foundation plantings below windows, low-growing plants are perfect. (4) Spring-blooming rhododendron add color. (5) Basic tools are ideal for planting. (6) Two-color flower beds are prettiest.

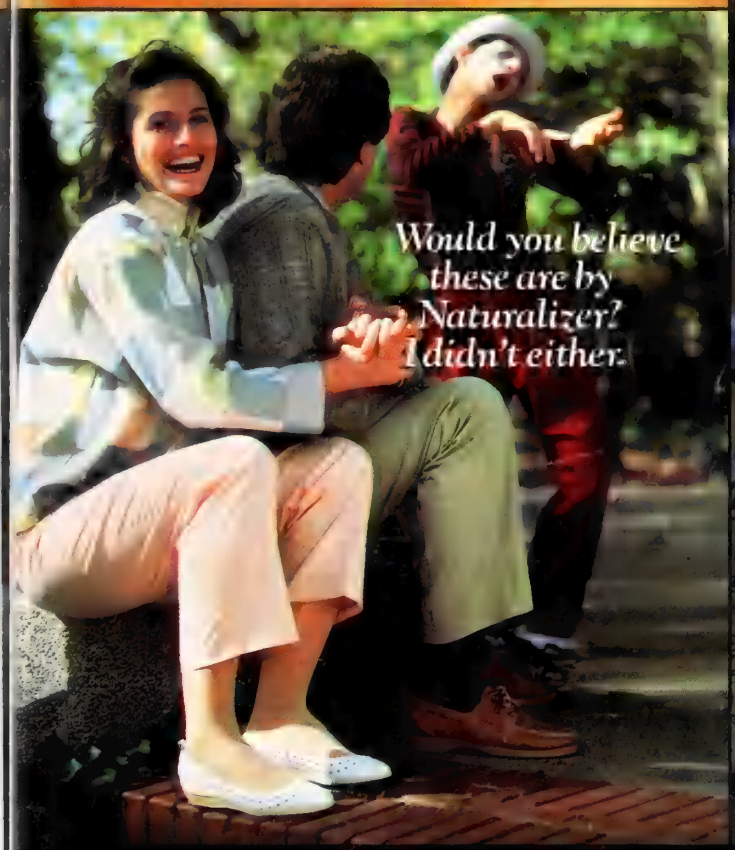


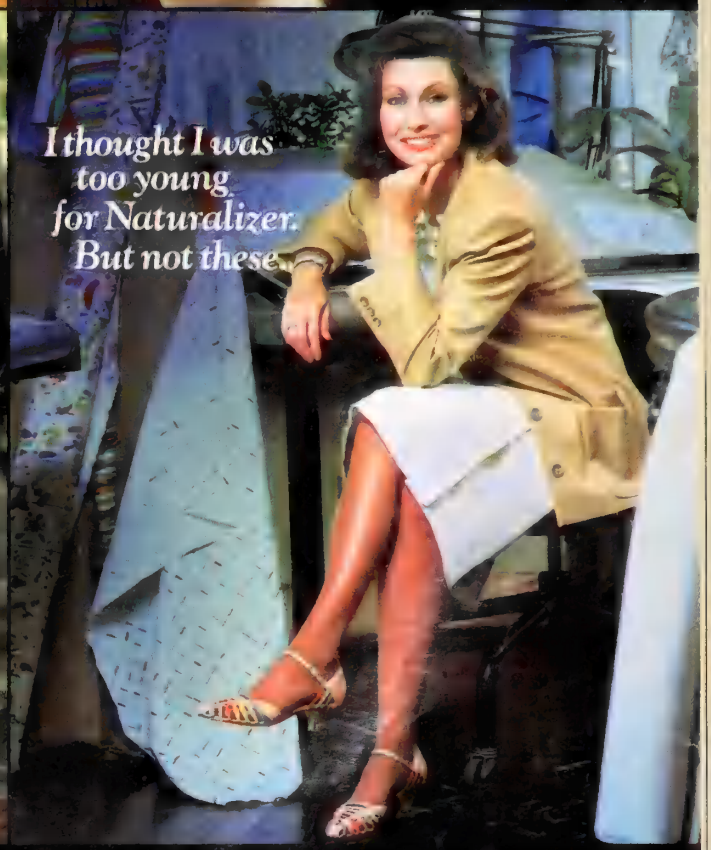


Walter Chandoha









NATURALIZER

Fits the way you live!

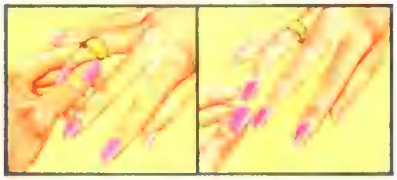


Brown Shoe Company, a member of Brown Group, Inc. 8300 Maryland Ave. P.O. Box 354 St. Louis, MO 63166

AQUA·BAN.
The bloat remedy.



No more bloating.



No more puffiness.



No more swelling.

Aqua·Ban is an effective, scientifically formulated diuretic *(water pill)* that helps eliminate the bloating and discomfort that comes from pre-menstrual water retention. So if you experience temporary water weight gain which makes you feel uncomfortable every month, get Aqua·Ban. Get rid of bloat and feel better all month long.



© 1984 Thompson Medical Company, Inc.

LANDSCAPING
continued

about how many of each you will need. Following are some basic landscape design terms you should know.

- Foundation plantings: plants placed around and close to the house.
- Borders: plants used as natural fencing around your property or trees.
- Specimen plantings: plants, usually flowering trees, placed alone in, say, the middle of a yard or in a secluded corner, for a special effect.
- Beds: groups of flowers placed together for a gardenlike effect.

Here are a few general tips for planning your design:

- Use taller shrubs as property borders to create privacy.
- Limit the number of colors in your flower garden; one or two is plenty.
- Place low-growing shrubs and flowers in front of low-silled or bay windows.
- Place flower beds within view of windows so you can enjoy their beauty from the inside, too.

Getting ready

Drainage: Before you begin planting, check the area for good drainage. If there are puddles on top of the soil after a normal rainfall, you'll need to select another area for planting.

Tools: The most efficient gardening tools are still the shovel, spade, cultivator, hoe, pitchfork and rake. For best results, periodically sharpen the edges of the spade, shovel and hoe. Use a nonelectric knife sharpener and the same technique you would with any blade.

Soil: Prepare and fortify the soil in early spring. This is a must to ensure healthy growth. Simply dig 12 to 18 inches into your planting soil. Mix two or three parts of dug soil to one part compost or dried cow manure and sphagnum peat moss. Then fill in the hole with the mixture. When setting plants, be sure to fill holes with fortified soil.

Irrigation: The most inexpensive and efficient method of watering your plants is with irrigation hoses, which are flat and have small holes along the length of the hose. Lay the hoses out where needed in beds and borders and hide them by covering with mulch (see section on mulch). Water will slowly seep from the holes into the ground where it is needed, rather than onto the foliage of the plants.

Mulch: Available in a variety of materials, mulch is used atop flower beds, in borders, in foundation plantings and around trees to discourage weeds and conserve moisture. The most practical, economical and attractive material for mulch is pine or cedar bark chips or nuggets, available in large bags at nurseries and garden centers. For most plants, mulch should be at least three inches deep.

Fertilizer: Different plants require fertilizers with different chemical compositions. The chemical content is indicated on the package. For example, a so-called balanced fertilizer is marked with three equal numbers, such as 10-10-10. An unbalanced fertilizer has varying numbers, such as 5-10-5. The numbers in both formulas represent, respectively, the percentage of nitrogen, phosphorus and potassium in the fertilizer. Ask at your nursery which type is best for your plants.

Selecting your plants

Once you have made your preparations, you can shop for shrubs and flowers.

Where to buy plants

- *Mail-order nurseries:* Plants and prices are quoted in catalogs. Generally, mail order is less expensive than your local nursery because plants are smaller and are sold in volume. And their selection is larger, so you can usually get the plants you're looking for.
- *Walk-in nurseries and garden centers:* These are convenient if you like to choose your own plants, if you need help in making your selections or if you want your plants immediately.

How to buy plants

- Buy your plants already established, rather than as seeds, to save you time and effort. Seeds require daily care, and you will have to wait longer for blooms. If you buy established flowers in early spring, you may have blooms by the end of the season. (The exception: Flowers grown from bulbs should always be bought as bulbs rather than as established plants.) Most established plants are sold in containers of soil. To set in the ground, simply remove the plant and soil from the container and place in a hole. Fill to the same level as the container soil.
- Compare the prices among various mail-order and walk-in nurseries. The really cheap plants are often of poor quality. But the most expensive plants usually aren't any better than those priced slightly lower.

Following are various hardy, low-maintenance plants that you can use in your landscaping design.

Shrubs

The basis of your landscape scheme, shrubs generally require little or no maintenance. Two types, *evergreen* and *deciduous*, are available. Deciduous lose their leaves in winter and usually bear colorful flowers during the spring. After bloom, their appearance is more subtle, providing a green backdrop for flowers and a screen for privacy. *Needle-leaved* evergreen shrubs retain their leaves or needles throughout the *(continued)*



llie Petersen
s Angeles, CA

"I lost weight fast with Slim·Fast. It's delicious!"

Slim·Fast is so delicious, nutritious and natural, it's everything you need to lose weight fast. And now you can vary your Slim·Fast menu with luscious Chocolate Shake, tempting Vanilla Shake, rich Chocolate Pudding and creamy Hot Cocoa.

Every delicious Slim·Fast™ meal contains essential nutrition: vitamins, minerals, protein, fiber and bran.

And the Slim·Fast Diet Plan is so easy, it practically counts the calories for you.

Try all four varieties of Slim·Fast. It's everything you need to lose the weight you want…fast.



Slim·Fast...it's everything you need to lose weight.



© 1984 Solar Nutritionals Inc



LANDSCAPING
continued

year and do not always bear flowers. Instead, they offer texture and various shades of green and are useful in borders, foundation plantings and as specimen plants. These evergreens, now available in dwarf varieties, are widely used in plantings. They grow very slowly, require no pruning and rarely grow more than ten feet high. The *broad-leaved* evergreens have some deciduous characteristics. They bloom during spring and offer similar lush greenery during the season.

Whether you choose deciduous or evergreen, shrubs should be planted in spring or fall. The old maxim, a $5 plant requires a $10 hole, applies. If the shrub is "B & B" (the root is ball-shaped and wrapped in burlap), it is not necessary to remove the burlap, as it is organic and will break down in the ground.

Mix several handfuls of 5-10-5 fertilizer into bottom of hole. Set plant, fill the hole halfway with fortified soil, tamp down and water well. When water has drained, recheck the level of planting because the soil will settle after watering. Then fill in rest of hole, tamp down and water again. Surround plant area with a deep mulch.

The following shrubs, cultivated as above, are vigorous, nearly pest- and disease-free, adapt to a wide range of light and soil conditions, and grow well in most climates except extreme heat. Be sure to keep shrubs well-watered during the first year, then water deeply once a week during extended dry periods.

Flowering deciduous: Grow in full sun or partial shade.

- Deutzia: Pink and white blooms in mid- to late-spring. From three to ten feet, depending on variety.
- Forsythia: Yellow blooms in early spring. Select upright varieties; weeping forsythia require considerable pruning.
- Hydrangea: A variety of colored blooms appear in midsummer.
- Spiraea: Pink, red or white blooms appear in mid-spring. From four to eight feet, depending on variety.
- Weigela: Pink, red or white blooms in mid- to late-spring. From four to ten feet, depending on variety.

Flowering broad-leaved evergreens: Prefer partial shade, but will grow very well, even in full sun.



Azalea and rhododendron: Most va-ties are broad-leaved evergreens; ey sport blooms in all colors but blue. se a cultivator to scratch a handful of id fertilizer into soil around plant in ring. From two to twenty feet, de-nding on variety and pruning.

onflowering evergreens: Grow in ll sun or partial shade.

Arborvitae: Green to yellow foliage. any varieties to choose from.

Boxwood: Green foliage. Makes excel-nt slow-growing hedge. Many varieties.

Chamaecyparis (false cypress): ray-blue, green, yellow or chartreuse liage. Many varieties.

Mugho pine: Bright-green foliage. ry slow growing. In one-and-a-half-three-foot rounded mounds.

Sargent's weeping hemlock: Dense green needles. Grows to about three feet high by six feet across.

● Spruce: Conical or rounded with medium-green, dense foliage.

Ground cover

Ground cover includes a variety of low-growing plants and is popular as borders and foundation plantings. It needs minimal maintenance and provides quick results. Ground cover can be expensive, but since it spreads so rapidly, you need only a small amount. In fact, you can even ask a friend for a few plantings from her yard.

Dig small holes, one for each plant, six inches to one foot apart; set plants, fill to proper soil level and keep well-watered until established. During dry spells, water them deeply once a week.

The following selections are ground-hugging, drought-resistant, and pest- and disease-free. They adapt to a variety of soil, spread rapidly and provide desired density within a year or two.

● Ajuga: Dark-green leaves bear violet-blue flowers in spring and summer. Full sun or partial shade.

● English ivy (Hedera): Dark-green leaves. Full sun to deep shade.

● *Euonymus fortunei*: Dark-green leaves with light veins. Full sun to deep shade. Many varieties.

● Juniper: In various shades of green. Full sun or semishade.

● Pachysandra: Rich green and variegated leaves. Deep or partial shade.

● Vinca (creeping myrtle, periwinkle): Lavender-blue flowers in spring. Full sun or deep shade. Select *(continued)*

I got tired of being wired.



Style shown #942. DuPont Lycra® Spandex.
©1984 Intimate Apparel Group of America.

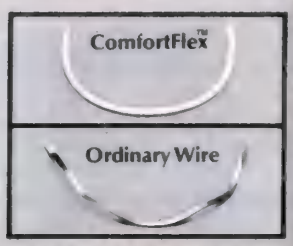
Now there's "WOW" The underwire bra With Out Wire

Introducing WOW.™ The pinchless, pokeless underwire bras With Out Wire.

We took the wire out of underwire bras and put in ComfortFlex™ Shapers. Light, flexible undercurves softly contoured to fit your body. ComfortFlex Shapers support and shape you better and more comfortably than metal wires.

WOW bras are more comfortable than old-fashioned underwire bras because there's no metal wire to poke through or twist out of shape, no matter how many times you wear it or wash it.

WOW comes in four lacy, sophisticated styles and feminine, fashion-right colors, too. Wear WOW now. You'll never wear wire again.



Unlike wire...the ComfortFlex Shaper keeps its shape even after machine washing. So unique it's patent pending.

LANDSCAPING
continued

ly dwarf varieties; standards spread ickly and overtake nearby plants.

Flowers

nally, to complete and color your ıdscape you will need flowers. There e two types of flowers: *perennials*, ıich bloom every year, and *annuals*, ıich bloom only once. Those recom-ended below are all pest- and disease-e, adapt to a wide range of soil and ght conditions, and are drought-resis-nt (but during extended dry periods ey should be watered once a week).

ring-flowering bulbs: Though bulbs e technically perennials, professional rdeners give them this special classi-ation. Types available include tulips, ocuses, daffodils and hyacinths; they st between $2 and $5 per dozen bulbs. Bulbs must be planted in the fall for oom the following spring. Plant all ılbs in full sun or partial shade. Dig a le using a trowel or bulb planter, or if anting a group of bulbs, excavate ea to be planted. Scratch a handful of nemeal into the bottom of the hole ıd plant the bulb, tip upward. As a le, large bulbs should be planted ght inches deep from base of bulb to il line, and six inches apart. Smaller ılbs should be planted five inches deep ıd three inches apart. Water thor-ughly and cover with a deep mulch.

esign tips for using bulbs:

Use bulbs in borders, beds and rock ardens, along walks or driveways, or foundation plantings.

Try a unique ordering of bulbs, ıther than straight rows.

Large bulbs should be planted in roups of at least six, with twelve pre-rred. Small bulbs should be planted groups of twelve to twenty-five.

When bulbs emerge next spring, ratch a handful of bonemeal and a ıblespoon of 5-10-5 fertilizer into soil. fter bloom, cut spent flower stalks. et green foliage wither and die (leaves ntain food for next year's bloom). verplant with six-pack annuals to fill id. Since many bulbs split and multi-ly rapidly, bloom may diminish after a umber of years. Simply dig up plants, eparate bulbs and replant as above.

erennials: Hardy winter perennials are ffered in the standard containers of soil, be planted at your convenience, or are root," wrapped in wood shavings nd plastic without soil, with planting ecommended within a few days after rrival. Container plants cost about $3 ach, twice as much as bare root.

esign tips for arranging perennials:

Extend season by selecting early-, ıid- and late-blooming varieties. Bloom-ng periods are indicated in catalogs.

2. For the best effect, plant in groups of at least three of the same variety.
3. Cut flower stalks on all perennials after bloom to produce stronger plants.

The following are attractive and easy-to-grow perennials.

- Daylily (hemerocallis): Sports blooms in a spectrum of colors on two-and-a-half- to four-foot sturdy stems. Use as borders or to accent landscape.

Place in ground in spring or early fall in full sun or partial shade. Space one and a half feet apart. Dig a hole one foot across and one foot deep. Mix a small handful of 5-10-5 fertilizer into bottom of hole. Remove plant from container and set at proper soil level. Tamp down, water and cover with mulch.

The second year and after, scratch a handful of 5-10-5 fertilizer into the soil around the plant in spring and then again after summer bloom.

- Hosta (funkia or plaintain lily): Sports white or lavender blooms in late summer or early fall on one-and-a-half- to four-foot-high stems. Grown as striking foliage or as ground cover.



Walter Chandoha

Set in ground in spring or early fall in deep shade or partial sun. Space one foot apart. Dig hole one foot across and one foot deep. Mix in a small handful of 5-10-5 fertilizer and several handfuls of sphagnum peat moss. Set plant and mulch surrounding area. In succeeding years, scratch a handful of 5-10-5 fertilizer into the soil around the plant in spring.

- Lily: Its three- to five-foot stalks support up to thirty blooms in many colors. Use in flower beds, shrub borders, as masses of color and for cutting.

In spring, plant lily bulbs in partial shade since full sun tends to fade flower color. Space six to eighteen inches apart, depending on variety (ask your nursery for the correct spacing). The planting site *must* have good drainage. Dig hole one foot across and one foot deep and mix a handful of bonemeal into the bottom. Plant four to eight inches deep, depending on variety, tamp down and water thoroughly. Lilies need cool soil, so mulch heavily.

As flower spikes grow, stake taller varieties. In spring, scratch a handful of acid fertilizer around emerging plant. When crowded, dig up after bloom, separate and replant as above.

- Peony: The Chinese or garden variety is best suited for most yards. Plants grow two to three feet tall with white, pink, red or yellow blooms. Use in borders, as specimen shrubs, as hedges, for masses of color and for cuttings.

Set in ground in late summer or early fall only in full sun. Space about four feet apart. Dig hole one and a half feet across and one and a half feet deep. Mix in several handfuls of 5-10-5 fertilizer. Fill hole with soil so that buds or "eyes" on roots are exactly between one and one and a half inches below soil surface; otherwise, there will be little or no bloom. Tamp down, water thoroughly and apply mulch to area.

The first winter only, mulch entire plant heavily to prevent its lifting out of the ground. Remove mulch in early spring. For larger blooms, pinch side buds from flower stalks, leaving only one bud. Stake large-blossomed stalks. Black ants that crawl on buds in spring are harmless. When plants first emerge from the ground and after bloom, scratch a handful of 5-10-5 fertilizer into soil around plant. After first killing frost, cut foliage to one and a half inches above soil line.

Annuals: Available in hundreds of varieties, colors and heights, they provide a nearly instant effect. They are sold in packages of six plants, each in its own container, and cost about $1.50 per six.

Bedding annuals thrive in various amounts of light. Select from the following according to your needs:

- Impatiens: deep or partial shade.
- Lobelia, marigold, salvia, snapdragon, wax begonia, ageratum, geranium: partial shade or full sun.
- Alyssum, mini-dahlia, petunia (many varieties), zinnia: full sun.

Basic culture is the same for all annuals. Dig a hole and mix in a teaspoon of 5-10-5 fertilizer. Push the bottom out of the plastic container, remove plant and set in hole. Cover to proper soil level and water thoroughly. Mulch the surrounding area. Keep well-watered until plant is established. Use in beds, borders and rock gardens, in hanging baskets, tubs, planters and window boxes.

As you can see, creating a picture-perfect landscape requires some time and effort. But maintaining it once the initial planting is done is rather easy. By following the easy maintenance tips above, you can spend most of your leisure hours enjoying the results of your efforts year after year. **End**

One-A-Day®
introduces more of what you need.
Within.™



Now with Calcium.
And more Iron. All in one.

Women need more calcium. Recent studies show that 8 out of 10 women don't get the recommended amount of calcium in their daily diet.* You could be one of them. That's why One-A-Day added calcium to Plus Iron.

And created a whole new multivitamin. Within. It's got nearly twice the calcium of any leading multivitamin to help keep your bones strong. Plus extra iron and every essential vitamin. So help make sure your body gets what it needs. Get new Within.

More of what a woman needs. Within.

*according to the U.S. RDA

50¢ Save 50¢ on any size of *Within.*™ 50¢

TO DEALER: We will reimburse you for the face value of this coupon, plus 8¢ for handling, if used in accordance with the offer stated hereon. Invoices showing purchase in the last 90 days of sufficient stock to cover coupons presented must be shown upon request. Consumer must pay any sales tax involved. Void when presented by those who are not retail distributors of our merchandise, or where licensed, taxed, prohibited or restricted by law. Coupon may not be reproduced. Any other application of this coupon constitutes fraud. Cash value 1/20 of 1¢. MILES LABORATORIES, INC., P.O. Box 1552, Clinton, Iowa 52734. LIMIT ONE COUPON PER PURCHASE. COUPON EXPIRES DEC. 31, 1987.

©1985 Miles Laboratories, Inc

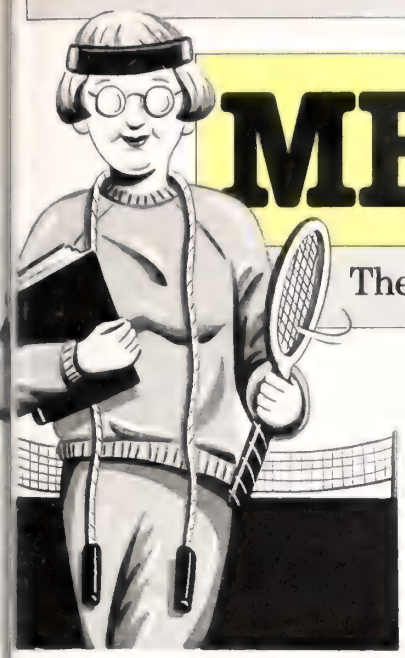


Consumer Healthcare Division MILES

More of what a woman needs. Now you can get it for less.

16500 230319

By Beth Weinhouse



MEDINEWS

The latest findings to keep your family healthy

KEEPING THE MIND YOUNG

ıere may not be a fountain of youth, ıt a Pennsylvania State University ıdy has found that using the mind and dy throughout life will help preserve ental alertness in old age.

The study involved two thousand ults and spanned almost three de-ıes. Says author K. Warner Schaie, .D., professor of human development d psychology at Penn State: "People ıo led active lives when they were mid-e-aged remained stable or showed im-ɔvement in mental abilities after age ty. Those people who didn't lead stim-ating lives showed a marked decline." advocates activities, such as square ncing, that combine mental and physical skills and also recommends crossword puzzles, word games like Scrabble and computer games.

Dr. Schaie took into account such information as occupation, income, leisure activities, newspapers read, club memberships, travel experiences and number of people seen daily. He also measured mental and emotional flexibility, or ability to cope with unfamiliar situations. Flexible people scored best on tests of mental ability.

EAR-LY WARNING

Life in the eighties can be cacophonous, but how do you know when noise is simply headache-producing, and when it can damage your ears? According to the American Academy of Otolaryngology–Head and Neck Surgery (specialists in ear, nose, throat, head and neck), a noise is dangerous if:

- **you have to shout over background noise to be heard;**
- **the noise hurts your ears;**
- **you are slightly deaf for several hours after exposure to the noise;**
- **it makes your ears ring.**

NEW TOOL FOR TEETH

For those who avoid the dentist out of fear of pain—especially from the dreaded drill—a new method for cleaning out cavities may help.

The Caridex 100 Caries Removal System works like a Water Pik, but instead of water, the machine squirts a chemical solution that softens decay so it can be scraped away. The method reduces or eliminates the need for anesthesia, and the chemical solution does not affect healthy teeth or gums. The Caridex 100 system has been tested for ten years, and was developed by Drs. Joseph Kronman and Melvin Goldman of the Tufts University School of Dental Medicine in Boston.

The Caridex does not eliminate drilling altogether, since dentists must still use a drill to reach cavities inside the tooth, or to shape the tooth for filling once the decay is removed. For this reason, the machine will be most useful for moderate to large cavities. Tell your dentist it is available from the National Patent Development Corporation.

SCENT TIPS

ʃ you are allergic to per-ıme or cosmetics with ·agrance, there's a way ɔ use these products ·ithout problems. In the ɔurnal of the American cademy of Dermatol-gy, Dr. Wallace G. Larsen, n Oregon dermatologist, ·rites that people with ·agrance allergies can afely apply perfume to ıeir clothing or hair.

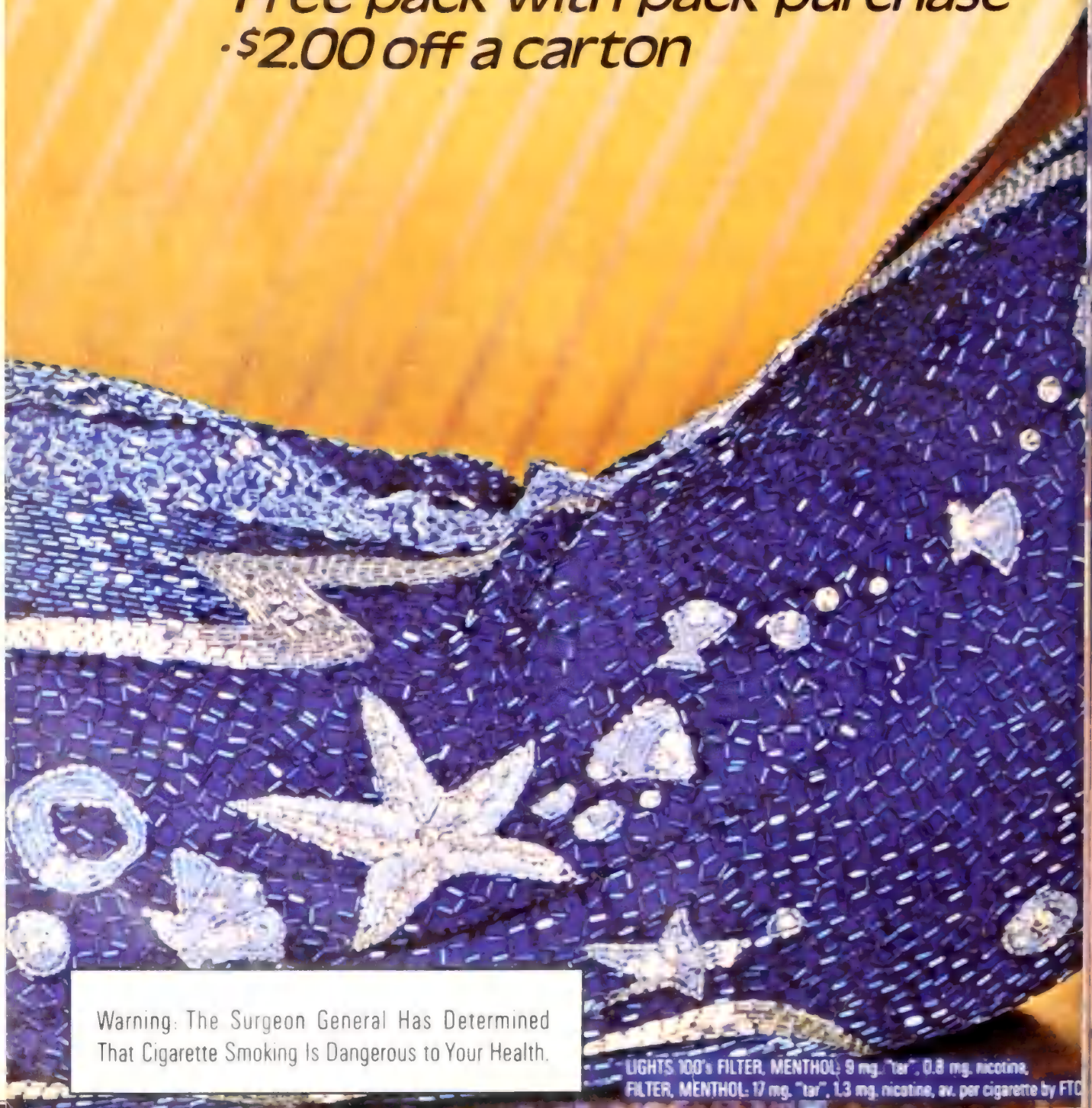
CONSUMER HOTLINE: SALT TALKS

Telephone the Mrs. Dash Sodium Information Center toll-free for facts and advice on the salt content of a variety of foods—canned, packaged, frozen and fresh, as well as foods sold at most popular fast-food restaurants. The Center, sponsored by the Alberto-Culver Company, which manufactures a line of salt-free foods, is managed by registered dieticians. Calls are taken Monday through Friday between 10 A.M. and 8 P.M. Eastern time, and consumers are urged to phone before shopping, cooking or planning a meal. The toll-free number is 800-622-DASH.



EXPERIENCE MORE LIGHTS 100s!

- Free pack with pack purchase
- $2.00 off a carton



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHTS 100's FILTER, MENTHOL: 9 mg. "tar", 0.8 mg. nicotine,
FILTER, MENTHOL: 17 mg. "tar", 1.3 mg. nicotine, av. per cigarette by FTC


Experience the captivating color,
the glamour, the excitement!
More
Lights
100s
FILTERS

How to live with a difficult, irritating, impossible man (whom you love very much)

By Norma Peterson



You love him, but if he leaves his bathrobe draped over the living-room couch one more time, you'll scream.

You love him, but if he stays at work until eight-thirty one more night without calling to let you know he'll be late, you'll scream.

You love him, but if he sulks behind the newspaper and tells you nothing is wrong when you *know* something is wrong, you'll scream.

Sound funny? Well, maybe—unless, of course, such a difficult, irritating, impossible man happens to be your husband. No one is saying that such behavior is grounds for divorce, but it can certainly make a woman's life miserable. And, as tension builds, misplaced anger can lead to bickering and carping that drives a wedge deep into an otherwise happy marriage.

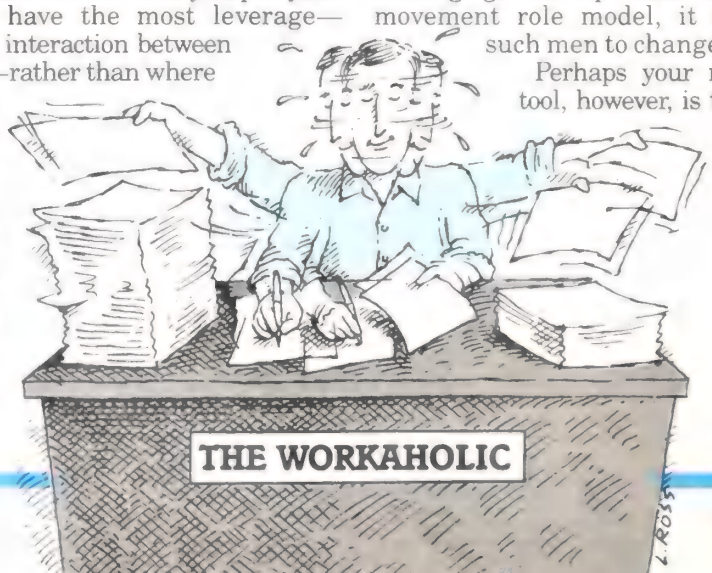
Is there anything a woman can do to ease that tension before it reaches a divisive point? Plenty, say psychologists and marriage counselors. Begin by identifying the behavior pattern in your mate that most frustrates you, advises Robert Bramson, Ph.D., a psychologist and author of *Coping With Difficult People* (Ballantine, 1982). Then, make sure the strategies you choose to handle his behavior are truly *coping* ones. Coping is different from trying to change someone, Bramson explains, or from passively accepting his irritating ways. He advises that you put your energy where you have the most leverage—changing the kind of interaction between you and your spouse—rather than where you have none—that is, in trying to change the man.

For instance, if you usually apologize when your husband criticizes you, even though you feel the criticism is unjustified, next time say: "I don't think that was fair." Or, say nothing and give your mate a long, steady look. Such behavior may be hard for you at first, but do it anyway; Bramson points out that coping strategies work even if they are not carried out with great skill. Once you change *your* behavior, your mate will be unable to respond to you in the same way.

Marriage counselors also suggest that you think back to why you married that difficult man in the first place. Was his quiet calm, his take-charge manner or his dedication to his career a part of his appeal? Be honest. Is that quality still attractive to you? Keep in mind, too, that we tend to see other people's behavior as impossible while viewing our own foibles as just being human. "Everyone has traits that could drive others crazy," points out Emily Marlin, C.S.W., a psychotherapist in private practice in New York City and author of *Taking a Chance on Love* (Schocken, 1984). "To keep your sanity, choose your battles."

It also helps to understand the source of the problem: If you can make some sense of a difficult behavior, you will feel better able to handle it. Remember that many men were raised in more traditional homes in which the husbands—their fathers—were administrators of the family finances, not equal partners, and were recipients of domestic services, not deliverers of them. Having grown up with such a pre-women's movement role model, it can be difficult for such men to change even if they want to.

Perhaps your most valuable coping tool, however, is the ability to focus on your own goals and desires. This will give you a much-needed distance and help you channel your energy in a more positive direction. "Find something that engages your passions," advises Marlin. "That way, your *(continued)*





NOW 100%

100% NutraSweet® and No Saccharin

Diet 7UP® is now sweetened with NutraSweet.
100% NutraSweet. Diet 7UP. Crisp...clean...and delicious!

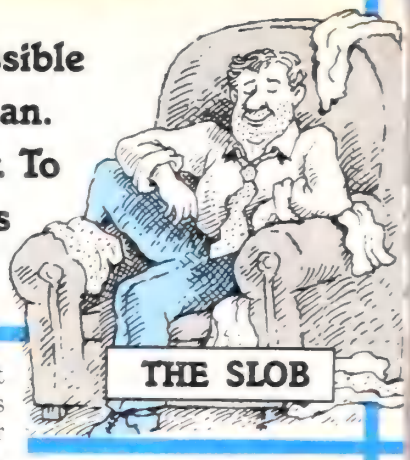
So go ahead and indulge yourself. Enjoy the refreshing taste of new Diet 7UP today!

Diet 7UP. It may be the best tasting diet soft drink ever.

"SEVEN-UP" and "7UP" are trademarks identifying products of The Seven-Up Company. © 1985

NutraSweet and the NutraSweet symbol are trademarks of G.D. Searle & Co

We tend to see other people's behavior as impossible while viewing our own foibles as just being human. Everyone has traits that could drive others crazy. To keep your sanity, be selective about the problems you will let annoy you. Choose your battles!



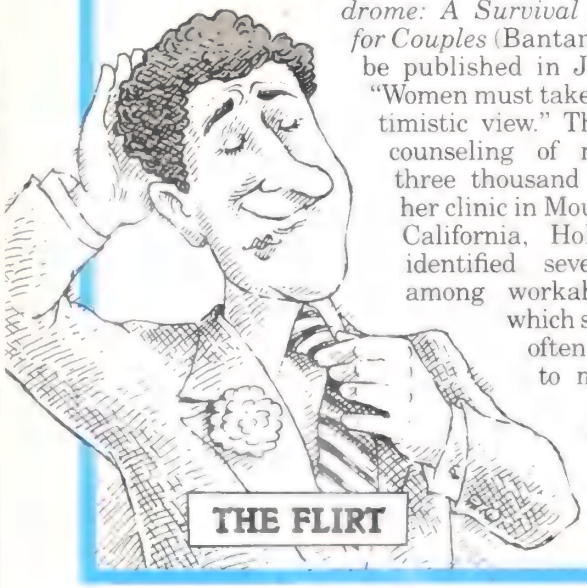
husband's sloppiness or preoccupation with his job won't seem all that important."

Consider the following hard-to-live-with behavior patterns and how some wives have managed to handle them. Perhaps you can adapt their solutions to your own difficult man.

THE WORKAHOLIC Coping with a man whose work is his passion can be tricky. One reason: His work is often so infuriatingly useful. He may be a doctor caring for desperately ill children. He may be an entrepreneur trying to start a business that will employ the jobless, fuel the economy and, of course, keep you and your children well fed. In the face of such stiff but honorable competition for his time, you feel guilty when that whiny little voice inside you complains, "Hey, what about me?" What's more, the confidence you need to demand equal time from a workaholic husband can be severely strained if you subscribe to the prevailing wisdom that men who are obsessed with their work are, in reality, running away from unsatisfying relationships at home.



"Nonsense," says Jean Hollands, M.F.C., a marriage counselor and author of *The Silicon Syndrome: A Survival Handbook for Couples* (Bantam Books, to be published in June 1985). "Women must take a more optimistic view." Through her counseling of more than three thousand couples at her clinic in Mountainview, California, Hollands has identified several traits among workaholic men, which she says can often be tapped to make them "terrific husbands."



"What's good about these men," Hollands says, "is that their diligence and intelligence is manifested in a love of learning: They relish the challenge of something new." She also found that such men want to please; they simply need to be told *how* to please.

Karen, forty-five, a personnel analyst for a school district, has been married for twenty years and has always felt that she was the one to "nurture the relationship. I didn't say anything for a while," Karen says, "but I was getting sick and tired of always being the one to remember everybody's birthday—including my own. I was tired of playing social director." Karen often told Gil how distressed she was, but Gil could not understand why, and furthermore, he couldn't think of anything to do about it. "Yet," adds Karen, "I felt that if he really loved me, he'd be able to remember something as simple as the date of my birthday."

Karen fell into an all-too-common trap: She started to interpret Gil's immersion in his work as a rejection of her. But once she learned to separate herself from Gil's behavior, she was able to formulate coping strategies.

"I sat down one day and typed ten index cards. Each described something Gil could do for me, things like, 'Buy Karen a dozen long-stemmed roses . . . pin a love note to Karen's pillow.' Gil put the cards in his desk drawer and once a week, picked one and did what it said.

"Believe it or not, this was a real turning point for us," Karen recalls, "because after a few months, Gil didn't need the cards anymore." Though the tactics that worked so well for Karen may seem strained to wives who feel expressions of love don't count if you have to ask for them, Hollands insists, "If you are married to a man who wants to please you but just doesn't know how, it's silly not to tell him."

There are other ways, too, that can help make life with a workaholic more stress-free. For instance: "Plant ideas about leisure *(continued)*

ALL I WANT IN A MOISTURIZER... IS MOISTURIZER".



© 1985 Almay

INTRODUCING ALMAY HYPO-ALLERGENIC MOISTURIZER

Who needs fragrances, coloring, ingredients
hat might irritate?

New Almay Hypo-Allergenic
loisturizer has everything my skin
eeds to stay soft and nothing it
oesn't. It's hypo-allergenic, 100%
agrance-free.

When my skin feels this soft
nd comfortable...why would I use
nything else?



Available in cream or lotion.

ALMAY®
HYPO-ALLERGENIC
IS ALL I NEED



DIFFICULT MAN
continued

activities you can share in advance. Don't spring something on a workaholic," advises Hollands. Also helpful: Make precise rather than vague suggestions to a work-obsessed man. "Let's go see the new Eddie Murphy movie," is much better than, "How about going out somewhere tonight?"

THE FLIRT You know it's acceptable for men and women to have friends of the opposite sex. And you know it's important for husbands to be sociable with co-workers and business contacts. But how sociable? Where does friendliness end and flirtation begin? Wives and husbands often draw that fine line in different places.

Andrea, thirty-five, admits she struggled with the dilemma for years. "Dan heads a key division of a large public relations firm. He's popular with everyone," she says, "but it seems to me that he turns the charm up a notch with women—and he meets many women through his work."

Andrea couldn't shake her resentment, and the tension took its toll. Although she never had any reason to doubt her husband's faithfulness, she grew increasingly agitated, until one night, after the office Christmas party, she berated Dan for leaving her alo much of the evening. "At first Dan w very angry—angry because he saic knew most of the people at the pa and he didn't feel that after so ma years he had to chaperon me. He w angry, too, because I didn't trust him

Andrea was right in speaking up, b she could have spared herself mu grief if she'd only done it sooner, poir out Robert Bramson. "The best way deal with a ladies' man whose behavi bothers you is to tell him how much distresses you—how gut-wrenching miserable it makes you feel." Surpr ingly few women do that. Instead, says, they nag or snipe, and that mak it too easy for a flirtatious man to c fend himself because those behavio are just as difficult to live with.

Another possibility: Ask the fl tatious husband for reasonable sho of attention, suggests Mary Buxto L.C.S.W., a psychotherapist practici in Campbell, California, who giv workshops on dealing with diffic people. Say, "I'd feel better if you can over and talked to me for fifteen mi utes every evening," or, "I'd love it you gave me a hug once in a while.' "

The wife of a flirt must also keep h perspective. Says Bramson, "Mo chronic flirts don't have affairs. Serio womanizers pride themselves on th secrecy with which they conduct the indiscretions." If your husband enjo charming the ladies but insists i harmless fun, believe him.

THE SILENT ONE Most men kno the importance of honest communic tion in marriage. It's the mechanics actually recognizing and expressir their feelings—that throws them.

Says Molly, thirty-three, who ma ages a gift shop: "Stephen usually ge home before I do, and I know the mir ute I walk in the door if something wrong. Instead of putting down the p per and asking how my day was, he ju glances up and grunts." Whenev Molly would ask what was wrong, St phen would mutter, "Nothing." T which Molly would say, "It sounds lik you're angry," only to have Stephen re ply, coldly, "I'm *not* angry." Such no-wi communication infuriated Molly, wh then would storm away and spend th rest of the night brooding.

Men like Stephen often need les show of indignation and more gentl persuasion, advises Emily Marlin. Som men, she explains, feel helpless in situa tions involving confrontation becaus they were raised by parents who taugh their sons to be stoical. Ironically, suc parents often encourage their daughter to express emotion. Indeed, it is often th sons and daughters who learned thei childhood lessons best who develop style

of relating that can collide in marriage, points out Lillian Rubin, Ph.D., in her book *Intimate Strangers* (Harper and Row, 1983). Yet these same relationships improve dramatically if a wife can learn to be more skillful at drawing out her husband.

However, in your efforts to draw out a reticent man, don't overlook the need to be firm, advises Bramson. A man may be uncomfortable with his feelings, but that doesn't give him license to be rude in withholding important information from you. To combine coaxing and confrontation in an effective way, Bramson suggests that you refuse—in a friendly fashion—to let your husband get away with his standard silent treatment. Let's say you've asked him a question—"What do you think about my sister coming on Sunday for a visit?"—that requires an answer. He stiffens and says nothing. You gear up for your usual badgering or pouting. Don't. Instead, remain silent and look pleasantly expectant. Still no response? Repeat the question and then count to yourself for thirty seconds. If he still fails to respond, then comment on what has just happened. You might say: "I expected you to say something and you didn't. What does that mean? Since this is very important to me, I'll bring it up again tomorrow." Then do it. Also important: When your unresponsive husband starts talking, appreciate his efforts. Sometimes, wives are so overwhelmed that they respond with a rush of conversation. "It's important to listen attentively," warns Bramson.

THE SLOB Given recent surveys extolling the increasing number of American men who share housework, you'd think the sloppy husband was a vanishing breed. Statistics notwithstanding, most women today acknowledge that, even if their husbands wield a mean mop in the bathroom, they still forget to put the cap back on the toothpaste tube. Every time. Reports Michelle, thirty, an elementary school teacher: "Bob is great with the kids. He cooks and volunteers to do the grocery shopping. I'm delighted about that. But he never puts anything away," she laments.

Of course, when Michelle badgers her husband about the trail he leaves behind him, "It always ends in an ugly argument. It just doesn't bother him that there are four or five pairs of shoes piled up in the corner of the bedroom. Since it bothers me, I run around picking them up. But I resent that, too. I feel that if Bob respected me, he wouldn't let me do all his dirty work."

While Bob's lapses in domestic order may be extreme, Michelle's predicament is not. "There's a difference between doing housework and being neat around the house," points out sociologist William Beer, Ph.D., author of *Men and Housework in American Families* (Bergin & Garvey, 1983). "Many men are naturally messy," Beer adds. "They simply were not taught the same standards of cleanliness."

Complicating the problem, points out Catherine Berheide, Ph.D., a sociologist at Skidmore College, is that while women still view their homes as reflections of themselves, men feel they are measured by their performance at work or in sports, not by their skill with scouring pads. However, counselors emphasize that if you, like Michelle, find yourself equating your mate's messiness around the house with how little he must care about you, there may be an underlying problem in your relationship that you should concentrate on. "Sometimes," says Buxton, "a wife's complaints about a husband's sloppiness are cover-ups for deeper discontents. She may feel her husband isn't affectionate enough in bed, doesn't pay enough attention to her, or perhaps doesn't apportion the family money fairly."

How can you determine if your irritation with your mate's untidiness is a mask for other concerns? Try monitoring your thoughts just before you blow up at your husband. Assess the intensity of your feelings, too. If your anger is *(continued)*





ULTRA SENSE®
The look and feeling of luxury.

that's ULTRA SENSE PANTY HOSE

No nonsense™

© 1984 No Nonsense Fashions, Inc. Made with DuPont Lycra®.

out of proportion to the transgression—if you are furious over a misplaced pot, for instance—it's time to examine other aspects of your life. Professional counseling may help.

Of course, if your annoyance at your husband's lack of domestic discipline is just that, other measures can work: If he leaves papers and odds and ends around, ask him to put it all in the corners of the room, where it will be less visible, less of a traffic hazard. Or place hampers in strategic spots around the house so you can whisk through now and then and dump in whatever hasn't made it back to its rightful place. "The trick," Berheide says, "is for you to gain a measure of control. It's when you feel powerless to control the situation that stress and anger build."

THE KNOW-IT-ALL Among all the difficult-to-live-with mates, the domineering man may be the most troublesome. While he publicly subscribes to the idea of equality, privately he may hold tenaciously to that traditional male prerogative: being the boss.

In fact, in many cases, the know-it-all husband *is* the boss at work and, unfortunately, brings his bossy demeanor home. Of course, some women live contentedly with domineering men, finding security in having a strong-willed man orchestrate their lives. Still others—know-it-alls themselves—enjoy matching wits with their overbearing spouses and believe the mental sparring enhances their relationship. But many women, like forty-year-old-Georgia, a housewife, have found that a domineering husband can seriously damage a woman's self-esteem.

"When we were first married, I was impressed because Jack was so worldly and competent," Georgia recalls. "I was flattered that he had chosen me." After a while, though, Jack's habit of telling Georgia how to run her life undermined her sense of self-worth.

When you live with such a domineering man, your best defense is to redirect your energies away from seeking his approval and toward finding satisfaction in your own pursuits, says psychotherapist Emily Marlin. Georgia made her first real progress when she found the courage to return to college and, much to her surprise, began to earn high grades in her courses. Another bonus: She stopped taking Jack's tirades so seriously. "Now, I confront him when I see things differently, and he will listen and respect what I say."

Bramson suggests another, though potentially riskier, way of coping with a domineering man. "You could be purposely deferential," he advises cautiously. "This can be risky to your self-esteem, but if you can pull it off, you free the relationship from a surprising amount of anxiety and anger." Deciding to be purposely deferential involves assessing your marriage and saying to yourself, "Okay, my husband is insufferable when it comes to politics. I can either learn as much as he knows about that subject or I can avoid it or I can resolve that when it does come up, I'll just ask questions and nod a lot." This last choice—the purposely deferential one—is indeed a coping strategy, says Bramson, "because it means you are managing your behavior. It's different from random acceptance of your spouse's maddening certitude. When you make this decision," Bramson adds, "your spouse senses the control you're exerting and treats you with more respect."

In fact, when you take the time to analyze your relationship, you may find that your husband's behavior is less difficult than you had thought, that he is actually providing no more than his half of the ordinary friction that occurs between two people in an intimate relationship. And that may well be all you need to laugh a bit at what, in the past, triggered so much resentment. **End**

BedSack® The carefree life.



Even in your wildest dreams, your bed will never look better, feel better, than in BedSack® bedclothing. Makes bed-making easy and offers luxury and protection. Covers mattresses, bosprings on all four sides and top. Seamless Quiltrasonic® stitching, fluffy PerfectPuff® plush polyester filling. Machine wash, tumble dry, no-iron. In stores everywhere, with matching PillowSack.®

BEDSACK
BEDCLOTHING

...makes it easy!

...nt TEFLON®
...n repeller...is used in many Perfect Fit products.
Perfect Fit Industries, Inc. Monroe, N.C.

SUPER QUICK MEALS

Easy as 1-2-3

A novel Newburg, peas and cucumbers all dilled up, and a peach of a dessert.

By Jan T. Hazard, Associate Food Editor

MENU FOR FOUR
*CRAB NEWBURG
FLUFFY RICE
*DILLED PEAS
AND CUCUMBERS
*BAKED PEACH MELBA
WITH VANILLA
ICE CREAM
*Recipe given



Irwin Horowitz

CRAB NEWBURG

Mock crab legs, in a new variation on an old seafood favorite, are real moneysavers—and really tasty, too.

In large skillet melt 4 tablespoons butter or margarine. Add a green or red pepper, seeded and coarsely chopped, and ¼ pound sliced mushrooms; saute about 5 minutes. Stir in 2 tablespoons flour and cook 1 minute, stirring constantly. Add 1½ cups milk and continue stirring until sauce is smooth and thickened. Add 3 tablespoons dry sherry and ¼ teaspoon salt. Add ¾ pound frozen "sea legs" (imitation crab legs), cut diagonally into 1-inch slices. Simmer just until crab is heated through, about 2 to 3 minutes. Serve over hot cooked rice.

DILLED PEAS AND CUCUMBERS

Cucumbers need not always be cool. Tossed with peas, they make a jazzy springtime hot combo.

In small saucepan cook a 10-oz. package frozen peas according to package directions. Drain. Meanwhile, peel a small cucumber, then quarter lengthwise. With a spoon, scoop out seeds from each quarter; cut into ½-inch slices. In medium skillet melt 1 tablespoon butter or margarine. Add cucumbers and ¼ teaspoon dillweed; saute 1 minute. Add peas to cucumbers and toss until mixed. Heat through and serve.

BAKED PEACH MELBA

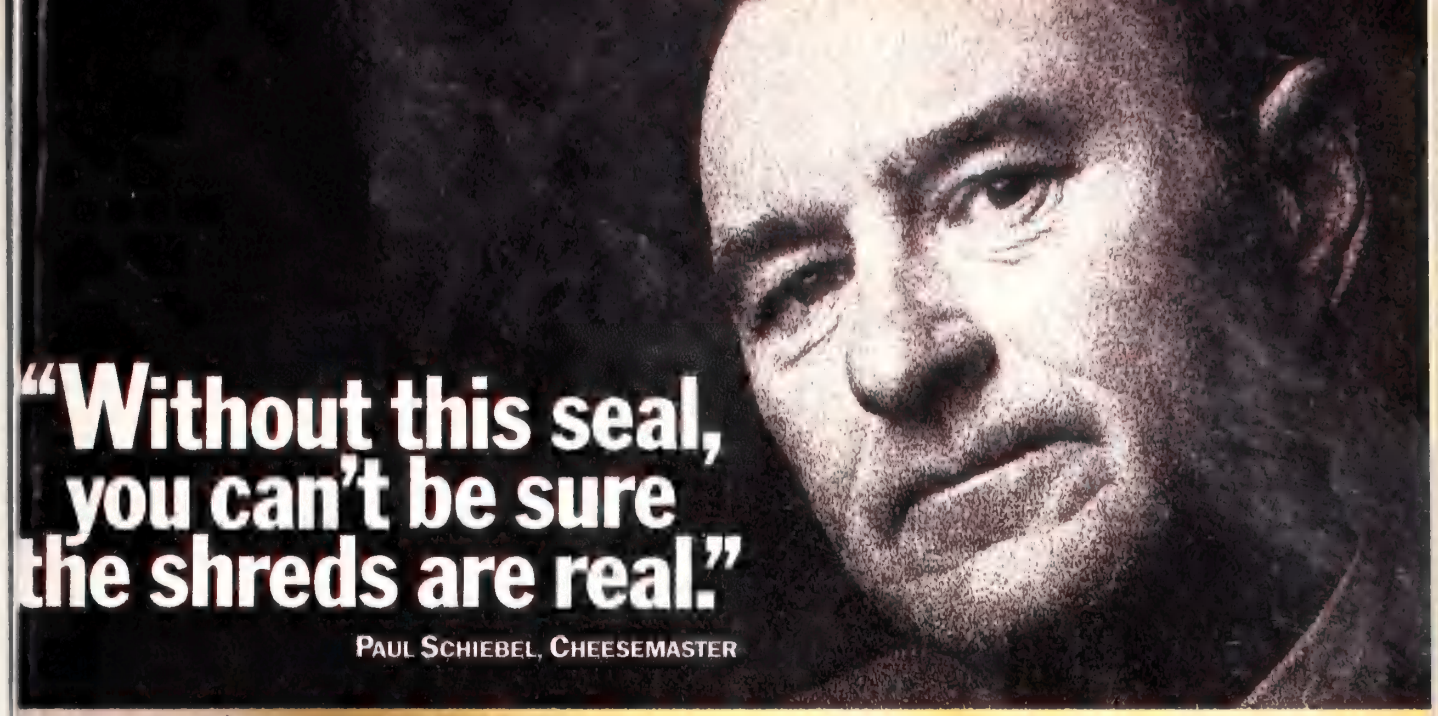
This Melba's the toast of the table, fancied up with amaretto cookies and topped with ice cream.

Preheat oven to 400°F. In small saucepan heat a 10-oz. package frozen raspberries until melted. Meanwhile, spread a 20-oz. package frozen sliced peaches in a 13x9-inch baking dish in a single layer. Pour hot raspberries over peaches. With a rolling pin crush about 8 amaretto cookies. You should have about ⅔ cup crumbs. Sprinkle over peaches. Dot with 2 tablespoons butter or margarine. Bake 15 minutes. Serve warm with vanilla ice cream.

NO MORE GREEN YOLKS

For perfect hard-cooked eggs: Place in saucepan in a single layer; cover with cold water. Bring to just under a boil. Turn off heat; cover and let stand 15 minutes. Drain and immerse in cold water to stop cooking. Refrigerate.

Glenn Wolff



"Without this seal, you can't be sure the shreds are real."

PAUL SCHIEBEL, CHEESEMASTER

Some companies sell shreds that aren't real natural cheese. That's bunk.

I wouldn't let my J.L. KRAFT SELECT seal in the same room with shreds that don't come straight from the block.

It's simple, really. If you want the best shreds, you start with the best natural cheese.

So I make sure the natural Mozzarellas, Cheddars and Swiss we shred come from no ordinary stock. The aroma has to be clean. The texture firm. The flavor distinctive.

You won't find many shreds made from natural cheese this special. Unless, of course, you see the J.L. KRAFT SELECT seal.



Trust the seal that [illegible] SELECT.

A doctor's guide to Women's Operations

By Phyllis C. Leppert, M.D.

Women in the United States undergo close to 60 percent more surgery than men—much of it involving the reproductive organs and breasts. Here, Dr. Leppert, assistant professor of obstetrics, gynecology and pediatrics at the College of Physicians and Surgeons of Columbia University in New York, explains the whens, whys and hows of some of the most common women-only surgery.

Breast surgery

Physicians are better able to recognize benign breast conditions today, and excise and biopsy fewer of the lumps and bumps associated with noncancerous disorders.

Surgery for breast cancer has changed in recent years, having become on the whole less extensive. There are more lumpectomies, in which only cancerous breast tissue is removed. (In a total mastectomy, the entire breast is removed. A modified radical mastectomy is the removal of the breast plus the lymph nodes under the arm. In a radical mastectomy, breast, lymph nodes, fatty tissue under the breast, and chest muscles are removed.)

It is often possible to perform a mastectomy in such a way that reconstructive surgery can be done after the initial incision has healed. The woman who plans to have reconstructive surgery should discuss the matter with her physician. The mastectomy can then be tailored toward making the reconstruction easier.

Breast cancer is still one of the most common malignancies in women, but with early diagnosis and treatment, the prognosis is good.

Cervical surgery

This is rarer now than in the past, since many of the conditions for which it was once recommended can now be treated with nonsurgical therapy.

Some women, especially in middle age, develop small and usually benign polyps on the cervix. They are *(continued)*

Female Surgery

Procedure	Indications	Techniques	Recovery
Breast surgery	Breast lumps, abnormal mammogram results	Depends on findings	Depends on extent of surgery
Cervical surgery	Irregular bleeding, especially after menopause; abnormalities on pap smear	Depends on findings	Depends on findings
Dilation and curettage (D & C)	Heavy bleeding after miscarriage, very heavy periods, irregular bleeding after menopause	Scraping of uterine lining with instrument inserted through cervix	Out-patient procedure or hospital stay overnight
Fallopian tube surgery	Tubal ligation is a method of sterilization. Surgery is also performed to remove ectopic pregnancy or restore fertility	Abdominal incision	Same as hysterectomy
Hysterectomy	Irregular bleeding, especially after menopause; exceedingly heavy bleeding during menstruation; excessive menstrual pain	Abdominal, vaginal incision	5 to 7 days in hospital; time to resume normal activities varies
Hysteroscopy	Fibroids, polyps, uterine adhesions	Growths removed by instrument inserted into uterus	One-day hospital stay
Myomectomy	Repeated miscarriage, irregular bleeding, heavy bleeding or pain during menstruation	Abdominal incision, removal of fibroid tumors (myoma)	Same as hysterectomy
Ovarian surgery	Severe abdominal pain (sometimes on one side)	Abdominal incision	Same as hysterectomy

ntroducing the discreet way o carry and dispose of your Sure & Natural.



Now protection from Sure & Natural is even more discreet with new Tiny Totes. Tiny little paks for discreet carrying and disposal of your maxi. There's one for every pad in every box. So use 'em and lose 'em. Pack 'em and scrap 'em. Take 'em and leave 'em. Sure & Natural.





New Tiny Totes from Sure & Natural. For toting and tossing.

easily removed during an office visit and are usually tested for cancer. If suspicious cells are discovered, further tests are usually required.

Many types of cervical dysplasia (abnormalities of the "skin" cells of the cervix) are nonmalignant and treated with nonsurgical therapy. But some abnormalities can develop into cervical cancer. If this is the case, depending on whether the patient wants to have more children and how far the cancer has progressed, treatment may be conization (in which a cone-shaped piece of the cervix is removed), cryosurgery, laser surgery, radiation therapy, removal of cervix or a hysterectomy.

Dilation and curettage (D&C)

The most common reasons for this surgery, which involves scraping the uterine wall, are: to remove the placenta and other products of conception left in the uterus after a miscarriage; to correct excessively heavy periods and cramps that don't respond to medication; as a diagnostic aid when heavy nonmenstrual bleeding or a malignancy can't be confirmed by other means.

Some D&Cs are now done on an outpatient basis. However, if there are complications or if the patient has other medical problems, an overnight stay may be recommended.

Fallopian tube surgery

Most operations performed on the fallopian tubes are for sterilization purposes.

The oldest surgical sterilization technique is the laparotomy, in which the tubes are clamped, sutured and cut by means of a small incision, usually just above the pubic hairline.

More recently, tubal ligations made with a laparoscope—an instrument that looks and works like a tiny telescope—have become popular. These are the so-called "Band-Aid" operations. The laparoscope is inserted through a tiny incision under the navel; sometimes a second pinpoint incision is made above the pubic hairline. The laparoscope allows the physician to see the tubes, which are then cauterized or cut with another instrument.

Both procedures are safe and effective. However, very rarely the two ends of the tubes reconnect, and the "sterilized" woman will become pregnant.

Tubal surgery is also done to clear blockages that prevent conception. It's best to seek out a gynecological surgeon who specializes in this kind of operation. However, even under the best of circumstances, the success rate is low and fertility may not be restored.

In addition, tubal surgery is indicated for ectopic pregnancy, in which the ovum has become implanted in the fallopian tube. With newer techniques—such as ultrasonography and sensitive blood tests that detect pregnancy even before the missed period—tubal pregnancy can be diagnosed and removed before the tube is irreparably damaged; the tube can be removed along with the embryo. (Since there are two tubes and two ovaries, the chances of becoming pregnant again are still good.)

Hysterectomy

Removal of the uterus is a frequently performed surgical procedure in the United States today. However, there have been charges that some hysterectomies are unnecessary, and that the conditions for which they are recommended might be better dealt with by nonsurgical therapy. When a hysterectomy is suggested, it is wise to seek a second opinion. If two or three physicians agree that the operation is necessary, it almost certainly is and should not be put off.

Following are some important medical indications for a hysterectomy.

Fibroids (leiomyoma uteri). These



re benign growths of the uterus. Hysrectomy might be recommended if ney are growing rapidly, if they are ssociated with extensive bleeding om the uterus or if they are very large nd compress the bowel, bladder or lood vessels.

evere pelvic infection. With today's owerful antibiotics, infections and abesses of the pelvic organs are often reated successfully without surgery. lowever, if antibiotics fail and the paent is extremely ill, a hysterectomy ay be necessary.

recancerous conditions. One of the ost common of these is atypical adeomatous hyperplasia, an excessive rowth of the endometrium considered remalignant. Most frequently seen in omen at menopause, it is often, but ot always, treated by hysterectomy.

ancer. Cancer of the uterus is usually reated surgically by partial or total ysterectomy. Chemotherapy and radiion therapy, often in combination, ay also be used. Uterine cancer can ten be cured if detected in its early ages—and the sooner treatment is egun, the less likely the need for exnsive surgical procedures.

There are different types of hysterecmies. Among them are subtotal abominal hysterectomy, in which the terus, but not the cervix, is removed rough an incision made in the abominal wall. In total abdominal hysrectomy, the uterus and cervix are moved through an abdominal incion. The same organs are removed in a ginal hysterectomy, except the incion is made in the vagina.

The average hospital stay after a ysterectomy is five days.

Hysteroscopy

his is a new technique for removing me types of fibroids, polyps and uterne adhesions. In certain circumances, it may be an alternative to ysterectomy. A hysteroscopy is done ith a small tubelike instrument that inserted into the uterus through the gina, allowing the physician to exmine the inside of the organ and to move growths with a second instruent that fits through the tube. This rgery usually requires only a oneay hospital stay.

Myomectomy

he surgical removal of nonmalignant terine tumors, called "myoma." It may e another alternative to hysterectomy r women who wish to bear children. owever, it's important to understand at the tumors may grow back in a latively short time, that pregnancy is y no means certain and that there will e a greater than average danger of iscarriage. No reputable surgeon will promise to do a myomectomy without explaining that a decision to do a hysterectomy might have to be made on the spot if tumors within the uterus are found to be very large or numerous.

Ovarian surgery

Almost all operations on the ovaries are performed to remove cysts or tumors. Usually benign, cysts may cause very little trouble. But when an ovary twists around a cyst, it can cause sudden, intense pain, and surgery is usually done immediately. Only the affected ovary is removed (oophorectomy), and sometimes part of it can be saved. (A woman with just one ovary or even one half of an ovary can become pregnant!)

In most cases of ovarian cancer, both ovaries must be removed, as well as the uterus and sometimes other organs. When a tumor is of low-grade malignancy, the healthy ovary may be left in a young woman in order to allow her the opportunity to conceive. Such women must be examined carefully and often after surgery. They may need to undergo a second oophorectomy and perhaps a hysterectomy later in life.

When severe pelvic infection involving tubes and ovaries does not respond to antibiotics, removal of both sets of organs—called bilateral salpingo-oophorectomy—will be necessary. **End**



ALBERT
The yuppie prince

BY DORIS KLEIN BACON

The son of Princess Grace is a "young urban professional" with royal charm—who's learning how to run the family business.

He's tall, blond, blue-eyed and handsome, and with his spectacles, navy blazer and gray slacks he looks like the epitome of the American success story: the boy next door made good. His background is impeccable: the very finest European schools, elite Amherst College in Massachusetts, and stints with the Morgan Guaranty Trust Company, the Möet & Chandon champagne firm, and the Wells, Rich, Greene Inc. advertising agency. He has an air of self-assurance, maturity and direction rare for someone twenty-seven years old, and people flock to him naturally.

Just who is this young man? Is he someone being groomed to become the president of a large corporation, or a young congressman with higher political ambitions?

Actually, this particular young urban professional is Prince Albert of Monaco, or Albert Grimaldi, who will eventually take *(continued)*



Albert has his mother's good looks—and sensitivity. They shared good times as a family (inset, far left), but his companions nowadays include friends like Morgan Fairchild (center) and Brooke Shields (right).

Large photo: R. Melloul/Sygma. Small photo, left: Sygma; small photos middle and right: G. Schachmes/Sygma

MERIT
ULTRA LIGHTS



A world of flavor in an ultra light.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1985

Kings: 4 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Mar.'84.

Fashionable, cushiony comfort.
Mushrooms...



go everywhere,
do everything!

Like walking on air
mushrooms
Call 1-800-821-7700, ext. 317 for your nearest Mushrooms dealer

over the rule of the tiny principality when his father, Prince Rainier, steps down. Even more than Prince Charles of Great Britain, Albert is a modern prince, whose practical and cosmopolitan upbringing will, it is hoped, prepare him for the difficult task of taking Monaco into the twenty-first century. And since the death of his mother, Princess Grace in September 1982, there's been much public speculation about his future.

Albert seems to take the attention in stride. "There are some things you just have to grin and bear," he says equably. "For years, I was more fortunate than my sisters [Princesses Caroline and Stephanie]; the focus was on them. I escaped that attention. I was able to go to school and come to the States and do a number of different things. But now it's beginning to be a different story," he adds. "The focus is shifting from my sisters to me."

Albert is grateful for the time he spent in America. "I've made a lot of good friends in the U.S., and I think I've picked up a different set of values, certainly a different culture. It's sort of hard for me to balance the two cultures. I really feel comfortable in America, and I think it's helped me in my goals because the lifestyle and culture are so different. It's much more relaxed; there aren't as many constraints as in Europe. I really appreciate that. I hope that what I can bring to my work in Europe from America is a more direct way of doing things, a more direct approach to problems."

Friends of the family note that while Caroline and Stephanie have very European lifestyles and outlooks, and resemble their Mediterranean father, Albert seems to take after his American parent, beautiful Grace Kelly. For her part, Albert says he has acquired attributes from both his parents. "A lot of people tell me I'm like my mother," he says, "and I'm very honored. I think I probably have some of her sensitivity and feeling and judgment. My mother's image, her affection . . . they really guided me all through life. She always made us aware of our American heritage.

"From my father, I think I've gotten my determination. He is a very determined, forceful person; I hope to have enough of his qualities to help him rule.

"We have a very loving family. There is a great deal of affection there. Sure, there are rough times, as there are in any family, but the basis of our relationship is love and respect. We have always had that from our parents."

In fact, the childhood of Albert and his sisters was more like Grace's, with her big Philadelphia Irish family, than Rainer's, with its loneliness. The product of an unhappy arranged marriage, Rainier spent a childhood shuttling between the palace of his grandfather, Prince Louis, and a succession of boarding schools.

That was not to be the case with Rainier's daughters or his son. Raised initially by an English nanny, Albert was never far from his parents. Grace read bedtime stories to the children, and Rainier romped on the floor with them before saying good night.

Of the three children, Albert was always "the most centered, comfortable with his place in the world," says family friend Judy Quine, who was a bridesmaid at Grace and Rainier's wedding. "He was shy, but not withdrawn. He kept to himself, although he did enter into anything that the kids did as a group. He was extremely patient with Caroline when she would try to tyrannize him, as older sisters sometimes do. And Stephanie looked up to him, still does. She adores him."

As hard as it must have been for the family, when it was time for college, Albert went away to the United States. "That was a deliberate decision, to develop Albert's American side," says Quine. "And it was a turning (continued)

Blue Diamond® Almonds

a natural when hunger strikes

When you are starved and lunch is hours away...reach for Blue Diamond® Smokehouse® Almonds. These crisp, crunchy nuts satisfy your hunger and your need for a snack with good food value (especially protein). In fact, a few handfuls can carry you through if you miss lunch altogether. Keep Blue Diamond® Almonds handy.



the Almond People®
California Almond Growers Exchange
P.O. Box 1768, Sacramento, CA 95808

point in Albert's maturity. He was a long way away and couldn't run home on weekends."

Since his graduation, a lot of the attention focused on Albert has to do with speculation over whom he will marry, and whether his wife will bring to Monaco the same glamour that Princess Grace did. Tabloids have dogged Albert to report on his social life, attention that the Prince is less than enamored of. "Ninety percent of what those tabloids report isn't true, and it's becoming more difficult for me to have a private life. It's very annoying to read something that's not very positive and on top of that isn't true, but I try to disregard it."

Albert's name has been linked with actresses Morgan Fairchild, Lois Hamilton and Brooke Shields, and Jody McNeil, of the Philadelphia McNeil pharmaceutical family. But he skillfully dodges questions about his social life. "The tabloids are always trying to marry me off," he says with a smile. "I just know that I want a loving family, like the one my father and mother created for my sisters and me." Longtime friend Todd Allan says, "At this point, I don't think Albert is trying to find a wife. He's just having fun. He had an incredible party schedule when he was in the U.S. for the Olympics last summer."

Does his fondness for the U.S. mean that he wants to marry an American woman someday? "I might," admits Albert, quickly adding, "but then again, I might not. My wife will have to understand the responsibilities involved in overseeing Monaco. It takes a lot of time and hard work. And I will follow in my father's footsteps in one regard: I'll marry the woman I love."

What's it like to date a prince? Lois Hamilton went dancing with Albert in Monte Carlo during the "Members Only" Celebrity World Championships in tennis last year, and she describes the Prince as "adorable, a combination of American and European with a sense of humor from both continents. Albert's very American—he'll call and tell you what time he's picking you up, then come by in his cute white Volkswagen Rabbit. Of course, there are all these walkie-talkies around, all those Secret Service people. You have to get used to that.

"When we went out that night, he didn't drink or smoke. In fact, we stopped off for ice cream on the way to Jimmy's [a Monte Carlo discotheque]. It was fascinating to watch Albert. He's very relaxed, very well-loved. It took him two hours to get across the room!

"We drank Paradisios, a kind of nonalcoholic fruit punch, all night. He is very romantic and a hell of a dancer. We danced until sunup at Jimmy's, and Albert was even breakdancing. Afterward we walked through the gardens, through the palace. It was very romantic, looking down on the yacht harbor."

While Albert may have resigned himself to the minute inspection of his social life, his sisters are no doubt delighted to have the pressure off them. Caroline and Stephanie's romances have made headlines for years. Caroline, twenty-eight, seems to have settled down since her marriage to Stefano Casiraghi and the birth of their first child, son Andrea Albert, last June. "I think Caroline is happier than she has ever been," says her brother, "especially since the baby. She's very involved in her own life and family now."

Stephanie, twenty, works in Paris, for the design firm of Dior. But she also seems to be taking advantage of the city's nightlife, going to trendy clubs and discos with a coterie of racy and sophisticated friends. Since she broke up with boyfriend Paul Belmondo, son of actor Jean-Paul, she has been dating several different men. She's also been photographed in a variety of revealing outfits, especially bathing suits. But according to Albert, "It's just who she is. Girls her age dress like that all over the world. Look at any beach in California . . . there are girls younger than she is wearing bathing suits that are much more revealing. But you don't hear anything about them. Stephanie doesn't wear anything that anyone else doesn't wear in the south of France or on the beaches of Monaco."

> **"I really feel comfortable in America. It's much more relaxed; there aren't as many constraints as in Europe. But it's hard for me to balance the two cultures."**

And Albert staunchly defends Stephanie against other charges, too. "I think she's a pretty typical younger sister," he says, "and she's really making a life of her own. She's been doing well at Dior; they think she has a lot of talent. The press has been unfair. Why shouldn't a girl her age have a lot of boyfriends? It would be worse if she knew only one boy before she got married."

Recently, Stephanie made headlines for a different reason—she narrowly avoided being kidnapped near her Paris apartment. Although there are several versions of the story, the most widely accepted is that the Princess had returned home alone and was getting out of her car when a man and woman accosted her. Pointing a gun at her, they ordered her back into the car. But Stephanie began screaming and ran toward her apartment. The assailants, frightened by her screams, drove off.

Not surprisingly, the Grimaldi family has become very security conscious. "Stephanie usually has a bodyguard, but he wasn't with her at the time," Albert explains. "In the last few years we've all tried to have someone traveling with us."

Such protection is in response to the times, not to any specific incident. "When I was a child, I didn't have to deal with security," says Albert. "We had someone who walked to school with us in the morning, but that was it. It was much more relaxed. But now we have to be on the lookout. Especially since Caroline's baby was born."

While security is on his mind right now, Albert will have to face other problems and challenges when he takes over the reins of Monaco. Palace observers expect that Rainier will abdicate when Albert turns thirty, on March 14, 1988. "That gives Rainier plenty of time to further groom Albert to assume all the responsibility."

Albert's education and business training will serve him well, and the Prince has already begun to ponder the future of Monaco and his role in it. "Finding more room, ways to expand without damaging the scenery, that's going to be a major problem," says Albert, well aware that the 473 square miles of Monaco will be limiting. "We have completed a successful landfill project where the new stadium is. And we're going to have to think seriously of other ways to reclaim land.

"My father has been successful in developing Monaco from a quiet, low-key state with virtually no industry to a principality that is developing tourism, real estate, foreign business and foreign industry. We have a number of small industries now—a very successful canning factory, plastics, electronics. If we can maintain this level in the areas in which we are strongest and find ways to expand, we'll be in good shape. I think it's going to be a very exciting period."

Judging by Albert's intelligence, determination and self-assurance, it is a challenge he is well prepared to meet head on. **End**

WHO ELSE WANTS TO LOOK YOUNGER WITHOUT GOING TO A DOCTOR?

Amazing New Formula From Beverly Hills Lets You Take Up To 10 Years Off Your Looks Without The Scars And Expense Of Plastic Surgery

Have you ever thought about having a face lift?

If so, perhaps you should wait. Surgery, as you know, is very expensive, and many people feel it should only be used as a last resort. Not only that, there is now a new product on the market that lets you take up to 10 years off your looks without the expense and trouble of going to a doctor.

This product was developed by Mrs. Ernest Borgnine and many of the top stars in Hollywood absolutely swear by it. In fact, Ruta Lee, Brenda Vaccaro, Connie Stevens, Maureen Dean, Jed Allen, Buck Trent and Debbie Reynolds are just a few of the important celebrities who use and enthusiastically endorse this product.

What has Tova Borgnine discovered? The answer is fascinating. It is a mysterious formula that comes from the roots of a cactus plant that was first discovered by the Aztec Indians hundreds of years ago. And, until recently, this remarkable look-young treatment was only available in certain very remote sections of Mexico.

This formula is certainly not cheap but the stars who use it say it works like magic. The entire process takes only half an hour and insiders say there is nothing like it for anybody who wants to look years younger than their actual calendar age.

It is easy to use. All you do is apply the formula to your face and wait. "The cream is pink when you apply it, and gradually turns white," says Tova. After it turns white it should be removed. One of the great things about it is that there is no guess work. It 'knows' what to do by itself!"



"I'm so positive my formula will take years off your appearance, that I'll not only send you a refund if you're not 100% satisfied, but I'll send you a free $21.00 gift immediately just for trying it." —*Tova Borgnine*

". . . Actually, he looks so good many of his co-stars have accused him of having a face lift! . . ."

And what about Ernest Borgnine? Have you seen him Saturday nights on his new hit T.V. series "AIRWOLF"? If you have, you probably noticed he looks younger now than he did 10 years ago. Actually, he looks so good many of his co-stars have accused him of having a face lift!

But Ernie swears it is not true and, at a recent press conference, he stated that the only reason he looks younger today than he did 10 years ago is because of what his wife Tova has discovered.

"But the best thing of all," says Tova Borgnine, "is the way it makes you look years and years younger with the very first application. In fact," she says, "this is what I call a 'no excuse' product that is backed up 100% by my personal guarantee."

Would you like to try this remarkable discovery? Would *you* like to have the beauty of youth without the scars and expense of surgery? If so, here's how you can try this amazing formula without any risk at all: Simply go ahead and order Mrs. Borgnine's formula by mail or telephone. Then, as soon as it arrives, try it out in the privacy of your home, and take a close look at the amazing change you will see in your mirror! After that, if you are not 100% satisfied, simply send back the empty product container and Tova will see to it that you get a complete refund with no questions asked.

Remember! You can't lose money but you can lose years off your appearance!

It's easy to order. Just complete the order form below, and send it to Tova Borgnine with your payment. Or, if you prefer to pay by credit card (Visa, MasterCard, or American Express), just call 1-800-36-TOVA-9 (1-800-368-6829) toll-free at any time (24 hours a day, 7 days a week).

Important—*Free Gift:* All orders mailed within 10 days will receive a free gift *worth $21.00* of additional Skin Care products.

4C1T Copyright - TOVA Corporation 1985

NO-RISK ORDER COUPON
(Please fill in and mail today!)

TO TOVA BORGNINE
c/o TOVA CORPORATION
The Penthouse
8920 Wilshire Blvd
Beverly Hills, CA 90211

VITAL NOTE!
Orders May Be Charged
By Calling TOLL FREE
1-800-36-TOVA-9 (1-800-368-6829)
Remember It's TOLL FREE!

Dear Tova,
Yes! I would like to look years younger by using the formula you have discovered. I am enclosing $39.00 plus $2.75 postage and handling (Total $41.75). I understand that if I am not 100% satisfied, I may return the unused portion in its original container within 30 days of receiving it for a prompt and courteous refund of the purchase price of the product. No questions asked.

NOTE: Check here if you wish to order by credit card ☐ VISA ☐ MasterCard ☐ American Express

CREDIT CARD NUMBER (all digits, please) EXPIRATION DATE

PRINT NAME SIGNATURE (required if charging)

ADDRESS

CITY/STATE/ZIP

P.S. Checks and Money Orders should be made payable to the TOVA CORPORATION and California residents must add 6½% sales tax ($2.54) for a total of $44.29. Thank you.

T-750



When your parents need help

BY BARBARA DEANE

Torn between the demands of a husband, children, and parents who are now elderly, many women today carry a punishing load. How can they shoulder the burden without burying themselves?

Two in the morning and the phone was ringing—again. As Betty Muller struggled to sit up in bed and reach for the receiver, her sleepiness was soon replaced by an all-too-familiar tightening of the knot in her stomach. No need to wonder who it was.

"Mother?"

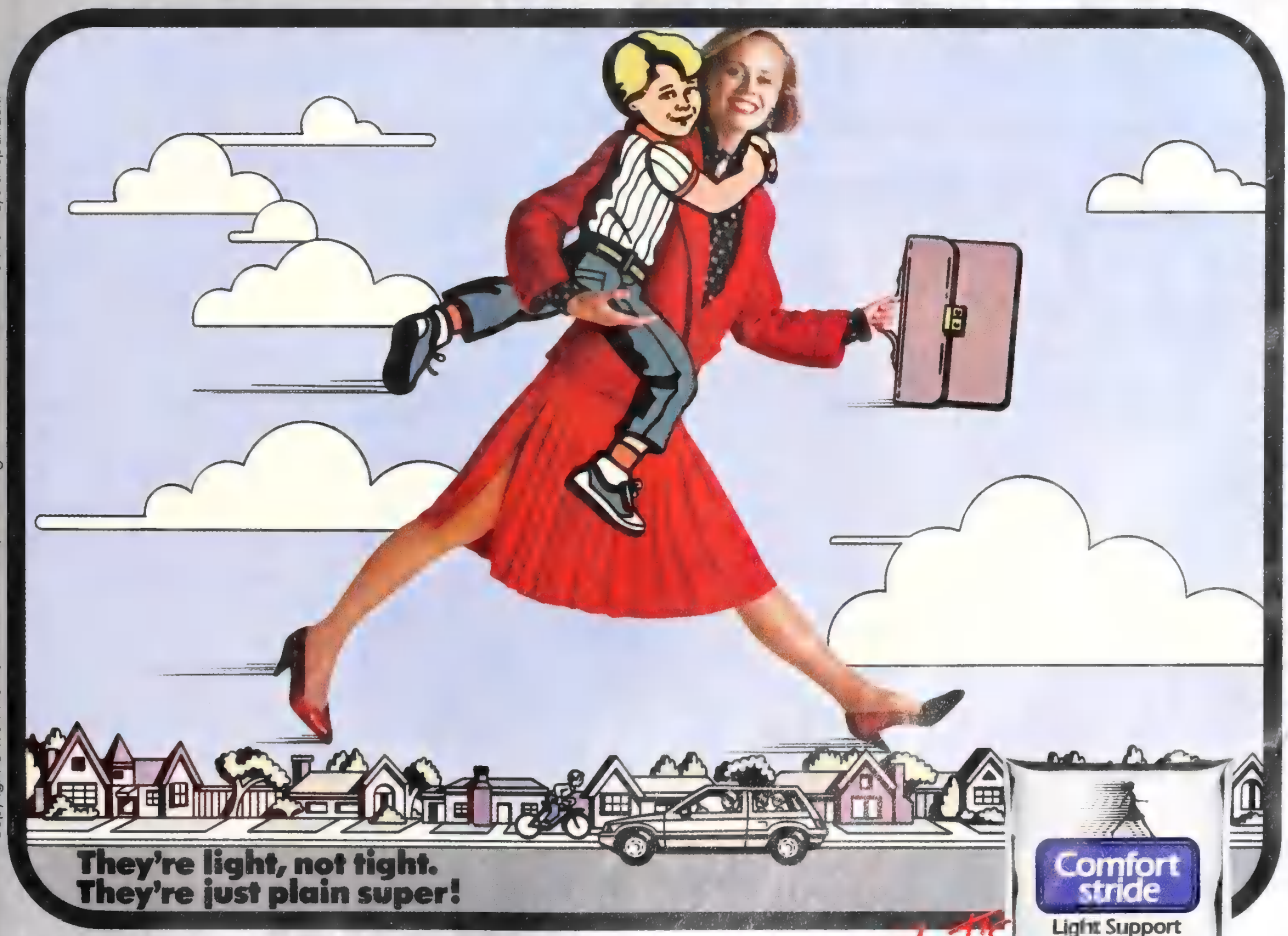
Betty's mother, seventy-eight and widowed for more than a year, was physically able to live in her own apartment. But in her loneliness since her husband's death, she had become extremely anxious about her health. Last night, she had called Betty seven times.

Betty knew her mother's constant phone calls were disrupting the family's life. Betty's daughters, Sharon, fourteen, and Kelly, twelve, couldn't understand why plans often had to be canceled at the last minute because of some problem with Grandma. "You never have any time for *us*," Sharon had once protested, and that memory alone sent *(continued)*

Paul Goodle

Comfort stride®

The comfortable light support panty hose from No nonsense.®



that's **No nonsense™**

Copyright © 1984 No Nonsense Fashions, Inc. All Rights Reserved. Made with DuPont Lycra® Spandex

© 1985 R. J. REYNOLDS TOBACCO CO.

The Proof.



Now is lowest.

By U.S. Gov't. testing method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Competitive tar levels reflect FTC '84 FTC Report.
NOW THE LOWEST OF ALL BRANDS

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

a stab of guilt through Betty. Achingly, she recalled what a friend had told her once, a friend whose elderly mother had lived with her and had battled furiously with her teenage son. "I know why they call it middle age," the friend told Betty. "You're caught in the middle, between everyone!"

Coping with crisis

The "sandwich generation." Many women today—who for years looked forward to having some time for themselves once they reached middle age—are now forced to cope simultaneously with a husband's mid-life crisis, the demands of teenage children and a job, plus the needs of elderly parents.

Unfortunately, the number of middle-aged women caught in this anxiety-ridden hurly-burly will continue to increase: According to the latest figures from the Census Bureau, the fastest-growing segment of the population today is the over-sixty-fives, a group that now totals nearly 28 million and is expected to reach 35 million by the year 2000. What's more, recent research into multigenerational family patterns contradicts many prevailing myths about aging—for instance, that most elderly people are sick or totally dependent. In reality, only 5 percent of those sixty-five and older are in retirement homes or nursing homes. More than 94 percent of those eighty-five and older still live in independent households. Another myth: The elderly in our country have been abandoned by their children. One survey, by Ethel Shanas, a San Francisco gerontologist (specialist on aging), reveals that more than 80 percent of all older parents see their children regularly. When the aged become ill or frail and regular care is necessary, it is often provided by adult children. "Children" usually means daughters or daughters-in-law.

Emotional costs

The price these daughters pay for providing care is stress, born of being pulled in a dozen directions at once, coupled with the emotional drain of role reversal with an aging parent.

"They are frustrated," says Jane Norris, R.N., a health educator in Bloomington, Indiana, and the founder of DEBUT (Daughters of the Elderly Bridging the Unknown Together), one of a growing number of support groups for families with elderly parents.

The realization that a parent is no longer the strong, capable person you've always leaned on can come as a shock–comparable, Norris says, to the shock of death. "Aging is *(continued)*

Where to find help

1 To locate assistance programs for the elderly in your community, check the phone book under "Area Agencies on Aging" or "Council on Aging," contact your city or county government offices or write to the National Association of Area Agencies on Aging, 600 Maryland Ave. SW, West Wing, Suite 208, Washington, DC 20024.

2 Home health care, Meals-On-Wheels and other services are also listed in the phone directory. And the National Homecaring Council can provide you with a list of accredited homemaker–home-health aide services across the country. The organization also publishes a pamphlet, *All About Home Care: A Consumer's Guide*. Send $1 to the Council at 235 Park Ave. South, New York, NY 10003.

3 For referrals to gerontologists, psychologists and counselors, contact your local medical association, Council on Aging or the Gerontology Department of a nearby medical school or university.

4 To find a support group for you and your relatives, contact your local mental health association, the community health education department of your local hospital or a family service agency. (Look in the Yellow Pages under "Family Service Agencies" or "Social Service Organizations.") Special groups for the families of specific disease victims can also be located in this way. (Or write to Alzheimer's Disease and Related Disorders Association, 360 N. Michigan Ave., Suite 1102, Chicago, IL 60601.)

5 For shared-housing arrangements, contact National Shared Housing Center, 6344 Greene St., Philadelphia, PA 19144 or call them at 215-848-1220. (Others may be available through local social-service agencies.) The National Consumers League recently published a pamphlet, *A Consumer Guide to Life-Care Communities*, available for $3 from the League at 600 Maryland Ave. SW, West Wing, Suite 202, Washington, DC 20024.



gradual, though the change seems to come very quickly," explains the Reverend Ned Holmgren, a specialist in intergenerational counseling with the Christian Counseling Center in Pleasant Hill, California. "But the central issue is that the older person wants to hang onto control."

Yet the failure of a middle-aged daughter to stand up to a parent further complicates the problem of deciding "what to do about Mother or Dad." Unresolved conflicts the middle-aged thought they had dealt with decades ago often arise again. Battles with siblings can make matters worse, sometimes becoming a greater source of pain than the parent's failing health. In addition, when deciding what to do, the middle-aged child must confront her own aging and death—something most people find hard to face.

Zeroing in on the facts

Nevertheless, a great deal of help is available if only a woman knows where to find it. In fact, more and more gerontology professionals are realizing they can't begin to help their elderly patients unless they also help the middle-aged sandwich generation. According to Linda Costanza, director of COAP (Children of Aging Parents), in Suffolk County, New York, the needs of these daughters in the middle fall into three main areas: *information* about programs and community services available to help aging parents; *education* about the normal aging process; and *emotional support* for themselves.

According to Costanza, the most urgent need is for specific information about neighborhood services, because once a person has dealt with the minutiae, she is free to concentrate on more complex emotional problems. Since passage of the Older Americans Act in 1965, Area Agencies on Aging have been established in most communities. Sometimes one phone call will result in a list of referrals.

Community resources can also provide a support system that keeps the elderly in their homes and out of institutions. It is possible to make arrangements for Meals-On-Wheels, transportation to doctors' offices and senior citizens' centers, home-chore services, home health care and even a trained volunteer who will visit in the home every week.

When independent living is no longer possible, consider *retirement communities*, which offer different types of housing for varying needs, bus services to shopping, recreation and medical centers and an active support network in which elders take care of one another. *Lifetime care facilities* are another possibility, but since they often require that the elderly person turn over his or her assets, these arrangements need to be approached with great caution. Generally, a patient must be ambulatory to enter. The patient and the facility make a contractual arrangement, in which the patient pays a flat fee. (Costs vary widely, but average $15,000 to $65,000 and higher for entrance fees, plus $300 to $1,000 a month for use of a living unit, meals and certain lifetime health benefits.)

Minimum care, or *board-and-care facilities* are a good choice for those who do not need nursing care. Medically trained aides—though not RNs—provide services for ambulatory patients, who see to most of their own needs. Such facilities are much less expensive than nursing homes—about $700 a month for private patients and $500 a month for those covered by Medicare. Unfortunately, there are not nearly enough good ones around.

At an *intermediate-care nursing facility*, registered nurses are on duty at least part of the day because patients need some, but not round-the-clock, nursing care. The cost for this type of care can average $1,440 a month for private patients, $900 for those on Medicare.

A few communities are experimenting with *shared living arrangements*. The Long Island Jewish-Hillside Medical Center in New Hyde Park, New York, sponsors the Homesharing program, which screens and matches homeowners fifty-five and older with other people over fifty-five looking for affordable living quarters. The "College Connection," run by the Consolidated Capital Foundation, in Emeryville, California, arranges for college students to exchange ten hours of work per week for a room in an older person's home.

Sometimes, a good nursing home is the best—indeed, the only—choice. However, having a parent in a nursing home can be a traumatic, as well as costly, experience. Nursing homes vary widely in cost but run upward of $1,700 a month for private patients, $1,200 for Medicare patients. (See "Where to Find Help," page 77.)

Education about aging

Understanding the special needs of the aged can ease the trauma for women caught in the middle.

The need to maintain some control. The stubbornness, denial and resistance to change so many children of the elderly complain about is a form of adaptive behavior, say Barbara Silverstone and Helen Kandel Hyman, coauthors of *You and Your Aging Parents* (revised edition, Pantheon *(continued)*

10 tips for choosing a nursing home

1 Determine, with the aid of physicians or social workers if necessary, which type of facility your parent will need. Study your parent's financial resources. Does he or she have private means? Does he or she qualify for government-funded nursing home care? Some nursing homes will not accept nonprivate patients or those who will become so in the near future.

2 Make several visits—some unannounced—on weekends and late at night to each facility. Does the home seem clean and comfortable? Are the meeting rooms cheerful?

3 Find out if the staff/patient ratio is adequate. How many staff members are licensed professionals (RNs and LPNs)? Does the facility have a licensed physical therapist or registered dietician on staff?

4 Make sure the staff is warm and friendly and that they are willing to answer questions fully.

5 Look to see if most patients are clean and neat. Are those patients who are able to sit up dressed in street clothes by 10 A.M.?

6 Check the bulletin boards, dayrooms and other areas for evidence of programs and activities. Is there an activities director?

7 Make sure the food is of good quality. If possible, order a tray while visiting and try it yourself.

8 Ask if aides receive training from the professional staff. (Aides have the most direct contact with patients.)

9 Find out what others say about the facility. Do doctors, nurses and the families of patients recommend it? Nursing homes often are required to show the results of licensing inspections. Ask for them, but be aware that many inspections concentrate only on small violations.

10 Ask if the facility works with the families of its patients. Does it provide educational programs or support groups for patients' families?

Finally, a booklet, *How to Select a Nursing Home*, published by the U.S. Department of Health and Human Services' Health Care Finance Administration, is available in your public library or for $4.75 from government bookstores. Ask for stock #017-062-00123-5.

Know the secret to fresher tasting salad dressings?

The freshest salad dressings start with the freshest mayonnaise... Best Foods.® So make some tonight. They're so fresh. They're so delicious. Everyone will want to know your secret. Best Foods.

DIRECTIONS: Just blend ingredients together, cover and chill. Each recipe makes 1 to 1½ cups of dressing.

Le French

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp lemon juice
- 2 Tbsp chopped parsley
- 1 Tbsp paprika
- 1 Tbsp milk
- 2 tsp sugar
- 1/2 tsp dried tarragon leaves
- 1/2 tsp dry mustard

Creamy Cucumber

- 1 1/2 cups peeled, seeded, chopped cucumber
- 1 cup BEST FOODS® Real Mayonnaise
- 1 Tbsp milk
- 1 Tbsp lemon juice
- 2 Tbsp frozen chopped chives

Pleasin' Parmesan

- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 1/4 cup milk
- 2 Tbsp lemon juice
- 1 tsp dried basil leaves
- 1 tsp dried marjoram leaves

Tangy Italian

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp milk
- 2 Tbsp cider vinegar
- 1 clove garlic, pressed
- 1/2 tsp dried oregano leaves
- 1/2 tsp sugar

(pictured)



© 1985 Best Foods CPC International Inc.



Price shown is manufacturer's suggested retail price. Actual price may vary from dealer to dealer. For more information about where to find Selby shoes, **Call 1-800-821-7700, ext. 338.**

Books, 1981). When they lose control over areas of their lives, the elderly hang on all the more grimly to whatever they have left.

The need to feel useful. If you become too available to an elderly person, "you make her dependent on you, and there is no tyranny like the tyranny of helplessness and 'learned dependence,'" says Costanza. "Even if your mother can no longer cook, she can still set the table or peel vegetables for dinner. It's important for her own mental health to let her do as much as she can."

The need to grieve. Often unrecognized is the need of an elderly person to mourn the loss of a spouse, of hearing or eyesight, a beloved pet or simply the ability to drive a car.

"I was sure my mother was mad at me because I'd been gone so much," says fifty-five-year-old Fran Goodman, an elementary-school teacher in Concord, California. "But when I asked her, she said, 'No, I'm sad because of the speech impediment from the stroke.' That taught me never to assume I know what she's feeling."

The need for attention. Experts point out that constant complaining is often a plea for attention.

"Write down all your parents' complaints," advises Holmgren. "Later, go over the list with your parents. You'll find that most turn out to be very unimportant. One or two will be real problems you should work on." Or forestall complaining by giving attention before it's asked for. Jeanne Geesey, a gerontology consultant in Oakland, California, advises her clients to chart the complaining phone calls. Do they come at any predictable times of the day? That's when your parent is feeling particularly depressed or anxious. Geesey suggests calling a parent before he or she has a chance to call you. A telephone answering machine, so you can choose when you want to talk, is a good way to lessen the disruption of family life.

However, many elderly parents take their feelings of being unloved and rejected to the medical profession in the form of physical complaints. Unscrupulous physicians may then prescribe any number of medications—antidepressants, muscle relaxants and narcotics are not uncommon—that can have serious side effects.

"Doctors prescribe drugs in such large numbers to older people, particularly women, that we now have a drug abuse problem among the elderly as great as that among the younger population," says Jane Porcino, director of the Gerontological

(continued)

TEAM UP WITH DANSKIN,® TONE® AND CRYSTAL LIGHT.™

JUST $7.99* FOR THIS EXERCISE OUTFIT... A $17.50 VALUE!







Playskin® by Danskin,® Tone Skin Care Bar and Crystal Light Drink Mix have teamed up to help you purchase this great looking exercise outfit (leotard and tights) for just $7.99! That's a savings of over 50% off the regular suggested retail price. To order, just fill out the form, and send it with $7.99 plus 75¢ for handling (check or money order), together with 3 proofs-of-purchase: 2 UPC symbols from Tone; 1 UPC symbol from Crystal Light. Order now... offer good only while supplies last.

*Plus 75¢ for postage and handling.

SPECIAL OFFER

Please send me my Playskin® by Danskin.® I am enclosing this coupon, $7.99 plus $.75 postage and handling ($8.74 check or money order only—no cash accepted), and 2 UPC symbols from Tone Soap and 1 UPC symbol from Crystal Light (no photocopies accepted). One order per coupon.

Please indicate size and indicate first and second color choices. ☐ small ☐ medium ☐ large

	First Choice	Second Choice
red/black (black tights)	☐	☐
rose/navy (navy tights)	☐	☐
blue/black (black tights)	☐	☐
purple/navy (navy tights)	☐	☐

Name _____ (please print)

Address _____

City/State _____ Zip _____

Mail to: Exercise Outfit, P.O. Box 4341, 3 Stuart Drive, Kankakee, Illinois 60902.

Orders must be postmarked by 12/31/85. Offer good while supplies last. Colors may be substituted. Please allow 8 weeks for delivery. Void where taxed or prohibited. Offer good in U.S. Only.



PARENTS
continued

Project at the Center for Continuing Education at the State University of New York at Stony Brook. "You need to take your parent to the kind of doctor who will say, 'Bring me every medicine you're taking.' Often, once the offending medication is withdrawn, mental and emotional problems clear up."

The need to prepare for death. Gerontologists emphasize that reminiscing about life or talking about death is part of the life-review process. When a parent says, "I won't be here much longer," the child should not say, "Don't be ridiculous," and end the conversation. A better response might be: "Would you like to talk about it?"

Communication is particularly hard for an older generation raised to bottle up feelings and to keep a stiff upper lip. When financial issues are involved the problem can become acute. "I'm a great believer in confrontation," Holmgren says. "Sit your mother down, take her hands in yours, look her lovingly in the eye and say, 'There are some things you and I have to talk about.' If your attempts at confrontation are rejected, and they probably will be at first, try again. If it still doesn't work, bring in a third party—a psychologist, social worker or clergyman."

Until fairly recently, psychologists believed the elderly would not benefit from counseling, but they've begun to change their thinking. A local Council on Aging or the geriatric center of a major university may be able to help you locate therapists specializing in the needs of the elderly.

Support for in-betweens

Some women derive support from their husbands and children, but not all. In many cases, families simply can't handle the emotional demands, or they resent the time spent with an aged parent.

"Many women," says Costanza, "are going around in circles of guilt and anger." Costanza teaches women to become more assertive in communicating their needs to the rest of the family. Martyrdom is unproductive, she points out, and it's useless to send mixed messages to siblings by complaining, on the one hand, about feeling overburdened and, on the other hand, refusing help because "I'm the only one who knows how to cook her favorite foods."

One of the best ways women can break the cycle of guilt and anger is by getting together with other women who are coping with similar situations. "Support groups are our best tools—and the cheapest," says Jane Porcino.

Women would also find it easier to care for elderly parents in their homes if they could get away for a day, a weekend or a vacation. But even if families can afford it, such respite is hard to find, and very few places have programs for those who can't pay.

The experience of caring for an elderly parent has made women begin to question many of society's assumptions about old age as well as their own. Why, for example, should anyone be ashamed of growing old? Why do so many people shrink from the elderly as if wrinkles and gray hair were infectious?

"I see some signs that women's thinking about aging is changing," Porcino says. "I'm hearing them say, 'I'm not ashamed to be wrinkled. My wrinkles are a badge of honor!' "

Finally, helping to care for an aging parent can be an important way to prepare you for the next stage in your life. In spite of the stresses, many women say they have gained from the experience. One woman, looking beyond her family's present stress, said with affectionate respect, "My mother's teaching me how to be old. I didn't think she had anything left to teach me anymore, but even now, I'm learning from her!" **End**



© Philip Morris Inc. 1984

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar.'84.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



ORANGE YOU SMART



FOR DRINKING FLORIDA ORANGE JUICE.

100% pure orange juice from Florida. It's got the taste only nature could invent. And your whole family can drink it by the gallon. Because it's sunny. Refreshing. Bursting with Vitamin C, potassium and minerals. And it's low in sodium.

So drink it to your body's content. Because there's nothing smarter than a glass of 100% pure orange juice from Florida.

Florida Orange Growers ®

© State of Florida, Department of Citrus, 1983.

EXPERT OPINION

When you need a home contractor

Since Americans spend more than $40 billion each year on home improvements, it's essential to know just what a contractor can do for you. To find out, we spoke with Bob Vila, host of the Emmy-award-winning public television series *This Old House*. By Katy Koontz

q: What exactly is a contractor?

a: A contractor is essentially a middleman. If you are undertaking a major remodeling project—converting a garage into a guest room, fixing roof shingles or redoing bathroom plumbing—the contractor schedules the various workmen you will need.

q: How can I find a reputable contractor?

a: First, contact your local National Association of Home Builders, Chamber of Commerce or Better Business Bureau for recommendations of contractors specializing in the type of work you wish to have done; check, too, which contractors have complaints filed against them. Then call at least three contractors, explain your project to them and ask for cost estimates. Get the names of people for whom they have done similar work in the last three months. Call and find out if the job was done well and on time. Even better: Go see the work yourself.

q: What should be in the contract?

a: The contract should outline complete specifications of the job. For instance, if you're putting in new kitchen cabinets, it's not good enough just to say, "cabinets installed." Rather, state the type of cabinets, how many, exactly where they are to go, brand names and so on. Attach any architect's or engineer's plans for work that involves structural changes. Include any extras the contractor has promised: Who is responsible for cleanup? (A contractor should leave premises in "broom-clean" condition.) Who pays for delivery charges on goods? Ask for a credit or refund for any surplus material you pay for that isn't used. Specify how long it will take to finish the project, allowing for reasonable delay; when work will begin; how many workers will be on the job and whether they will work on weekends or holidays. State the payment schedule—usually an initial down payment followed by work-in-progress payments after each stage. Consider adding a hold-back clause to encourage a contractor to return and fix minor problems.

q: Will I need a building permit?

a: Yes, if your project will change the structure of the dwelling—or if work involves the electrical, gas or plumbing systems. The contractor should obtain permits from your town's building department. The cost of a permit can vary from as little as $2 for each $1,000 worth of improvements in a small town to as much as $15 per $1,000 if you live in a major city.

q: What if I'm unhappy with the work?

a: Minor complaints can usually be resolved by calmly explaining what you are unhappy about. If a contractor is unreasonable, and the amount of money at issue is less than $1,000, you can go to small claims court, where an arbiter will hear your case. Major disputes require the advice of a lawyer, although such cases are usually settled out of court.

FACTS TO FILE

According to Consumer's Union, any contract you sign should cover certain key areas. Here, phrases to look for:

1 *"This contract can be modified only if the homeowner and contractor sign a later agreement which sets forth the changes agreed to. Any resulting cost or credits to the homeowner will be included in that agreement." Don't sign anything that says you'll pay for additional work not subject to your prior written approval.*

2 *"The contractor shall remedy any defects that appear during the progress of the work. Contractor warrants the work performed under this contract to be free from defects in material and workmanship for a period of one year [or more] from the date of completion." Some large contracts even call for a hold-back clause until work is satisfactorily completed.*

3 *Some state and city laws allow for a cooling-off period within which you can cancel your agreement without losing money. If so, include the allotted period in your contract. If legal in your area, also include a "liquidated-damages" clause specifying the penalty you must pay if you cancel after the cooling-off period but before work actually begins. It might read: "The contractor is entitled to 5 percent of the cash price, but no more than $100, if the homeowner cancels more than three business days after contract was signed but before material had been delivered or work started."*

A short story
by Elinor Lipman



After Emily

She wondered, Is there ever a wrong time to have a baby? Is there ever a right time?

Everyone in the department wanted babies after Susan Rosenzweig had Emily at thirty-eight and did it all so well. She hadn't been tired or nauseated, and she'd looked wonderful, too—thin all over with just the bump. Amniocentesis confirmed that her baby girl had the right number of chromosomes; ultrasound gave her a Polaroid picture of some barely identifiable parts to frame. She breast-fed discreetly at the faculty meetings and brought Emily to class with her in a calico-lined wicker basket.

Things were different for me when I had my babies years ago, far away from Boston. Now I am excluded from *(continued)*

Bruce Platkin



To make sure your baby gets the right food at the right age, look for the right Gerber® label.

What's in a label?

Fifty years of innovation assure you that Gerber has the right system for feeding your baby.

Gerber has a most knowledgeable staff of nutritionists dedicated to feeding babies. The Gerber Nutritional Guidelines help you make sure your baby gets the right food at the right age.

As baby's nutritional and developmental needs change, all you have to do is look for the right color label.

Blue label means Strained Foods for Infants.

Some babies are ready to begin Strained Foods at 4-6 months. Many earlier. When you and your health advisor decide your baby is ready for single ingredient foods, Gerber has the largest variety. Of course, no single ingredient foods have added starch, salt, preservatives, or artificial flavors or colors. Offered along with breast milk or formula, Strained Foods provide nutrients essential for your baby's growth. Plus, spoonfeeding Strained Foods gives your baby new tastes, new textures and new stimulation. Once your baby has accepted single ingredient foods, strained combination foods can be included in the menu. For example, Gerber High Meat Dinners are an excellent source of protein and no one makes a strained dinner with more meat.

Red label means Textured Foods for Juniors.

When baby begins teething, add Gerber Junior Foods to the menu. The tiny bits in most Junior Foods give baby practice chewing. They're made without added salt, preservatives, artificial flavors or colors.

Brown label means Chunky Foods for Toddlers.

When your toddler is able to self-feed, it's time for Gerber Chunky Foods.

Your baby is as unique as you are. So let the Gerber Nutritional Guidelines help you and your health advisor make the right choices for your baby.



Gerber®

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412



For maximum relief of cramps.

Maximum Cramp Relief Formula Pamprin has as much of the same aspirin-free pain reliever as Extra Strength Tylenol® Plus, a special cramp reliever Tylenol doesn't have. The result: maximum relief of cramps.

So why suffer from cramps when you can take Maximum Cramp Relief Formula Pamprin ...and get out there.

Available in capsules and tablets

Your period doesn't have to get

©1984 Chattem, Inc

AFTER EMILY
continued

the new sorority of older first-time mothers because my daughters are in junior high school and my colleagues know I had anesthesia at both deliveries. I never felt bad about it until now—about the spinals (nobody even knows about the forceps); about Paul waiting it out in the fathers' lounge; about not breast-feeding. They would pity me if they knew that my first pregnancy wasn't planned and that the second was a rush job, getting pregnant eight months after Laura so I could get on with school, our family complete.

Some of the women do ask me about parenting, but it is Susan they turn to for first-person accounts of labor and delivery and for reassurances about the ecstasy of motherhood. And while they are kind to my daughters when they visit the college, their greatest compliments and most foolish, uninhibited behavior are reserved for tiny Emily.

Monica Shaw, an adjunct faculty member who is just thirty-one, came in this week and said she had been dreaming about babies. The dreams have left her shaken, and she has been obsessed with babies ever since. She thinks it may be a signal from her body that her fertility is declining and that she should conceive before it is too late. We sent her to Peter Offenbach in the Psych Department, who did his thesis on the dreams of single women.

I've been dreaming about babies, too. There's a lot of laughter in the dreams—mine, Paul's, our daughters'—in which tiny, darling infants are brought to our table by waiters. My co-workers interpret them to mean, quite literally, that I want more children, but I don't. I'd just like to have my babies now in the eighties with a coach, and do it right.

Winnie Babcock is due in six weeks. At thirty-nine, she's pregnant with Number Two, thirteen years after Number One. "Like having a first child all over again," she marvels, except for the changes: midwives, no talcum powder, Dr. Spock with nonsexist pronouns, and, of course, breasts instead of bottles. We had a coed shower for Winnie in the English Department conference room. The presents: several carved wooden pull-toys, hand-stitched quilts and an anatomically correct doll.

My children are following the events in the office with great interest. My oldest daughter, Laura, finds it absolutely fascinating that my pregnant colleagues are at least as old as I am.

I was twenty-four and married less than a year when I got pregnant with Laura. Paul and I were students, living on meager salaries as teaching assistants. I was even on the Pill. The month Laura was conceived, I missed a weekend's worth of my prescription while on a camping trip—just enough, apparently. New York State had the country's only legal abortions, and we considered making the ten-hour drive. Instead, we stayed in Ohio and phoned both sets of prospective grandparents.

We became house-parents in an undergraduate dorm in exchange for free room and board. I don't remember my daughters very clearly as infants, but I do have vivid custodial memories: washing the little disposable plastic bags to reuse in Playtex nursers and zipping two hungry, kicking toddlers into snowsuits for three trips a day to the dining hall. We ate our meals early, apologetically, at remote tables, grateful for any silly noise or approving smile from occasional diners.

The girls are twelve and thirteen now, and their father and I have been divorced for four years. People mix them up, forget who is older, who plays the flute, who takes gymnastics.

I have been looking at baby pictures



For relief of cramps, water weight gain, and premenstrual tension.

Pamprin starts with the same aspirin-free pain reliever as Tylenol® and adds two special ingredients. The result: effective relief from the multiple discomforts your period can cause.

So why suffer from your period when you can take Pamprin...and get out there.

you down anymore. Period.

Use only as directed.

of the girls lately, forcing myself to remember how it felt to be tired all the time. What I feel instead is a craving to crawl inside the photos, kiss the fat cheeks and bury my face in the ticklish bellies. I want my babies back.

We all look up to Susan Rosenzweig, who teaches our Bible-as-Literature course and has practically a cult following. When she announced more than a year ago that she was pregnant with Emily, I sensed it was only a matter of time before more babies would be born to the English faculty. She hadn't told any of us that she and Louis were actually trying—so the announcement was stunning.

Monica and I feel a kinship since we're both single and outside the baby boom's inner circle. It took hold in the faculty lunchroom the day Polly Linnehan, thirty-five, announced she was expecting. Monica put her tray down next to mine and said she hoped I wouldn't ruin her lunch with another announcement of a maternal nature.

"Unlikely," I said.

"That's what Polly said."

"Surprised?"

"Nothing surprises me anymore: Susan, *Winnie*—for God's sake, her husband's forty-six. Now Polly. A year ago she and Martin were looking at condos with spiral staircases and free-standing fireplaces. You can't tell me this was planned."

"It was. She had her IUD taken out after Emily was born."

Monica pushed her chair closer to mine. "Sometimes I think I want a baby more than anything. Other times I feel . . . not so sure. Peter thinks I'm confusing wanting a baby with wanting a relationship."

"Peter?" I asked.

"You know—Offenbach. Psych Department. Either way, he says that I've still got some time."

"He's right."

"I know. But how much fun is it going to be having a kid ten years from now? Things might change. I might not be teaching here. And there might be a baby bust by then."

"I had mine during a baby bust. You love them just as much."

"Of course you do," she said politely.

Paul has written to me and sent separate notes to the girls, announcing that my replacement, their stepmother, is pregnant. We're all surprised: Paul's new wife brags about her indifference to babies and her lack of maternal instinct. She treats the girls casually and democratically and gives them wine with their meals. Paul writes me that he is thrilled and awed by the pregnancy and, indelicately, that he is ready for parenting in a way he couldn't have been before. To the girls he says, "I'll always love you two in a special way, my pumpkin girls, my first and second born." No psychological mandate moves him to assure me that my pregnancies, our babies, his first marriage, are what he'll cherish most. I sense his new wife didn't read his note to the girls but had worked on mine with Paul. A postscript in her handwriting says she is feeling fine and hopes I can be happy for them.

I wonder if the depression I feel is jealousy. I distract myself by thinking about a gift—something appropriate for children of a first marriage to give a new half-sibling. I also wonder if I will add my name and best wishes to the card I'll enclose. I didn't let the girls attend their father's wedding in the college chapel on the campus where we taught and where the bride took our courses. Their absence hurt Paul (my intention exactly) and prompted the bride to tell a department member who didn't boycott the wedding that I was a small person.

My ex-husband's wife is *(continued)*

Because You Love What You've Got...
The Silver Fox™
Shampoo & Conditioner
New... for gray hair! Adds brilliance and lustre. Stops yellowing.
NEW
The Silver Fox
SHAMPOO FOR GRAY HAIR
NEW
The Silver Fox
CONDITIONER FOR GRAY HAIR
2 For $3
On Sale Thru April 1
Kmart
the Saving Place®

The L'eggs warm-up suit
$19.99 (at a price you've been waiting for!)
Save $15.00 on this L'eggs warm-up suit (Reg. $34.99). Two striking combinations to choose from in a soft, all-season blend of 50% polyester/50% cotton that's machine washable. Just a preview of the values in the L'eggs Showcase of Savings™ catalog. You'll enjoy savings on L'eggs fitnesswear, lingerie, L'eggs® Slightly Imperfect pantyhose and more! Your satisfaction is *always guaranteed!*
SAVINGS
L'eggs
Brands Inc
P.O. Box 846, Rural Hall, NC 27098

YES! Save me $15 on the L'eggs warm-up suit at only $19.99 and send my free L'eggs Showcase of Savings™ catalog.

Mrs
Miss
Ms
(Please print) First Name Middle Initial Last Name

Address Apt #

City

State Zip (Required)

(Area Code)
Phone (Business hours)
(In case we have a question about your order.)

Classic Poly/Cotton Warm-up Suit 4948	Color Code	Size Code	Total Amount	55574
Limit 1 Per Customer	Royal Blue with White/Red Trim (60) ☐	S 8-10 ☐	$19.99	
	Black with White/Red Trim (90) ☐	M 12-14 ☐		NC Residents 4% sales tax
		L 16-18 ☐	1.99	Postage and Handling
				Total Enclosed

☐ 55575 **SEND CATALOG ONLY.**
Enclosed is check or money order for $1.00
Offer expires August 31, 1985

How to order:
1. Check your color and size code
2. Mail with check or money order to
L'eggs Brands, Inc.
P.O. Box 846, Rural Hall, NC 27098

AFTER EMILY
continued

having a daughter, according to the amnio results, and my girls are pleased. They claim they prefer a baby half-sister to a brother, but I think they know Paul will be less thrilled and awed by the same old pink stretchies than he'd be by the novelty of blue. Meanwhile, they report, the expectant mother is losing her hair in bunches and has acne. I send my regards every Friday.

Winnie Babcock's Christopher was born last week after eighteen hours of hard labor and three hours of pushing. He weighed nine pounds two ounces, and he nurses vigorously. It was a bad time for Winnie, and she's not coming back this semester. I saw her at the hospital a few days after the birth, and she was in a great deal of pain. "It wasn't this bad last time," she told me.

"They drugged us back in those days so we wouldn't remember."

"I must have been more elastic. All these young mothers are jogging up and down the halls. I feel like their grandmother." I kissed her, told her she had the most beautiful baby in the nursery, and promised I'd visit her at home. As I walked out of her room, I heard her call my name.

"One more thing," Winnie said. She shifted on her hipbone and winced. "Don't tell Polly how terrible it was."

My daughters call me at work several times a day. Most of their calls are requests for mediation: Laura is pulling rank on Deborah, who wasn't going to bother me except that my other, *retarded* daughter won't let her make pizza on English muffins even though she's dying of starvation.

"Look, Deborah," I say. "You may have an English muffin, but you may not use the mozzarella. Laura needs it for tonight's lasagna."

Susan, in the next cubicle, hears my end of the conversation. "My God," she breathes, "imagine coming home to a cooked dinner."

"Not every night," I say modestly.

"But still . . . they must do things like set the table, wash dishes, *talk* to you when you come home."

"Sometimes."

"And no fussy period between four and six."

"You'd be surprised. . . ."

"Let's see—Emily's four months and yours are . . . "

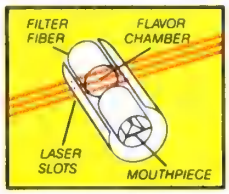
"Laura's thirteen and Deb—"

"Twelve-plus years from now I'll be where you are—lasagna on the table."

I hear stirrings from Emily, then the cry of hunger we have all come to recognize. "Emily's up," Roger announces dryly from his *(continued on page 182)*

© Lorillard, U.S.A., 1984

100's Taste Breakthrough!



True Laser-Cut "Flavor Chamber" Filter Unleashes Exceptional Taste

Challenges Higher Tar Brands. Today's True 100's deliver unexpected taste from ultra low tar. A richer taste. A fuller taste. A taste you wouldn't expect from one of the lowest tar 100's you can buy.



This True We Like.

True Exclusive. No other cigarette has the True Laser-Cut "Flavor Chamber" Filter. An advanced filtration system that delivers a flavor-rich tobacco experience at True 100's ultra low tar!

Longer Lasting Enjoyment. Today's True 100's are packed with extra tobacco for longer lasting smoking enjoyment. Noticeably longer.

Can Your 100's Measure Up?
Test True 100's against the only taste that counts. Yours.



BREAKTHROUGH

True 100's

8 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Did we have the wrong dreams?



Tom Arma

BY HILARY COSELL

The commercial was unforgettable. A montage of fashionable women flashing by in the cityscape—woman after woman, each looking more attractive, more important, more in control than the one before her. Smart tailored suits, attaché cases, shapely pumps, heels clicking on the pavement, into skyscrapers, up stairs to rest behind big desks. All projecting an image that said confident, purposeful, serious. I am a woman who matters. I make a difference in this world.

That ad ran in the early sixties, and it made a lasting impression on me, then a budding preteen. Be somebody. Make a statement. Grow up to be a woman who counts.

The implications were clear, impressive, and a departure from the norm of the suburban world I grew up in, where mommies didn't work because no mommies "had" to work. So I kept the memory of those perfect businesswomen stored, buried for future use. A secret, silent motivator. Through my antiwar years, my blue jeans and waist-length hair, and finally the women's movement, which reinforced and amplified so emphatically everything that I thought about myself.

Our generation was taught to believe that home, marriage and children meant a lifetime of servitude. A woman could end up the dependent drudge for some man who, if statistics could be trusted, would leave her and her kids six or ten or even twenty years after the wedding to struggle along on insufficient alimony and child support payments. It was a fate too terrible for any of us to contemplate.

The women's movement made it clear that career success would make you active, not passive. You would be in control of your fate and your future the way men are. You would be safe. You would be *inviolate*.

So I went to college and then got a master's in journalism. I began *(continued)*

Printed by permission of G.P. Putnam's Sons from the forthcoming book WOMAN ON A SEESAW: THE UPS AND DOWNS OF MAKING IT, by Hilary Cosell. Copyright © 1985 by Hilary Cosell.

"Thanks Easter Bunny"



"The milk chocolate melts in your mouth–not in your hand."®

© Mars Inc., 1984

my career as a production assistant for a network news show, but I soon had a new job and a new title: network television producer. Sure, it was sports, not news or politics, but nothing's perfect.

My life changed almost overnight. Not only did my income double, triple and climb even more, but I was in charge now, traveling back and forth across the country interviewing athletes, coaches and team owners.

I chose the stories, researched them and wrote the scripts. I picked the music, edited the story and watched it roll from the studio onto the television screen and into millions of homes.

I walked around feeling smug, thinking: I've got the world on a string. I've done everything differently from my mother's generation. I've done everything right. I have a profession, and money, and power.

So imagine my shock, my near trauma, when I realized that I wanted something else. *Needed* something else. When I realized that I loved my job . . . and hated it. That it was my whole life. That it was no life at all.

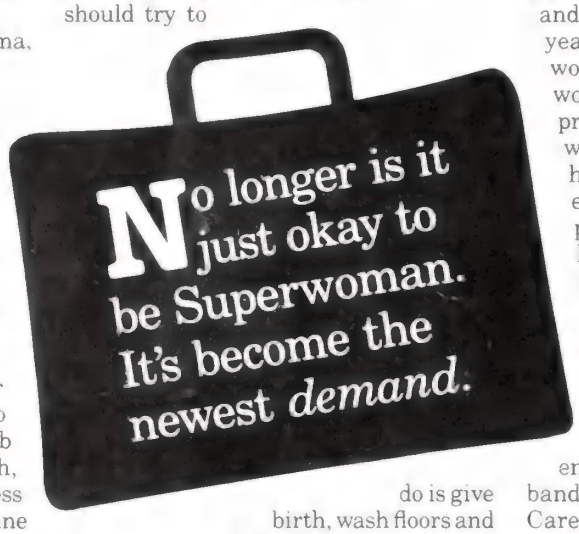
There I was, coming home from ten or twelve or sometimes more hours at work, pretty much shot after the day, and I'd do this marvelous imitation of all the successful fathers I remembered from my childhood. All the men I swore I'd never grow up to marry, the men who would come home from the office, grab a drink or two, collapse on the couch, shovel in a meal and be utterly useless for anything beyond the most mundane and desultory conversation. *Boring.* Burned out. Good for nothing but to get up and do it all over again.

All the time, in the back of my mind, despite protestations to the contrary, was the desire to have something more than a profession. To have a personal life, a future, that somehow included a man and possibly children. But somehow, the life I'd managed to construct for myself—coupled with the prevailing attitudes and popular mythology about success and single professional women—seemed to pretty much preclude the possibility of a way of life different from the one I already lived.

First of all, success demands a full-time commitment. Once you become successful, there's no time to relax or do less than before. Getting your foot up on the ladder to success is only one third the battle. Staying there takes most of your time and energy, and getting further ahead takes even more. But creating a personal life is a task of immense proportions, too. How much is there to go around, especially when success is the priority?

And finally, success demands something more from women than from men. Successful women are asked to continually prove that the company will get a return on its investment. In exchange for the privilege of a big salary that really should be paid to a guy, women have to prove again and again that nothing and no one is more important than the job.

So imagine my surprise when in my late twenties I looked around and discovered I could no longer dismiss my own conflicts and questions. When I started to think that if women had erred before on the side of marriage and motherhood and housewifery, might they be erring again on the side of professionalism, career and success? That the extreme to which women have gone for the past fifteen-plus years may be as off-base as the idea that all women should try to do is give birth, wash floors and watch soaps all day?



At least I am not alone. Like me, other women who have achieved varying degrees of success are also questioning the tenets of their faith, trying to redefine and reinterpret success in a way that will permit women to incorporate the so-called "feminine" aspects of themselves into a healthier adult life.

Not that we are sure this can be done. But it behooves us to try.

The new identity crisis

"I think we are perceiving a real change in attitude," says Kate, one of the successful women I interviewed. She is twenty-nine, married, and a writer for a morning television show. "At first women were forced to go after success on men's terms, because they were the only terms available. We had to grab whatever we could and maneuver our way in and prove we could do it.

"Now that we have proven our abilities, I think women in their late twenties and thirties are looking around and asking questions all over again, questions about what's really important to them, because a time comes when all this success and this career obsession become hollow. I started to want marriage and I started to think about children, and I was terrified to admit it—partly because I was afraid these desires would be held as proof that women shouldn't be allowed to work in the first place.

"I used to listen to critics of feminism say how women didn't know how to act like women anymore. I would think, Great, because if acting like a woman means giggling and flirting and batting your eyelashes and deferring to men no matter what, I don't want that.

"But now I wonder if those people meant something entirely different, something more basic, almost a kind of warning. If we weren't smarter or more careful, we might make it hard on ourselves in a different way. Hard to get married and to have children after so many years of placing so much emphasis on work as the only way to become a worthwhile person. Hard to be appreciated, respected really, unless you work forty hours a week and bring home lots of money, as well as do everything else a woman is supposed to do. In other words, we may have trapped ourselves in a new identity that has as many problems as, if not more than, the traditional role we all disliked so much."

Success: the divided self

Almost without exception, women define success with consistent mention of personal lives: husband, children, family, home, love. Career is also included in most of their replies, and this is a big and important change for women. But despite the inclusion of a job in the definition of success, overall the final and basic definition of a successful woman has not really changed very much. Something may have been added, and that interest in work is important, but that something never replaces a man or children.

But even if you have "success"—a husband, children and a great job—there are still enormous hurdles for women to surmount.

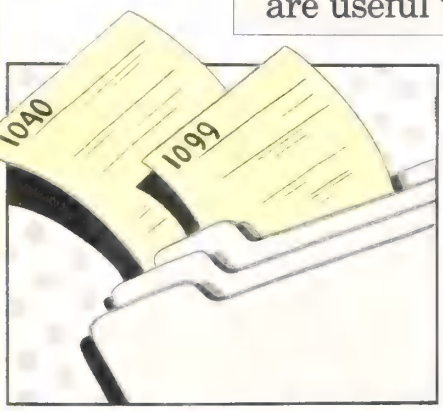
Carol is successful. At age thirty-eight she owns her own business. She is married and the mother of two small children. "Successful women are caught in a bind. They have divided goals and so they have a divided self, divided between the personal and the professional, and that makes life very difficult. For example, at this point in my life I find that I cannot really compete with a man. In my line of work I have one real competitor right now, a male. He works from *(continued on page 168)*


BAY
CLUB™
ay Club is a division of Catalina®

By Katherine Barrett and Richard Greene

MONEY NEWS

Are you spending shrewdly and investing wisely? Here are useful tips to help you manage your money.



LOST AND FOUND

There's nothing like a little spring cleaning to locate misplaced papers. But what do you do after you've ransacked every drawer in the house and still can't find what you're seeking? The solution is often surprisingly simple. Copies of many important documents exist elsewhere, and you can get them easily.

OLD TAX RETURNS. You can get tax returns for six years back by filing Form-4506, "Request for Copy of Tax Form," with the IRS. Copies cost $5, and the form is available at your local IRS office.

LOST U.S. SAVINGS BONDS. Send for form PD 1048, "Application for Relief on Account of Loss, Theft or Destruction of U.S. Savings and Retirement Securities," from the Bureau of Public Debt, Department of the Treasury, 200 Third St., P.O. Box 1328, Parkersburg, WV 26102. Again, include pertinent details—such as the issue date of the bonds, your address now and at the time they were issued, the serial numbers if you have them, your name and Social Security number.

BIRTH, DEATH, MARRIAGE AND DIVORCE RECORDS. Write to the vital statistics office of the state where the event took place. Fees vary, but generally you will be asked for basic information and the reason the copy is needed. For information and the address of the office in each state, send $1.50 to the Consumer Information Center, Dept. 198N, Pueblo, CO 81009 for "Where to Write for Vital Records."

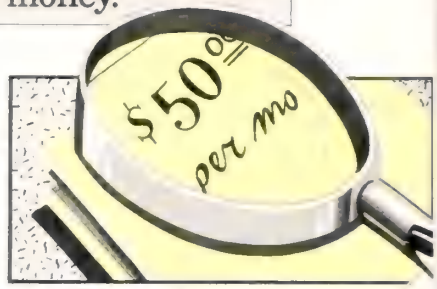
REAL ESTATE RECORDS. If you've lost the deed to your property, you should be able to find a copy on file at the county courthouse without difficulty. If you lose your title insurance policy, contact your title insurance company, which will have a record of your insurance.

THE IRA SPLIT

If you haven't opened an IRA or put your contribution in this year, you have until April 15, 1985, to do so and still deduct the money from your 1984 tax returns. As most people know by now, individuals can put in up to $2,000 of earned income, or $2,250 for a worker with an unemployed spouse.

But many couples who fall into the latter category fail to realize an important fact about their IRAs. "Most people think that if the husband is working, you have to put $2,000 in his account and only $250 in the wife's," says Muriel Siebert, the first woman member of the New York Stock Exchange and the owner of a discount brokerage firm. "But, in fact, you can split it any way you want."

Siebert explains that as long as there is no more than $2,000 in one person's name, it doesn't matter how the money is divided. "You can put $2,000 in the wife's name and $250 in the husband's. You can put $1,125 in each one. You can do whatever you want to do," she says.



WHEN COSTS ADD UP

Some things may sound like real bar gains, until you look at the figures more closely. The National Association of Consumer Agency Administrators newsletter recently reported on severa frauds that are successful because peo ple don't add up how much they're pay ing over an extended period.

In South Carolina, for example, a rent-to-own plan for televisions, beds and other items had consumers paying as much as $1,600 for a $400 TV. An other common ploy involves advertis ing trips for one price—a $299 vacation to Paris, for example—but neglecting to mention service charges, taxes and sometimes even airfare.

The moral of the story? Remember when you buy a product or contract for services, always find out what the tota cost will be. Don't forget to add in all interest payments, and make sure you ask the salesperson what the maximum cost of the product or service will be if you're paying over time.

HELPLINE

Q *My husband and I have gotten ourselves about $5,000 in debt, and he wants to file for bankruptcy. I think we would be making a terrible mistake. What are our alternatives?*

A In the past, many people have regretted the decision to enter bankruptcy. Not only can the fees for filing be fairly high but also bankruptcy stays on your credit record for ten years. If you want to apply for a mortgage during that period, or another loan, you end up having a very difficult time.

You'll also find that recent changes in the law have made it harder to declare bankruptcy. But there are alternatives. For those who want to get out of debt, the National Foundation for Consumer Credit will provide a list of counseling centers and a free brochure, "Getting a Hold on Credit." Send a self-addressed, stamped envelope to 8701 Georgia Ave., Suite 601, Silver Spring, MD 20910.

At last! A beautiful pantyhose that's Just my Size®



Now theres a whole beautiful line of pantyhose for tall or fuller figures. It's Just My Size® pantyhose from L'eggs! If you're queensize or larger, it's guaranteed to fit you perfectly.

Just My Size comes in 4 proportioned sizes that are knit with extra stretch at the waist, hips and thighs. It's available in all your favorite styles–plus knee highs. So for a perfect fit and a beautiful look try Just My Size.

Because every woman deserves a great pair of L'eggs.

JUST MY SIZE® is a registered trademark of Consolidated Foods Corporation ©L'eggs Products, Inc. 1985

30¢

MANUFACTURER'S COUPON EXPIRES 6/30/86

Save 30¢

on any style

Just my Size® Pantyhose



CONSUMER: This coupon is good only when you make the required purchase of brands and quantities and pay applicable sales tax. LIMIT ONE COUPON PER REQUIRED PURCHASE – NOT TO BE USED IN CONJUNCTION WITH OTHER COUPONS.
RETAILER: As a retail distributor of L'eggs Products and our authorized redemption agent,we will reimburse you for the face value of this coupon plus 8¢ for handling providing you and the consumer comply with the terms of this coupon. You must credit the face value of the coupon against the selling price. Coupon may not be assigned, sold or reproduced. Void if taxed, prohibited or restricted. L'eggs sales records must indicate adequate stock purchases to cover coupons submitted. Reimbursements are not to be deducted from L'eggs invoices. Cash value 1/20 of 1¢. **Caution! Payment will not be made on any shipment of coupons when, in our opinion, the terms have not been complied with on all coupons in that submission.** By mailing this coupon to L'eggs, Box 3032, Elm City, NC 27898, you represent that you have redeemed it pursuant to these terms. MAILING OF COUPONS NOT LEGITIMATELY RECEIVED FROM CONSUMERS COULD BRING PROSECUTION UNDER FEDERAL U.S. MAIL FRAUD STATUTES.

Look for this display at food, drug and discount stores. 10090416

30¢



Information on child rearing in the eighties. By Mary Mohler

●TICKED OFF

Not all spring fever is romantic—April is the beginning of tick season. According to a recent discussion in *Child Health Alert*, these pesky animals (yes, even though they look like insects to most of us) are more annoying than dangerous, but they are responsible for at least three serious if rare illnesses—Rocky Mountain spotted fever (RMSF), babesiosis and Lyme disease.

RMSF—caused by a tick-transmitted agent called a *rickettsia*—is characterized by fever, headache, rash and muscle aches. *Babesiosis* is a malaria-like disease that causes chills and fever, fatigue and muscle aches; it may be more common than previously thought, since mild cases mimic flu. *Lyme disease*, caused by a tick-transmitted bacteria, often begins with an unusual rash—a red ring with a clear center—followed by symptoms that suggest arthritis.

If you live or vacation in areas with woods or tall grasses, get in the habit of conducting a "tick check" every night at bath time. Be especially careful to check the hair and around the hairline.

Ticks are notoriously difficult to remove because of a beaklike structure that they embed in the flesh of victims, but according to *CHA*, many doctors suggest this method: Cover the tick with petroleum jelly and wait a few minutes. Then, with a tweezers, grasp the tick as close to the point of attachment as possible and gently pull. You can also remove the tick without petroleum jelly and without a tweezers—but use a tissue to handle the tick and wash your hands thoroughly afterward, since tick secretions can lead to infection even without a bite.

●NEW INCEST STUDY

A study that was recently completed by a husband-wife research team at the University of Utah suggests that fathers or father surrogates who take an active part in the care of their infant daughters—holding, feeding and diapering them—during the first three years of life are extremely unlikely to abuse the children later on.

Prior research had found a correlation between sexual abuse of children and such things as sexual dissatisfaction in marriage, drug and alcohol abuse or social isolation. But according to Seymour Parker, Ph.D., professor of anthropology, and Hilda Parker, Ph.D., of the University Counseling Service, because these studies compared abusing fathers with non-abusers from the general population, the results may simply reflect the fact that sexual abusers are more likely to have psychological problems. The Parkers' study, however, which used controls from the same prison or social service agency, found no significant differences between incestuous fathers and controls in the number of social contacts or in incidence of marital dissatisfaction, or drug and alcohol abuse. Rather, they differed in how they dealt with these problems. The only significant differences between the two groups were, first, the incestuous fathers felt they had been neglected or mistreated by their own parents, and second, the incestuous fathers had spent very little time with their infant daughters. (Thirty of the fifty-four abusing fathers were not present at all during the first three years.) Awareness of these two factors, says Hilda Parker, means that men at risk could be identified and given therapy before abuse begins. In addition, the study has implications for social policy: A variety of steps could be taken—including the development of fathering skills in high school classes and the introduction of paternity leave or flex-time to allow fathers to devote more time to their young children—to ensure the kind of participation that would help reduce our tragic child abuse statistics.

●SO-O-O-O-O BIG

Anyone who has ever purchased baby clothes by the age given on the size tag has probably found out the hard way that the size of the garment and that of a baby that age have little in common.

These standards were established in the thirties, when babies were smaller. Rather than face the doubly Herculean task of devising new standards and getting the manufacturers to agree on them, the government's Bureau of Standards turned the matter over to the clothing industry.

The American Society of Testing and Materials, a private, nonprofit organization that writes consensus standards, has collected all the data. But since testing by both producers and consumers will take another twelve to eighteen months, we asked Health-tex, a major manufacturer of children's clothing, what measurements they had in mind when designating sizes. Below is the information they sent.

●Infants							
Size (age in months)	0	3	6	9	12	18	24
Height (in inches)	22	24	26½	27¾	29	31½	34
Weight (in pounds)	7	13	18	20	22	26	29

●Toddlers	2T	3T	4T
Size	34	37	40
Height	21	22	23
Chest	20½	21	21½
Waist	21½	22½	23½
Hips			

For more information on buying children's clothing, plus a complete Health-tex size chart that includes measurements for sleepwear, slim sizes, and girls' and boys' sizes 7 to 14, write to: Consumer Affairs, Health-tex, Inc., 33 Benedict Place, Greenwich, CT 06830. Ask for the free booklet *How to Buy Children's Clothing*.



Why is Jan tickled pink while Judy's feeling blue?

Because Jan's wearing elastic-leg Huggies® which help stop leaking.

But poor Judy's wearing a saggy diaper that leaks. No wonder Jan's on her way to another masterpiece while Judy's lost her inspiration.

Kleenex® Huggies disposable diapers hug your baby with soft, gentle elastic at the leg. And Huggies have lots of thick, fluffy padding to soak up wetness, plus a special "Dry Touch"™ liner to keep her feeling dry.

And that's enough protection to keep any baby happy.

Even a temperamental artist like Jan.



© 1983 KCC





NEWS for PARENTS

UNDERSTANDING KIDS

By Lawrence Balter, Ph.D.

Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC TALKRADIO for questions about child rearing and appears regularly on The CBS Morning News. *His book,* Dr. Balter's Child Sense, *will be published in May by Simon & Schuster, Inc.*

Q *My husband and I are getting a divorce, after twelve years. I'm afraid this will be traumatic to our boys, four and ten. How shall I break it to them?*

A Ending a marriage is a wrenching ordeal. Even under the best of circumstances, it would be naive to believe that a couple could politely dissolve a marriage and leave the children unscathed. But you can minimize the negative effects.

How much you tell them about the situation is up to you, but it's important to tell them as soon as possible. Many parents wait too long, mistakenly thinking the children are unaware that something is going on, or even cover up after the separation with excuses like, "Daddy is working out of town right now."

It's important that the two of you agree in advance on the information you will share with the children. Contradiction and ambiguity will be hard for them to deal with right now. Furthermore, it shouldn't be up to you to break it to your sons—you and your husband should do this together and allow the boys to ask questions of both of you. If they ask about something that's a source of disagreement, simply put it off with "we'll let you know when we decide" rather than air your differences. Be especially careful not to use the children as bargaining chips. They'll know, and they'll resent it.

There are two fears in particular that plague children of divorce: They wonder what's to become of them now that Mom and Dad will be living apart, and they worry that they are somehow to blame. To counteract the first, discuss the specific details of their day-to-day lives. Remind them that you're both still going to love them and be their parents. Accentuate continuities whenever possible—if they're going to live in the same house, for example, and attend the same school—but also try to prepare them for how their lives will change.

The second fear is very common. Children get the idea that had they acted differently—done better in school, not bugged you for money—things wouldn't have turned out this way. Make sure they understand that this is between you and your husband, and that nothing they did caused it nor could they have averted it by behaving differently.

Be prepared for a variety of reactions. Often children will try to side with one parent to eliminate their own sense of inner conflict. Belligerence, withdrawal, excessive dependency and despondency are equally common reactions; some children, particularly upon first hearing the news, act as if nothing has happened (that doesn't mean they're not concerned or haven't been affected).

Encourage them to express what they are feeling, and try to simply accept those feelings without making judgments. If stress begins to run dangerously high, look for help. (Religious and social agencies can usually provide support.) And remember that in spite of the pain, it's possible for your sons to come through this well-adjusted and psychologically sound.

● PARENTING TIP

Whenever we bought a new pair of shoes for our toddler, he'd slip and slide all over the linoleum and wood floors. I was afraid he'd fall and really hurt himself, until I discovered a solution. If you place two strips of masking tape on the sole of each shoe, it creates just enough friction to give the shoe a grip on the slick floor. It works every time.

—Susan Ingram, Douglasville, GA

Got a solution to a parenting problem? We'll pay $25 for each tip we use; we can't acknowledge or return ideas. Write LHJ, *Box PN, 3 Park Ave., N.Y., NY 10016.*

ADVERTISEMENT

NTS ON CARING OR YOUR O-WAX FLOOR.

Q. My no-wax floor is eral years old, and there ms to be a dullness that n't come up with damp pping.
y suggestions?

A. After a time, a film of dirt may d up in the recessed pattern areas of -wax floor, when this happens a thor- washing is needed.
or best results, sweep or vacuum the r and wash with a mild detergent. Let detergent soak in for a minute, then the area again with your sponge mop. ou have stubborn dirt, use a non- sive scrubber like the one on the edar® No-Wax Power Strip® Sponge . Wring out the mop, pick up any aining detergent, then rinse.

Q. I've heard that there times when it's necessary to ish a no-wax floor.
hat true?

A. Most no-wax floors do not need to olished to protect the color or pattern. ever, the shine may fade in high traffic s. So you may want to apply a good mercial polish with a sponge mop to re the shine.

Q. I know that O-Cedar® kes a sponge mop with a en Power Strip.® How does iffer from the no-wax ver Strip®?

A. O-Cedar® has introduced a Power ® Sponge Mop designed especially no-wax and never-wax floors. This edar® No-Wax Power Strip® Mop is safe use the brown scrubber strip is made special polyester that's non-abrasive. unique material is tough enough to b up even dried-on food; yet it won't ch even the most sensitive no-wax never-wax surfaces.
he familiar O-Cedar® Sponge Mop with reen Power Strip® has the extra clean- power needed to clean vinyl, vinyl stos, tile and linoleum floors.

SAFELY CLEANS NO-WAX FLOORS.

THE O-CEDAR NO-WAX POWER STRIP MOP CLEANS WITHOUT SCRATCHING.

- Easily scrubs up stubborn dirt, even dried-on food.
- Cleans the recessed pattern areas of the floor where dirt has a chance to build up.
- Top quality cellulose sponge absorbs 30% more water than synthetic sponges.



Q. Over the years, I've put a polish on my no-wax floor. Now it looks dreary even when polished. Why?

A. Repeated polishing can dull a no-wax floor. To restore the highlights, it may be necessary to strip the old polish from your floor. Here's what we recommend for best results: Sweep the floor. Apply a wax remover with a sponge mop. After five minutes, use the sponge mop to pick up remover and old polish. Next, using a clean sponge mop, rinse floor with warm water. Finally, apply a new coat of polish to bring back the shine.

Q. If I want to rearrange my kitchen, how do I keep from scratching my no-wax floor?

A. To prevent scratching or other damage to your floor, place a piece of carpet under the object to be moved and carefully slide it across the floor. Or, place plywood panels on the floor and maneuver the appliance or furniture across the panels to the desired location.

Care to ask other questions about cleaning and care of no-wax floors? Call toll free 1-800-632-1684.

© P&G 1985

a leading maxi

always

Have you been putting up with this kind of wetness?

Now you can have this kind of dryness.

always

Now you can have Always.

Always maxi pads are different from other pads because they're covered with a special material called Dri-Weave. Wetness passes through the Dri-Weave and virtually all of it is trapped inside the absorbent pad below—away from you. The surface of the pad stays cleaner to help you stay drier.

And, Always maxi and mini pads are flow-shaped to give you protection where you need it the most. With the widest adhesive of any pad to help keep it securely in place.

Always gives a cleaner, drier kind of protection than you ever expected from a pad. Why put up with anything less?

A cleaner, drier kind of protection than you ever expected from any maxi.



maxi pads
thin maxi pads
mini pads
pantiliners



Lacombe/Gamma-Liaison Movie Still Archives

LADIES' HOME JOURNAL APRIL 1985

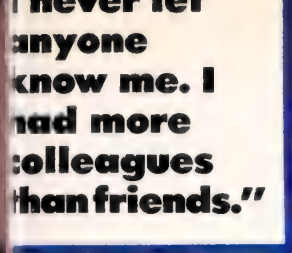
The special strength of

MARY TYLER MOORE

Turn the page for an in-depth report on "our Mary." By Jeff Rovin



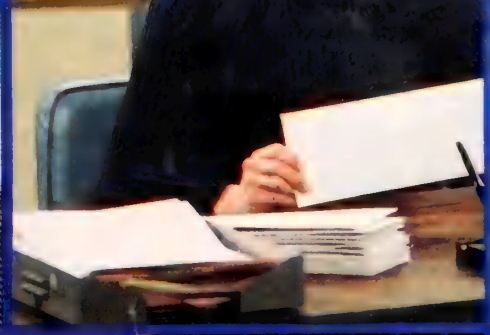
never let anyone know me. I had more colleagues than friends."











"Pain feeds my courage. You can't be brave if you've only had good things."



have my moments. There've been times when it's been really horrible, and sometimes I cry for hours. But, my God, people have had it so much worse than I have."





hroughout her childhood, Mary had only one ambition: to become an actress and dancer. Professional success came early, and her roles seemed o reflect the changing times for women. But her private life was more complicated—with the tragic death of her son (inset opposite), wo divorces (including Grant Tinker, above, bottom left) and a new marriage to a younger man (Dr. Robert Levine, above, bottom right).
hotos these pages, clockwise from left: Bill Cobrin/Globe; Globe Photos; Frank Best/Globe; John Hamilton/Globe; Lacombe/Gamma-Liaison; HBO Films; Globe; Bob Gersny/Globe; Globe; Globe.



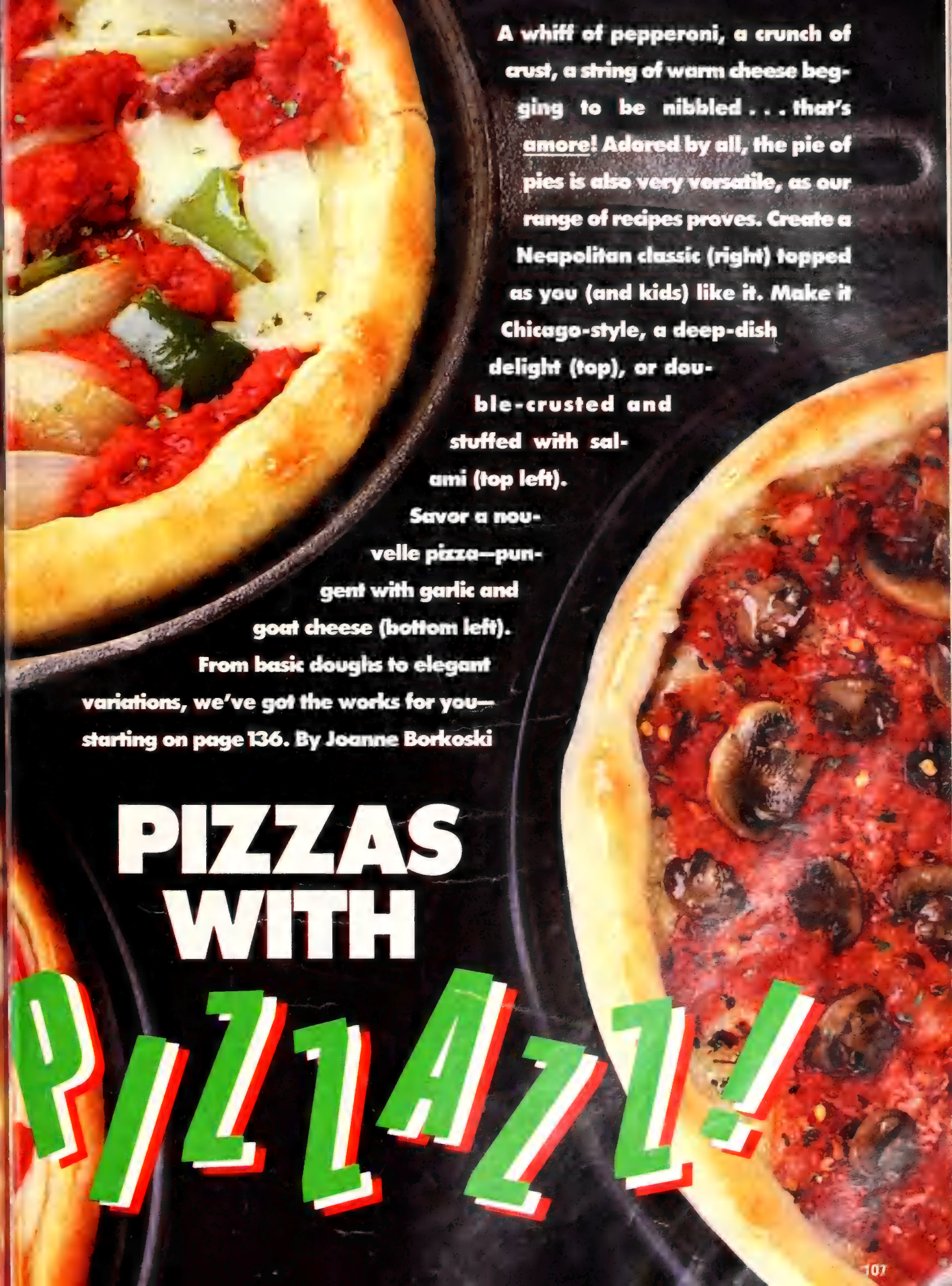
"I'm comfortable in these shoes, these goody two-shoes," Mary Tyler Moore once said over lunch. It was not long after *The Mary Tyler Moore how* had gone off the air, and ne actress was feeling good bout her upcoming variety se- ies, *Mary*. As we chatted, Mary revealed the generous and self-effacing qualities that had given her the goody two-shoes image.

There was very little ego on display: She scrupulously refused to compare her talent with the comic genius of Carol Burnett, Lucille Ball or Dick Van Dyke, and described herself as far less interesting than "people who have traveled and are thoroughly educated and knowledgeable on so many subjects, since I'm none of those things." She said that the traits she was most proud of were her dedication to dance lessons, her public appearances at hospitals and her refusal to wear furs as "an absolutely unnecessary, cruel vanity." She was even proud of her ramrod posture. After running down the list, she was forced to conclude, "I think I'll be a goody two-shoes old lady."

But when Mary made those statements several years ago, her life was radically different from what it is today. Personal and *(continued on page 159)*

ler life has been a series of euphoric highs, shattering lows, but Mary's remarkable courage has helped her weather the worst


Aha, a stolen slice!
You'll find all our zesty
pizza recipes equally
irresistible. Mangia!



A whiff of pepperoni, a crunch of crust, a string of warm cheese begging to be nibbled . . . that's amore! Adored by all, the pie of pies is also very versatile, as our range of recipes proves. Create a Neapolitan classic (right) topped as you (and kids) like it. Make it Chicago-style, a deep-dish delight (top), or double-crusted and stuffed with salami (top left). Savor a nouvelle pizza—pungent with garlic and goat cheese (bottom left). From basic doughs to elegant variations, we've got the works for you—starting on page 136. By Joanne Borkoski

PIZZAS WITH PIZZAZZ!

By Lois Joy Johnson
Beauty and Fashion Editor

Top fashion execs gave us the insiders' report on their hottest numbers . . . the best-selling designs that department store buyers all across the country scooped up for spring. Here's what's practically walking out of New York showrooms and into your favorite stores . . . the clothes you'll be seeing, wearing, loving, now into summer.

SPRING FASHION

The best-seller list



1 FANTASY FLOWERS . . SUBTLY REVEALING

Left: Buyers picked flowered dresses, flirty and feminine. Most in demand: Soft styles that can go to work under a jacket and then step out on their own in the evening. Dress by Giuseppe, $110.

2 SOPHISTICATED CHE SEDUCTIVELY FITTEL

Inset, left: Curves are back and women want them! Longer, body-conscious dresses are on order everywhere. Regina Kravitz dress, $150.

"The city dress . . . romantic and pretty."

JUDY HAMBURG
OF GIUSEPPE



"Clean new classics . . . confident and comfortable!"

DIANE CLEHANE OF ANNE KLEIN II

3 SAFARI SAVVY—THE NEW SUIT LOOK

Inset, bottom: Hot on the coasts . . . belted, jungle-trek jackets and matching skinny skirts. Nancy Heller jacket, $120; skirt, $75.

4 STRONG, THREE-PART STATEMENTS

Left: Big-city buyers went all out for safari combos to wear now, again next fall. Anne Klein II coat, $260; pants, $122; blazer, $188.

5 POISED, POLISHED SEPARATES

Inset, top: The stores stocked up on versatile pieces that expand a wardrobe. Calvin Klein Classifications shirt, $72; skirt, $126; sweater, $210.



6 SEXY SWAGGER: THE HOT TROUSER SUIT

Left: Relaxed pants outfit, worn with a blouson instead of a strict button-up shirt . . . buyers' choice for their young career customers. Jones New York jacket, $135; pants, $85; blouse, $60.

7 THE DASHING DUSTER

Inset: For the work/weekend wardrobe, stores bet on the new longer jacket over slightly wider pants (more flattering to most women). Evan Picone duster, $185; pants, $84; shirt, $56.

"Menswear chic, softened, easier than ever to wear."

ANDREA P. ACKER
OF JONES NEW YORK

These four pages, hair by Cris Galjour and David Kinigson, both of Pipino Buccheri Salon. Makeup by Angelica Novaes. Model in photos 1–6, Kara Meyers of Click. Fashion details, page 180.



"The long, lean cotton sweater. . . a linear look that women love."

ADRIENNE VITTADINI OF ADRIENNE VITTADINI



8 LONG OVER LONG

nset, top: A hit with buyers f better sportswear: long weater/long skirt propor- ions that look terrific on ny woman. Phyllis Keitlen weater, $114; skirt, $76.

9 LONG OVER BRIGHT

ight: Ripe, sunny sweater olors took off this year, even vith buyers from the north nd east. Adrienne Vittadini weater, $68; skirt, $48.

10 LONG OVER SHORT

nset, bottom: Stores all ver grabbed long sweater lus mini pair-ups at afford- ble prices. Jack Mulqueen weater, $29; skirt, $32.

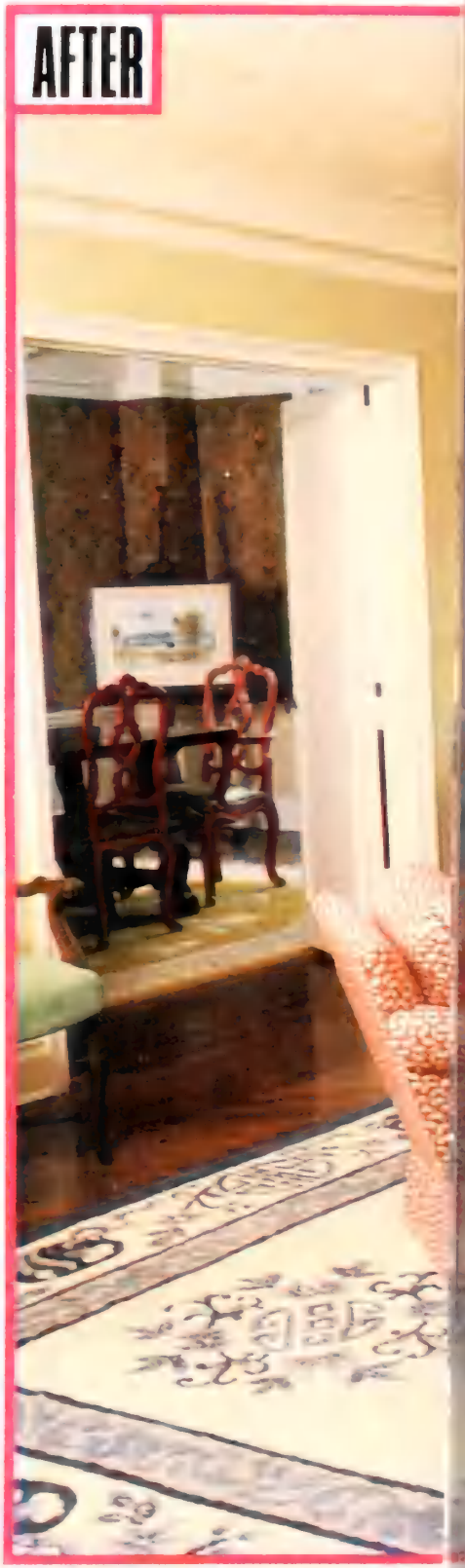


Miriam felt the excitement was gone, but John liked things the way they were. What happens when a couple starts redecorating?

CAN THIS



Lizzie Himmel



This case is based on information from the files of Ladies' Home Journal's Decorating and Design Department. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The decorator in this case was Marilyn Diane Glass, the Journal's Decorating and Design Editor.

MIRIAM'S TURN

"Frankly, after twelve years, our living room simply looks run-down to me," said Miriam, aged forty-two, a vivacious redhead in a smartly tailored suit. "I feel annoyed whenever I notice the faded upholstery. Also, I don't think the room works. In the evening, John and I and our two teenage sons want to talk or read or listen to music, but the room isn't comfortable. It works a little better for company, but there isn't enough seating. Of course, there are some things I love—the dining-room wallpaper you can see from the living room, and the rug. But since we first decorated this room, we've grown, individually and as a family, and I want that reflected in our home."

JOHN'S TURN

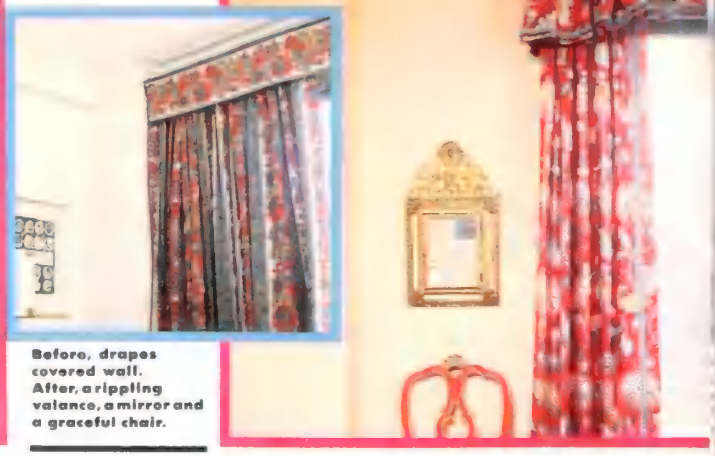
"I really don't know what Miriam is complaining about," said John, forty-seven, a distinguished-looking man with an affable smile. "The living room always looks nice when we have company. Anyway, maybe I'm sentimental, but everything in the room brings back memories. We bought the pictures on our honeymoon and on vacations, and we found the desk in a little out-of-the-way antiques store. If redecorating means getting rid of something I like a lot, no way. But I will admit we don't use the room enough. I wish the place could look nice for entertaining but also be comfortable. But I guess you can't really have that, can you?"

ROOM BE SAVED?





Faded chair, above, could not be saved. Right, the comfy new one.



Before, drapes covered wall. After, a rippling valance, a mirror and a graceful chair.

THE DECORATOR'S TURN

"Miriam and John were at loggerheads when I first met them," recalled the decorator. "Miriam was eager to give the room a face-lift, but her enthusiasm overwhelmed John. He thought she wanted to junk everything. Actually, this kind of misunderstanding is very common. Once I helped them see that they had similar feelings about the room, we began to make progress. Most important was their common desire to make the room more comfortable and inviting so the whole family could enjoy it. And second, they both had certain treasured items they wanted to keep, and I told them I respected that. Miriam loved the gold-toned dining-room wallpaper, so I picked that up in a warm ocher for the living-room walls. And the red dining-room chairs inspired the chintz for the sofa (actually their former sectional put together), and out of the chintz came the pale green for the chairs. Suddenly the room was alive, welcoming. Plus there was plenty of seating. Best of all, the new color scheme works beautifully with Miriam's





"Fireplace" was movable mantel. Now red, it's in dining room.



Above, the chair has lyrical shape, but it's dark. Right, fresh green cushion, antique blue-green finish.

prized blue and white rug.

"Finally, by getting rid of the heavy drapes and mantel, we had more wall space, which makes those cherished pictures look even better. Both Miriam and John were delighted with the results. In fact, I ran into them the other day, and they were beaming. They told me they spend much more time as a family in the room, and the boys like everything, especially the big new chairs. Also, Miriam said that they're planning a party soon, and John agrees that the room will work even better for entertaining now.

" 'I guess you can have a place that feels like home but looks good for company, too,' he said with a big grin, and Miriam just nodded and smiled."

Fabric for drapes, window seat, large sofa, matching pillows, club chairs and ottoman from Clarence House. Lounge chairs, ottoman, coffee table, porcelain lamps, and magazine rack from KPS, Inc. Celadon silk screen and red Oriental trunk from the Fran Laufer Collection, Ltd. Welsh dresser from Munnr House, Ltd. Matching end tables and nest of tables from Harden. Accessories from John Rosselli, Ltd. and Trevor Potts Antiques, Inc. Flowers by Zezé.

Opposite page, sectional corner was seldom used. Now, John's prized desk is focal point. This page, moving mantel made room for seating arrangement.







J. Barry O'Rourke

TWICE AS NICE

THERE'S NOTHING MORE BORING THAN LEFTOVERS, RIGHT? NOT WITH OUR DELECTABLE RECIPE DUOS. YOU FIRST PREPARE A FAVORITE ROASTED MEAT (OR POULTRY) ENTREE AS ITS WHOLE HEARTY SELF—THEN SERVE UP THE PLANNED EXCESS IN A SASSY NEW DISH. IT'S A SUPER TIME-SAVING FORMULA FOR MAKING TWO TERRIFIC MEALS SIMULTANEOUSLY —ONE FOR NOW, ONE FOR LATER. SO, AFTER THE FAMILY HAS ENJOYED SUNDAY'S MINTED ROAST LAMB, ORANGE-GLAZED PORK ROAST OR HERBED CHICKEN, THEY CAN SAVOR COMPANY-CLASS SPICY LAMB CURRY, FRUITED PORK RAGOUT OR CHICKEN TETRAZZINI ON WEDNESDAY—OR EVEN NEXT MONTH. THE END OF THE LEFTOVER BLAHS BEGINS ON PAGE 133.

Two great ways to ham it up: Broil steaks with a piquant glaze of apple juice, raisins, mustard and ginger (right). Set some aside, and it's part of the fixin's for Red Beans and Rice (inset right), a spicy-hot New Orleans inspiration as festive as Mardi Gras!

There'll be no more beefing about recycled pot roast at your house when you first prepare our old-fashioned version (opposite) and then turn the rest into colorful Confetti Hash (inset opposite). Just add the extra meat, vegetables and gravy to chopped red peppers, mushrooms and onions. Then saute and top with an egg. Delicious!



Banish leftover blues with our double-duty recipes that let you prepare two marvelous meals at once!

KAREN ANN QUINLAN









TEN YEARS LATER

She is the world's most famous patient. How is she surviving? What is life like for her parents? By Phyllis Battelle

The heavy metal security door is locked day and night, and only six carefully guarded keys can open it. Behind the door, the eight-by-ten dimly lit room is painted a cheerful yellow. Over the bed on which the patient lies is a picture of the Virgin Mary; across from it on a bureau stands a vase of silk roses. The shade on the window, which overlooks trees and a lawn, is pulled down to an inch above the sill to protect the patient from prying eyes. For this room's permanent resident is the object of such intense curiosity—and even animosity—that a tabloid has a standing offer of $100,000 for pictures of the sickbed, and fanatics have threatened to "put her out of her misery." Yet the most-talked-about patient has no idea of the debate she has caused.

It was ten years ago—shortly before midnight, April 14, 1975—that Karen Ann Quinlan, then aged twenty-one, lapsed into a coma, from which she has never emerged. Doctors believe that the combination of a stringent diet, the tranquilizer Valium and three gin and tonics at a party suppressed her drive to breathe, starving her brain of oxygen.

Karen had been an exuberant athlete and a lifeguard. She wrote poetry, played piano, sang solos at Catholic masses. She was popular: One hundred friends attended her surprise twentieth birthday party. But those qualities were obscured in the worldwide furor that followed her lapse into unconsciousness. After months of watching *(continued on page 174)*

Harry Benson



By Sue B. Huffman
Food & Equipment Editor



Strawberry Fool

This merry swirl of berries and cream is one fresh way to welcome spring. You'll love all our light and luscious desserts... no foolin'!

Just a fool for puddings and such? You'll go daft for our April delights: truly foolproof desserts, simple to make . . . and simply scrumptious. The easy Refreshing Orange Custard and tangy Lime Creme (opposite, center and bottom) will please even ardent puddin' heads. You will find comfort, too, in Bourbon 'n' Bread Pudding and Cognac Coffee Mousse. Recipes for our sweet somethings, page 130.

Irwin Horowitz

APRIL FOOLS

and other puddings



Black Bottom Pudding

Refreshing Orange Custard

Lime Creme

The secret of BEAUTIFUL HAIR

Best-tressed stars such as Christie Brinkley and Stefanie Powers go to the expert, Louis Licari. Now the famed colorist brings his know-how home to you.

How can you transform your hair from dull to dazzling in a matter of minutes? With beautiful, believable color. It is incredible what even a touch of haircolor will do to make the difference in a woman's overall image.

When the color is right, your haircut takes on a new dimension and texture, and that wonderful secret personality every woman has comes bursting through. And now, with all the terrific new coloring products available, you can get that natural look right in your own home. The first thing to do is determine which at-home product is right for you—*semipermanent* or *permanent*.

Semipermanent colors in lotion or foam have a rich, translucent quality that allows the natural nuances of your own haircolor to shine through. They last about four to six shampoos, but unlike permanent colors, they contain no peroxides and quietly fade away until your next overall application. There are no roots or regrowth areas to touch up. You just shampoo—or foam—it in and watch your own natural haircolor come alive.

Whether you want to cover gray or add brightness and vibrance to your hair, choose a product a shade or two lighter than your natural color. This will be very flattering, and your stray grays will turn to natural highlights that blend with the rest of your color. If you are simply enhancing your own color, the result will be beautiful lights in your hair that really sparkle.

If your hair comes out too dark after semipermanent application, dilute intensity by shampooing until you reach the satisfactory color. **Permanent color** products can make the most dramatic changes in your color. These one-step peroxide haircolorings impart more lasting color to just about any degree you wish. With today's natural-looking haircolor, however, we really don't need the full power and strength of the permanent colors. I recommend staying close to your natural color.

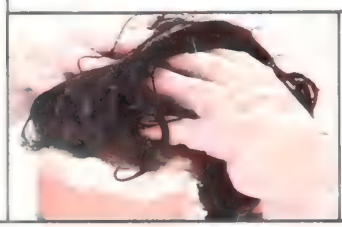
The real benefits of permanent color are true, lasting color (four to five weeks between touch-ups) and improved hair texture.

There are several types of permanent color products to choose from today. Nonammonia types like Clairol's Clairesse have an appealing fragrance and create soft nuances *(continued)*

By Louis Licari with Sharon Esche



Cynthia goes from gray to gorgeous and sheds an old-fashioned, frumpy image.



"Gray strays turn to soft highlights," says Louis Licari of this one-step, no-peroxide, semipermanent process that allows Cynthia to just shampoo gray away. Special plus: Because the color takes differently on the gray strays, her hair looks naturally highlighted.

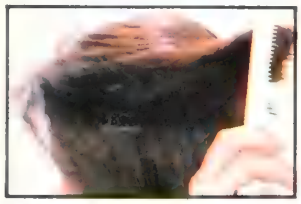
One look at our models' before and after shots will convince you that the right color is the key to great-looking hair



Younger!



Susan's dramatic change: dark, dull brunet to russety redhead—terrific!



Here Louis uses a permanent-color product on born-to-be-a-redhead Susan, giving her extra volume and shine.

in the hair, but they possess less lightening strength. Creme formulas create wonderful shine as well as color. Permanent colors also come in shampoo-in lotions and gels for excellent coverage and control. Although gels are the easiest no-fuss permanent color on the market, for longer hair I usually recommend lotion formulas, as they distribute more evenly.

Highlighting is the most popular form of permanent haircolor because it is so easy to do and looks so natural. It is really a clever way to duplicate and play up what Mother Nature has already given you—beautiful light and dark tones through-

Bolder!



Mousy Mindy gets golden highlights to liven up her super looks.



To add more "shining glints of blond like the sun," Louis highlights Mindy's soon-to-be-glorious hair with the help of a cap.

out your hair. This technique can warm up your hair with fine copper highlights or add shining glints of blond like the sun gives you.

Highlighting is considered permanent because strands will simply remain lightened until they grow out or you cut them off. To keep your hair looking its best, plan on touching up highlights three to four times a year. Highlighting can imitate the subtle natural play of light and dark; to create the

(continued on page 184)

From the forthcoming book COLOR YOUR LIFE . . . WITH HAIR COLOR by Louis Licari with Sharon Esche. To be published by G.P. Putnam's Sons. Copyright © 1985 by Louis Licari.

Color consultant, Louis Licari, Clairol spokesperson and color director of La Coupe. Hairstylist, Anthony DeMay. Makeup, Mark Bennett Nahmias. Fashion details, page 180.



Brighter!

Get ready for oohs, ahhs and giggles as you and the kids create these sweet temptations. They're a cinch to make: Clementine Caterpillar is formed from packaged cream-filled cakes, and Desmond Duck is two golden cake-mix layers. The frosting's from cans. Just add coloring, candies and imagination! The fun begins on page 128. By Susan West



Critter

perfect for parties—or

into a celebration!



cakes

CRITTER CAKES

continued from pages 126–127

CLEMENTINE CATERPILLAR

pictured on pages 126–127

The completed cake is 18 by 6 inches.

- 2 cans (16 oz. each) ready-to-spread vanilla-flavored frosting
- ⅛ teaspoon red food coloring
- ½ teaspoon green food coloring
- 5 packages (2½ or 3 oz. each) cream-filled golden cakes (we used Twinkies and Drake's Shortcakes)
- 1 3½-inch round unfrosted cupcake
- Thin pretzel sticks, broken in half
- 2 ounces assorted small gumdrops, for feet
- 1 ounce green and pink candy-coated licorice, for spine
- ½ ounce tiny white mint balls, for spine
- 3 miniature marshmallows, for eyes and tail
- 2 tiny blue mint balls, for eyes
- 1 1-inch piece black licorice cut in 6 thin strips, for eyelashes
- 1 white candy-coated licorice softee, for nose
- 1 large red gumdrop, for mouth
- Red licorice lace

Tint ½ cup of the frosting bright pink with red food coloring. Tint remaining frosting with green food coloring. Cut 1 cream-filled cake in half. (Eat the other half.) Frost 8½ cakes with green frosting, making swirls with the tip of a knife. Frost the round cupcake with pink frosting. On large serving tray or platter arrange all frosted pieces. (Or use a large piece of cardboard covered with foil.) Fill in any gaps with green frosting. Insert pretzels in gumdrops; stick in the bottom for feet. Stick green licorice logs and white mint balls along top for spine and pink logs and white mint balls around face. With 2 marshmallows, 2 blue mint balls, black licorice, licorice softee and red gumdrop, decorate face as pictured on page 127. Bend two 6½-inch pieces licorice lace and attach gumdrops. Insert in head for antennae. Attach a miniature marshmallow to a 2-inch piece licorice lace and stick in end for tail.

DESMOND DUCK

pictured on page 126

The completed cake is 17 by 12 inches.

- 1 package (18½ or 19 oz.) cake mix
- Yellow food coloring
- 2 cans (16 oz. each) ready-to-spread vanilla-flavored frosting
- Red food coloring
- Thin pretzel sticks
- 3 ounces candy corn, for feathers
- 1 white candy wafer or other flat round candy, for eye
- 1 small blue jelly bean, for eye
- 3 white candy-coated licorice logs, for toenails
- 1 flat-bottom ice cream cone, for bill
- 1 4-inch red licorice lace, for mouth

Grease and flour two 8-inch round cake pans and one 10-ounce ovenproof glass custard cup or 5-inch round baking dish. Preheat oven to 350°F. Prepare cake mix according to package directions. Fill the custard cup two-thirds full with batter (about ½ cup). Divide remaining batter evenly between the two 8-inch cake pans. Bake custard cup or baking dish about 20 minutes and 8-inch pans about 25 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cut one 8-inch round as sketched below for wing, tail and foot. Freeze at least 4 hours or until firm enough to frost.

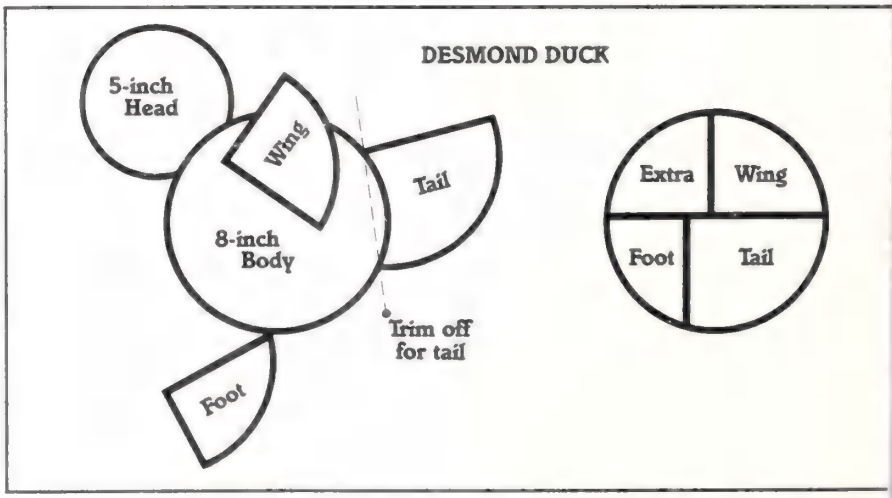
Stir ¾ teaspoon yellow food coloring into frosting until well combined. To make orange frosting, remove ½ cup yellow and stir in 7 drops red and 6 drops yellow food coloring until well combined. Cover both and set aside.

On large serving tray or platter arrange one 8-inch cake and the small cake bottom side up as shown in sketch. (Or arrange on a large piece of cardboard covered with foil.) Attach wing to body with pretzel sticks. Trim off one edge of body to match tail piece. Attach tail piece with pretzels.

With yellow frosting, frost wing, tail, head and body, using the tip of a small metal spatula to make "feather" marks. (It's easier to frost cut sides of cake first, then top.) For feathers, decorate edge of wing and tail with 37 pieces of the candy corn. Press candy wafer into head for eye. Dab a small amount of frosting on one side of jelly bean and press in place on wafer. Press 3 pieces candy corn around eye for lashes.

With orange frosting, frost foot, running the tip of a knife down to make "webbing." Press white licorice candies for toenails; set in place. Trim about ¼ inch from one side of ice cream cone so it lies flat and is the same height as head. Frost cone; set in place on cake. Fill in any gaps between face and bill with frosting. Run the tip of a knife down the length of the cone to make ridges in bill. Bend a 3½-inch piece red licorice to make mouth. Add a ½-inch piece at corner of mouth, where bill meets head. Place remaining 3 pieces candy corn where foot meets body. **End**

Susan West is a free-lance food stylist and caterer in New York City.



APRIL RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.

DESSERTS

Baked Peach Melba p. 62
Black Bottom Pudding p. 130
Bread 'n' Bourbon Pudding p. 130
Chocolate Sheet Cake p. 147
Clementine Caterpillar p.128
Cognac Coffee Mousse p. 132
Desmond Duck p. 128
8-Minute Cheesecake p. 137
Lime Creme p. 130
Old-Fashioned Rice Pudding p. 130
"Philly" 15 Minute Cheesecake p. 131
Puff Pudding p. 132
Refreshing Orange Custard p. 130
Rhubarb Fool p. 130
Spirited Raspberry Fool p. 130
Strawberry Fool p. 130
Traditional English Trifle p. 132

ENTREES

Chicken Tetrazzini p. 136
Confetti Hash p. 133
Crab Newburg p. 62
Fruited Pork Ragout p. 136
Glazed Ham Steaks p. 134
Herbed Roast Chicken p. 136
Minted Roast Lamb p. 134
Old-Fashioned Pot Roast p. 133
Orange-Glazed Pork Roast with Prune Stuffing p. 135
Red Beans and Rice p. 134
Spicy Lamb Curry p. 135

MISCELLANEOUS

Basic Pizza Dough p. 136
California Pizza Dough p. 136
Dilled Peas and Cucumbers p. 62
Pizza Sauce p. 140
60-Minute Swiss Brioche Bread p. 170

PIZZAS

Chicago-Style Pizza with the Works p. 140
Classic Neapolitan Pizza p. 140
Mushroom Pizza with Prosciutto and Parsley p. 143
Pizza Bianca p. 142
Pizza Stuffed with Broccoli, Three Cheeses and Salami p. 140
Pizza with Smoked Mozzarella, Plum Tomatoes and Garlic p. 143
Sausage 'n' Pepper Bow Ties p. 143
Two-Pepper Pizza with Pan-Roasted Garlic and Goat Cheese p. 142

SALAD DRESSINGS

Creamy Cucumber Dressing p. 79
Le French Dressing p. 79
Pleasin' Parmesan Dressing p. 79
Tangy Italian Dressing p. 79



INTRODUCING AN INCREDIBLY EASY WAY FOR YOU TO FIND JUST THE RIGHT VLASIC PICKLE.



New A LABEL.

Once you've found the Vlasic name, you know you've found America's favorite pickle.

This color band tells you the specific flavor of the pickle. For example, blue will always mean Kosher, orange will always mean Polish, etc.

When you see this green color band, you'll know that it's a delicious Vlasic Dill. Sweet pickles will have a yellow band, Bread & Butter an orange band and so on.

Each Vlasic pickle will have its own description to help you find the flavor and seasoning levels that best suit your taste.



Now every kind of Vlasic pickle will have its own descriptive, color-coded label.

©1984 Vlasic Foods, Inc., W. Bloomfield, MI 48033

FOOLS AND PUDDINGS

continued from pages 120–121

STRAWBERRY FOOL

pictured on page 120

Any fool can make a fool. Basically, it's just fruit, sugar and whipped cream.

- 2 cups strawberries, hulled
- ⅓ to ½ cup sugar
- ¼ cup water
- 1 tablespoon fresh lemon juice
- 1 cup heavy cream, whipped

In small saucepan combine berries, sugar and water. Bring to a boil; reduce heat and simmer 10 minutes. Cool; stir in lemon juice. In food processor or blender puree cooked berries. Spoon whipped cream into serving bowl. Spoon puree over whipped cream; run a spatula through several times in the same direction to marbleize. Cover and refrigerate at least 2 hours. Makes 6 servings, about 200 calories each.

RHUBARB FOOL

Our food editor's favorite spring fruit flavors a fool as tastily as it does a pie.

- 4 cups sliced rhubarb or 1 package (16 oz.) frozen cut rhubarb
- 2 tablespoons water
- Dash salt
- ⅔ cup sugar
- 1 cup heavy or whipping cream
- ½ teaspoon vanilla extract

In medium saucepan combine rhubarb, water and salt. Bring to a boil; boil 5 minutes. Stir in sugar. Simmer, stirring occasionally with wire whisk, until fruit has lost its shape and is the consistency of jam, about 30 minutes. Cool slightly at room temperature, then refrigerate until thoroughly chilled.

In large mixer bowl beat cream at low speed until slightly thickened. Increase speed slightly. Add vanilla and continue beating until soft peaks form. Spoon rhubarb over whipped cream; run a spatula through several times in the same direction to marbleize. Pour into serving bowl. Cover and refrigerate at least 1 hour or up to 6 hours. Makes 8 servings, about 185 calories each.

SPIRITED RASPBERRY FOOL

Black raspberry liqueur adds a nice touch—or try cassis or kirsch.

- 2 packages (10 oz. each) frozen raspberries, thawed and drained
- ⅓ cup sugar
- 3 tablespoons black raspberry liqueur
- 1 cup heavy or whipping cream, whipped

In blender or food processor puree berries, sugar and liqueur. Strain out any large seeds. Spoon whipped cream into serving bowl. Spoon puree over whipped cream; run a spatula through several times in the same direction to marbleize. Cover and refrigerate at least 2 hours. Makes 6 servings, about 250 calories each.

BLACK BOTTOM PUDDING

pictured on page 121

A rum-flavored cream tops a bittersweet chocolate pudding.

- 1½ teaspoons unflavored gelatin
- ¼ cup cold water
- 2 cups milk
- 4 eggs, separated
- ½ cup sugar, divided
- 2 teaspoons cornstarch
- 1 square (1 oz.) unsweetened chocolate, melted
- 1 teaspoon vanilla extract
- 3 tablespoons dark rum
- ¼ teaspoon cream of tartar
- Chocolate curls, for garnish

In small bowl sprinkle gelatin over water; set aside. In medium saucepan scald milk. In small bowl beat egg yolks. Slowly whisk in hot milk. Stir in ¼ cup sugar and cornstarch.

In top of double boiler cook egg mixture over hot, not boiling, water, stirring frequently, 20 minutes or until custard thickly coats a spoon. Remove 1 cup custard and stir in chocolate and vanilla until well blended; set aside.

Add softened gelatin to remaining custard in double boiler. Cook over hot, not boiling, water, stirring frequently, until gelatin is completely dissolved. Stir in rum. Refrigerate, stirring frequently, until mixture mounds slightly when dropped from spoon.

In large mixer bowl beat egg whites with cream of tartar until soft peaks form. Gradually add remaining ¼ cup sugar and beat until stiff. Gently fold egg whites into rum custard. Spoon chocolate custard evenly into large wine goblets or stemmed glasses, then top with rum custard. Garnish with chocolate curls. Makes 6 servings, about 220 calories each.

LIME CREME

pictured on page 121

A pleasantly tart dessert that can just as easily be made with lemons.

- 2 eggs
- ½ cup sugar
- ¼ cup butter, cubed
- ⅓ cup fresh lime juice
- 1½ teaspoons grated lime peel
- Few drops green food coloring
- ¾ cup heavy cream, whipped

In top of double boiler lightly whisk eggs and sugar. Add butter or margarine, lime juice and peel. Stir over hot, not boiling, water 10 minutes or until thickened. Stir in food coloring; cool. Gently fold in whipped cream; refrigerate at least 2 hours. Makes 6 servings, about 260 calories each.

REFRESHING ORANGE CUSTARD

pictured on page 121

A really lovely dessert that we think is extra special . . . and 'specially simple.

- 1½ cups milk
- 3 egg yolks
- ½ cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons grated orange peel
- ¼ teaspoon salt
- ¾ cup orange juice

In medium saucepan scald milk. In medium bowl beat egg yolks, then gradually whisk in hot milk. Return to saucepan. In small bowl combine sugar, cornstarch, orange peel and salt; stir in orange juice. Add to saucepan and whisk constantly over low heat until thickened, about 7 minutes. Refrigerate at least 2 hours. Just before serving, spoon into dessert dishes. Makes 6 servings, about 190 calories each.

OLD-FASHIONED RICE PUDDING

In our test kitchens this is known as Josie's Mom's rice pudding—and it's already a Journal *classic.*

- 6 cups milk
- ¾ cup long-grain rice
- 1 cup heavy or whipping cream
- ¾ cup sugar
- 3 egg yolks, beaten
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- About 1 teaspoon cinnamon

Rinse large saucepan with cold water; do not dry. Pour in milk and bring to a boil over medium heat. Stir in rice and return to a boil. Reduce heat and simmer uncovered, stirring occasionally, until rice is tender, about 55 minutes.

Meanwhile, in small bowl combine cream, sugar, egg yolks, vanilla and salt. When rice is tender, stir in cream mixture until completely combined; bring to a boil. Remove from heat and pour into a 2-quart oblong or oval serving dish. Sprinkle top generously with cinnamon. Refrigerate at least 4 hours. Makes 6 cups, about 250 calories per ½ cup.

BOURBON 'N' BREAD PUDDING

Instead of serving it with a bourbon sauce, we tossed the bourbon right into the pudding. Yum!

- 15 ½-inch slices French or Italian bread cut into large cubes (6½ cups)
- 4 tablespoons melted butter or margarine
- 2 cups milk
- 1 cup heavy or whipping cream
- 3 eggs
- 3 egg yolks

(continued

Introducing the Philly 15 minute cheesecake.



It's as easy as 1, 2, 3.



15 minutes and a few simple ingredients is all it takes to prepare this rich and creamy Philly chocolate chip cheesecake. Just follow our easy recipe, then pop it in the oven to bake. And for smaller servings, send in for the pan premium below. With Philly, if you've got 15 minutes, you've got a cheesecake.

"PHILLY" 15 MINUTE* CHEESECAKE

cup graham cracker crumbs
tablespoons sugar
tablespoons PARKAY Margarine, melted

* * *

8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened
cup sugar
eggs
cup small semi-sweet chocolate pieces
teaspoon vanilla

ombine crumbs, sugar and margarine; press onto ttom of 9-inch springform pan.

ombine cream cheese and sugar, mixing at medium eed on electric mixer until well blended. Add gs, one at a time, mixing well after each addition. end in chocolate pieces and vanilla; pour over ust. Bake at 450°, 10 minutes. Reduce oven mperature to 250°; continue baking 35 minutes. osen cake from rim of pan; cool before removing n of pan. Chill.

to 12 servings

soften cream cheese: unwrap; microwave on edium (50%) for 30 seconds per package

reparation time

© 1985 Kraft, Inc.

PHILADELPHIA CREAM CHEESE PASTEURIZED KRAFT

MAIL-IN OFFER FORM

Send for a Springform pan—after baking, release the spring to remove the pan sides, and your cheesecake is ready to slice and serve!

PROOF OF PHILADELPHIA CREAM CHEESE PURCHASE

2 Ways to Order Your PHILADELPHIA BRAND Cream Cheese Springform Pans...

- Each 7" PHILLY Pan—$2.75 plus 1 proof-of-purchase. Please send me _____ Pan(s).
- Each 9" PHILLY Pan—$3.50 plus 1 proof-of-purchase. Please send me _____ Pan(s).

I have enclosed a total of $_____ in check or money order (no cash or stamps, please), plus the required number of proofs-of-purchase symbols located on the end flaps on packages of 8-oz. Philadelphia Brand cream cheese.

SHIP TO: Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

MAIL TO: PHILLY Pan Offer, P.O. BOX 2480, Highland Park, IL 60035
(Make check or money order payable to PHILLY Pan Offer)

OFFER EXPIRES DECEMBER 31, 1985. Please allow 6 to 8 weeks for delivery. Offer good in USA, its territories and military addresses. Void where prohibited, licensed or otherwise restricted.

KRAFT



FOOLS AND PUDDINGS
continued

¼ cup bourbon
1 tablespoon vanilla extract
⅔ cup sugar
½ teaspoon cinnamon
¼ teaspoon salt

In 9-inch square baking dish toss bread cubes with butter or margarine. In large bowl thoroughly blend remaining ingredients. Pour over bread; let stand 45 minutes.

Preheat oven to 325°F. Place baking dish in large roasting pan on oven rack. Fill pan with hot water halfway up side of dish. Bake 1 hour or until knife inserted in center comes out clean. Reset oven to broil. Make sure pudding is *at least* 6 inches from heat source. Broil 3 minutes or until lightly browned. Makes 10 servings, about 370 calories each.

PUFF PUDDING

This one you may remember from your childhood. It's definitely "mother food."

¼ cup butter or margarine, softened
⅓ cup sugar
1 teaspoon grated lemon peel
2 eggs, separated
2 tablespoons flour
3 tablespoons fresh lemon juice
¼ cup Grape Nuts cereal
1 cup milk

Preheat oven to 325°F. Grease a 1-quart baking dish; set aside. In large mixer bowl cream butter or margarine, sugar and lemon peel. Add egg yolks and beat until light and fluffy. Beat in flour, lemon juice, cereal and milk. (Mixture will look curdled, but this will not affect the pudding.)

In mixer bowl beat egg whites until stiff. Fold into cereal mixture. Pour into prepared baking dish. Place dish in roasting pan on oven rack. Fill pan with hot water halfway up side of dish. Bake 1 hour 15 minutes or until top springs back when touched lightly. Serve warm or cold. Makes 6 servings, about 190 calories each.

TRADITIONAL ENGLISH TRIFLE

This is an absolutely super finale for a smashing spring dinner.

⅓ cup dry sherry
¾ cup crushed coconut macaroons
2 cups milk
2 eggs
½ cup sugar
¼ teaspoon salt
24 strips (2x1x½-in.) sponge cake
¼ cup raspberry or black currant jam
⅓ cup coarsely chopped walnuts
1 cup heavy or whipping cream, whipped and sweetened
Strawberries and walnuts, for garnish

In medium bowl sprinkle sherry ove macaroons; let stand until sherry is ab sorbed. Blend into a paste; set aside.

In medium saucepan scald milk. I medium bowl beat eggs with sugar an salt. Slowly whisk hot milk into eg mixture; pour into top of double boile and cook over hot, not boiling, wate stirring frequently, about 25 minute or until slightly thickened; refrigerat

Spread one side of each cake stri with jam. Line bottom and sides of 2 quart round glass bowl with cake, ja side out. Spoon macaroon paste ov cake strips. Pour in half the custar sprinkle with half the nuts. Top wit remaining custard and nuts. Sprea whipped cream over surface. Garnis with strawberries and walnut halve Makes 12 to 16 servings, about 290 cal ries each per 12, 215 calories each per 1

COGNAC COFFEE MOUSSE

A not-too-sweet mousse for the coff lovers of the world.

1 teaspoon instant espresso coffee powder

- 1 cup strong, brewed coffee
- 4 eggs, separated
- 2 teaspoons unflavored gelatin
- ⅔ cup sugar, divided
- ¼ teaspoon salt
- 3 tablespoons cognac or brandy
- 1 teaspoon vanilla extract
- 1 cup heavy or whipping cream, whipped
- ⅓ cup mini semisweet chocolate chips

Dissolve instant coffee powder in brewed coffee; cool. In medium saucepan beat egg yolks. Pour in coffee and sprinkle on gelatin. Cook over low heat, stirring, until gelatin is completely dissolved, about 5 minutes. Stir in ⅓ cup sugar, salt, cognac and vanilla. Pour into large bowl and refrigerate, stirring occasionally, until mixture mounds slightly when dropped from a spoon.

In large mixer bowl beat egg whites until soft peaks form. Gradually add remaining sugar and beat until stiff. Fold egg whites and whipped cream, then chocolate chips into gelatin mixture. Spoon into eight brandy snifters or stemmed dessert dishes. Refrigerate until set, up to 4 hours. Makes 8 servings, about 265 calories each. **End**

"April Fools and Other Puddings" recipes developed by Diane DiLalo Holtaway.

TWICE AS NICE

continued from pages 116–117

OLD-FASHIONED POT ROAST

pictured on page 116

We cooked extra potatoes, gravy and roast beef for our delicious Confetti Hash. Hash may be refrigerated up to two days.

- 1 boneless cross rib or beef round bottom roast (5 lbs.)
- 2 cups coarsely chopped onions
- 4 garlic cloves, pressed
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 can (13¾ or 14½ oz.) beef broth
- 1 can (8 oz.) tomato sauce
- ½ cup red wine
- 1 bay leaf
- ½ teaspoon marjoram
- 3 pounds potatoes, cut into quarters
- 8 medium carrots, cut into 1½-inch pieces
- 15 small pearl onions

Preheat oven to 325°F. Heat Dutch oven over medium-high heat. Brown beef, fat side down, on all sides. Add onions, garlic, salt and pepper. Add broth, tomato sauce, wine, bay leaf and marjoram. Cover and roast in oven 1 hour. Turn meat and continue roasting 1 hour. Add vegetables and cook 1 hour more. Transfer meat and vegetables to serving platter. Skim off all fat from gravy; strain. (*Save 3 cups cooked beef, 1½ cups cubed potatoes and 1 cup gravy for Confetti Hash.*) Spoon gravy over pot roast. Makes 6 servings, about 625 calories each.

CONFETTI HASH

pictured on page 116

- 4 slices bacon, diced
- 3 cups cubed, cooked beef (from pot roast)
- 1½ cups cubed, cooked potatoes (from pot roast)
- 1 cup gravy (from pot roast)
- 1 cup chopped mushrooms
- 1 cup chopped onions
- ½ cup diced red pepper
- ½ cup chopped celery
- 2 tablespoons chopped parsley
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 6 eggs, fried or poached

In medium skillet cook bacon until crisp. Remove and drain, reserving 1 tablespoon drippings. In large bowl combine remaining ingredients except eggs. Add bacon and mix well. Heat skillet with reserved drippings. Add hash and cook over medium heat until a crust forms on bottom. Turn and brown other side. Top *(continued)*



Corning cooking. French looking.

Give your cooking the best of both worlds with CORNING WARE® French White® cookware.

French White cookware dresses up even everyday recipes with Continental elegance. And while it arrives at your table with style, it still brings you the famous Corning qualities. That means each piece is as durable as it is versatile—you can cook, freeze, and serve in the same piece. And easy cleaning makes your life even easier.

French White cookware. From now on, great cooking comes to your table with great taste.

CORNING WARE, French White, and ⚘ are registered trademarks of Corning Glass Works, Corning, N.Y. 14831.

© Corning Glass Works 1985



TWICE AS NICE
continued

each serving with an egg. Makes 6 servings, about 345 calories each with poached eggs, 380 with fried.

GLAZED HAM STEAKS

pictured on page 117

Use part of the second ham steak for New Orleans-inspired Red Beans and Rice. This dish can be refrigerated up to three days.

- 2 ham steaks, about 1 inch thick (1½ lbs. each)
- 3 cups apple juice, divided
- ½ cup raisins
- ½ cup firmly packed brown sugar
- 1 tablespoon cornstarch
- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon ginger

Marinate ham steaks in 1 cup apple juice 1 hour. Drain ham and discard juice. In small saucepan cook raisins in 2 cups apple juice 5 minutes. Add remaining ingredients and cook until thickened.

Preheat broiler. Place ham steaks on broiler pan. Brush with sauce. Broil about 4 inches from heat source 7 minutes on one side. Turn, brush with sauce and broil 10 minutes. (*Save 2 cups cubed ham for Red Beans and Rice.*) Serve ham with sauce. Makes 4 servings, about 485 calories each.

RED BEANS AND RICE

pictured on page 117

- 2 tablespoons salad oil
- 1 cup chopped onions
- ½ cup chopped celery
- 2 garlic cloves, minced
- 1 can (16 oz.) red kidney beans
- 2 cups cubed cooked ham (from ham steak)
- ½ cup long-grain rice
- 1 teaspoon salt
- ½ teaspoon red pepper sauce
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- ¼ teaspoon basil

In 3-quart saucepan heat oil. Add onions, celery and garlic; saute until onions are translucent. Drain beans; reserve liquid. Add enough water to liquid to measure 3 cups. Add liquid and remaining ingredients to saucepan and bring to a boil. Reduce heat; cover and simmer 25 minutes. Makes 4 servings, about 365 calories each.

MINTED ROAST LAMB

What's better for seconds on lamb than a spicy curry? Refrigerate for three days or freeze up to one month.

- ½ cup minced mint leaves
- 4 garlic cloves, minced

1½ teaspoons salt
1 tablespoon red wine vinegar
1 leg of lamb (5 lbs.)

Preheat oven to 450°F. In small bowl combine mint, garlic and salt. Mash with mortar and pestle or the back of a spoon to form a paste. Add vinegar and continue mashing until you have a smooth paste. Spread over the fat side of the lamb; sprinkle with salt. Place fat side up on a rack in an open roasting pan. Immediately reducing temperature to 350°F., roast about 2 hours 15 minutes for rare, 2 hours 30 minutes for medium. (*Save 3 cups diced lamb for Spicy Lamb Curry.*) Makes 4 servings, about 215 calories each.

SPICY LAMB CURRY

8 tablespoons salad oil, divided
3 tablespoons chopped almonds
2 tablespoons ground coriander
1 tablespoon ground cumin
12 peppercorns
10 whole cloves
1 teaspoon red pepper flakes
6 whole cardamom pods or
⅛ teaspoon ground cardamom
6 garlic cloves, coarsely chopped
1 tablespoon minced fresh ginger
½ teaspoon turmeric
¼ teaspoon nutmeg
2 medium onions, diced
3 tablespoons plain yogurt
½ cup tomato sauce
3 cups cooked, diced lamb
(from roast lamb)
1 cup raisins

In small cast-iron skillet heat 6 tablespoons oil over medium heat. Add almonds, coriander, cumin, peppercorns, cloves, red pepper and cardamom. Cook until almonds become dark, about 1 minute. Add garlic and ginger; cook, stirring, 1 minute more. Pour into food processor or blender and puree. Add turmeric and nutmeg. With machine on, slowly add ½ cup water.

In Dutch oven heat remaining 2 tablespoons oil over medium-high heat. Add onions and saute, until slightly caramelized, about 5 minutes. Reduce heat; stir in spice paste, yogurt, tomato sauce and ½ cup water. Simmer 15 minutes. Add lamb and raisins; simmer covered 30 minutes. Serve over rice. Makes 6 servings, about 500 calories each.

ORANGE-GLAZED PORK ROAST WITH PRUNE STUFFING

Orange-brandied glaze enhances this pork for the second meal, Fruited Pork Ragout, which can be refrigerated up to three days or frozen up to one month.

1 boneless, rolled pork loin (5 lbs.)
1½ cups (8 oz.) pitted prunes
Peel of 1 orange, minced
3 garlic cloves, minced
2 teaspoons salt
½ teaspoon ground cumin
½ teaspoon freshly ground pepper
½ cup orange juice
½ cup sugar
3 tablespoons cognac or brandy
¾ cup dry vermouth
1 teaspoon cornstarch
½ teaspoon salt
¼ teaspoon freshly ground pepper

Preheat oven to 450°F. Cut roast crosswise in half. Using a long, narrow, sharp knife, pierce through the center of each pork loin half from one end to the other, twisting slightly to make a slit. Sprinkle prunes with *(continued)*

How to eat right on only 50 calories a bowl.

Quaker Puffed Wheat and Quaker Puffed Rice fit right in with today's lighter lifestyle. Each bowlful of cereal is just 50 calories! And their tasty goodness comes from natural, wholesome grains of wheat and rice. They contain no added salt or sugar—no fat, cholesterol, or preservatives.

Start your day right. Start your day light. With Quaker Puffed Wheat or Quaker Puffed Rice.



STORE COUPON 7094

MO5

25¢ OFF

any size
Quaker® Puffed Wheat
or Puffed Rice



Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted from your retail customers in accordance with our redemption policy (copy available on request) and on the purchase of product(s) specified. Only retailers and Quaker authorized clearing houses send to The Quaker Oats Company, 815 Commerce Drive, Oak Brook IL 60521. LIMIT ONE COUPON PER TRANSACTION. Void if transferred, assigned, copied, taxed, licensed or where prohibited. Good only in U.S.A. APOs, FPOs. Cash Value .001¢

COUPON EXPIRES DECEMBER 31, 1985.

© 1984 The Quaker Oats Company

MO5

7094

Only 50 Calories a Bowl.

TWICE AS NICE
continued

orange peel and toss to mix well; stuff into slit.

In small bowl combine garlic, salt, cumin and pepper; blend into a paste. With sharp knife, score fat side of roasts; rub with paste. Place each roast on a rack in an open roasting pan. Roast 15 minutes, then reduce temperature to 350°F. After roasting 30 minutes, begin basting with drippings.

In small saucepan heat orange juice, sugar and cognac just until sugar is dissolved. After roasts have cooked 1 hour 15 minutes, pour half the orange-cognac over each. Roast 30 minutes more, basting every 10 minutes. (Total roasting time, 1 hour 45 minutes.) Remove from oven. Let stand 10 minutes before slicing.

Pour off excess fat from roasting pan. Set pan on burner over medium heat. Add vermouth and ¾ cup water; boil 3 minutes. Add cornstarch, salt and pepper to 1 teaspoon water. Stir into sauce. Cook 1 minute; strain. Serve with pork. (*Save 4 cups diced pork for Fruited Pork Ragout.*) Makes 6 servings, about 605 calories each.

FRUITED PORK RAGOUT

- 4 slices bacon
- 1 medium onion, diced
- ½ pound sweet potatoes, peeled and diced
- ½ cup diced dried apricots
- 1 cup red wine
- 1 can (13¾ or 14½ oz.) chicken broth
- ½ cup red wine vinegar
- ¼ cup honey
- 1½ teaspoons thyme
- 1 teaspoon freshly ground pepper
- 1 bay leaf
- 4 cups diced roast pork (from pork roast)

In Dutch oven cook bacon until crisp. Remove and crumble. Add onion to drippings and saute until translucent. Add sweet potatoes and saute 1 minute. Add remaining ingredients except pork and bring to a boil. Reduce heat, cover and simmer 30 minutes. Add diced pork and simmer 15 minutes more. Remove bay leaf. Stir in bacon. Makes about 6 servings, about 490 calories per cup.

HERBED ROAST CHICKEN

Set aside two cups cubed chicken for Chicken Tetrazzini. Refrigerate up to three days or freeze up to one month.

Herb Butter

- ½ cup butter or margarine, softened
- 1 tablespoon chopped shallots
- 2 teaspoons rosemary
- 1 garlic clove, minced
- 1 teaspoon grated lemon peel
- ¼ teaspoon salt
- ¼ teaspoon pepper

- 1 roasting chicken (5 lbs.)

Herb Butter: In small bowl combine first 7 ingredients until well mixed. Refrigerate until firm, about 5 minutes.

Rub chicken cavity with 1 tablespoon herb butter. Cut another tablespoon butter into small pieces and slip under the skin of the breast. Rub about 1 teaspoon on skin. Melt remaining butter; set aside.

Preheat oven to 450°F. Truss chicken. Place on one wing side on a rack in an open roasting pan. Roast 15 minutes. Turn to the other side and roast 15 minutes more. Turn breast side up, brush with herb butter and roast 40 minutes or until a meat thermometer placed in the thigh reaches 165°F. Remove from oven and let stand 15 minutes before carving. (*Save 2 cups for Chicken Tetrazzini.*) Makes 6 servings, about 310 calories each.

CHICKEN TETRAZZINI

- 3 tablespoons butter or margarine, divided
- 1 cup chopped onions
- ½ cup diced green pepper
- 1 garlic clove, minced
- ½ pound sliced mushrooms
- ¼ cup all-purpose flour
- 1 cup chicken broth
- 1 cup milk
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1½ cups shredded Cheddar cheese, divided
- 2 cups cubed cooked chicken (from roast chicken)
- 2 tablespoons dry sherry
- ½ pound spaghetti, cooked

Preheat oven to 350°F. In medium saucepan melt 1 tablespoon butter or margarine. Add onion, green pepper and garlic; saute until onion is translucent, stirring occasionally. Add mushrooms and saute 1 minute. Remove vegetables; set aside. Add remaining butter to saucepan and melt over low heat. Stir in flour until smooth and bubbly. Add broth, milk, salt and pepper, stirring constantly; cook until thickened. Add 1 cup cheese, stirring until melted.

Preheat oven to 350°F. In large bowl combine sauteed vegetables, chicken, white sauce, sherry and spaghetti. Spoon into a greased 2-quart ovenproof casserole. Cover and bake 30 minutes. Uncover chicken and sprinkle on remaining ½ cup cheese. Bake 10 minutes more. Makes 6 servings, about 370 calories each. **End**

"Twice As Nice" recipes developed by Elizabeth A. Marks and Beverly Stephens.

PIZZAS
continued from pages 106–107

BASIC PIZZA DOUGH

- 3 to 3½ cups unbleached or bread flour
- 1½ teaspoons salt
- ½ teaspoon sugar
- 1 package active dry yeast
- 1 cup very hot water (120°F.–130°F.)
- 1 tablespoon olive oil

In large mixer bowl combine 1 cup flour, salt, sugar and yeast; mix well. With mixer at low speed, gradually add hot water and olive oil. Increase speed to medium and beat 1 minute. Stir in enough additional flour to make a soft dough. On lightly floured surface, knead 5 minutes. *(Can be made ahead. Divide dough in half. Freeze separately in freezer bags up to 1 month. Thaw in refrigerator 8 to 12 hours or at room temperature 2½ to 3 hours. Dough does* not *need to rise.)*

Place in oiled bowl, turning to grease top. Cover and let rise in warm, draft-free place until doubled in bulk, 30 to 60 minutes (depending on whether you use quick-rise or standard yeast). Punch down dough. Makes dough for two 12- or 14-inch pizzas or one 12- or 14-inch stuffed pizza or 16 bow ties.

Processor Method: In food processor with steel blade, combine 1½ cups flour, salt, sugar and yeast. Process until well mixed. With machine on, pour very warm water (110°F.–115°F.) through feed tube. Process 1 minute. Add oil and 1½ cups flour. Process just until a ball forms, adding flour if needed. On lightly floured surface, knead until smooth and elastic, about 5 minutes. Cover and let rise until doubled in bulk, 30 to 60 minutes. Punch down dough.

CALIFORNIA PIZZA DOUGH

- 3 to 3½ cups unbleached or bread flour
- 1½ teaspoons salt
- 1 teaspoon sugar
- 1 package active dry yeast
- 1 cup very hot water (120°F.–130°F.)
- 3 tablespoons olive oil

In large mixer bowl combine 1 cup flour, salt, sugar and yeast; mix well. With mixer at low speed, gradually add hot water and olive oil. Increase speed to medium and beat 1 minute. Stir in enough additional flour to make a soft dough. On lightly floured surface, knead 5 minutes. *(Can be made ahead. Divide dough into 3 equal pieces. Freeze separately in freezer bags up to 1 month. Thaw in refrigerator 8 to 12 hours or at room temperature 2½ to 3 hours. Dough does* not *need to rise.)*

Place in oiled bowl; turn to grease top. Cover and let rise in warm, draft-free place *(continued on page 140)*



One taste and you will look at Cheesecake a whole new way!

It's never been this easy before. You can make this deliciously creamy cheesecake in only 8 minutes. Cool Whip® Whipped Topping gives it a wonderful, fresh taste. And Keebler® Graham Cracker Ready-Crust® adds a lightly sweet flavor your family will love. Try this cheesecake soon. Tasting is believing.

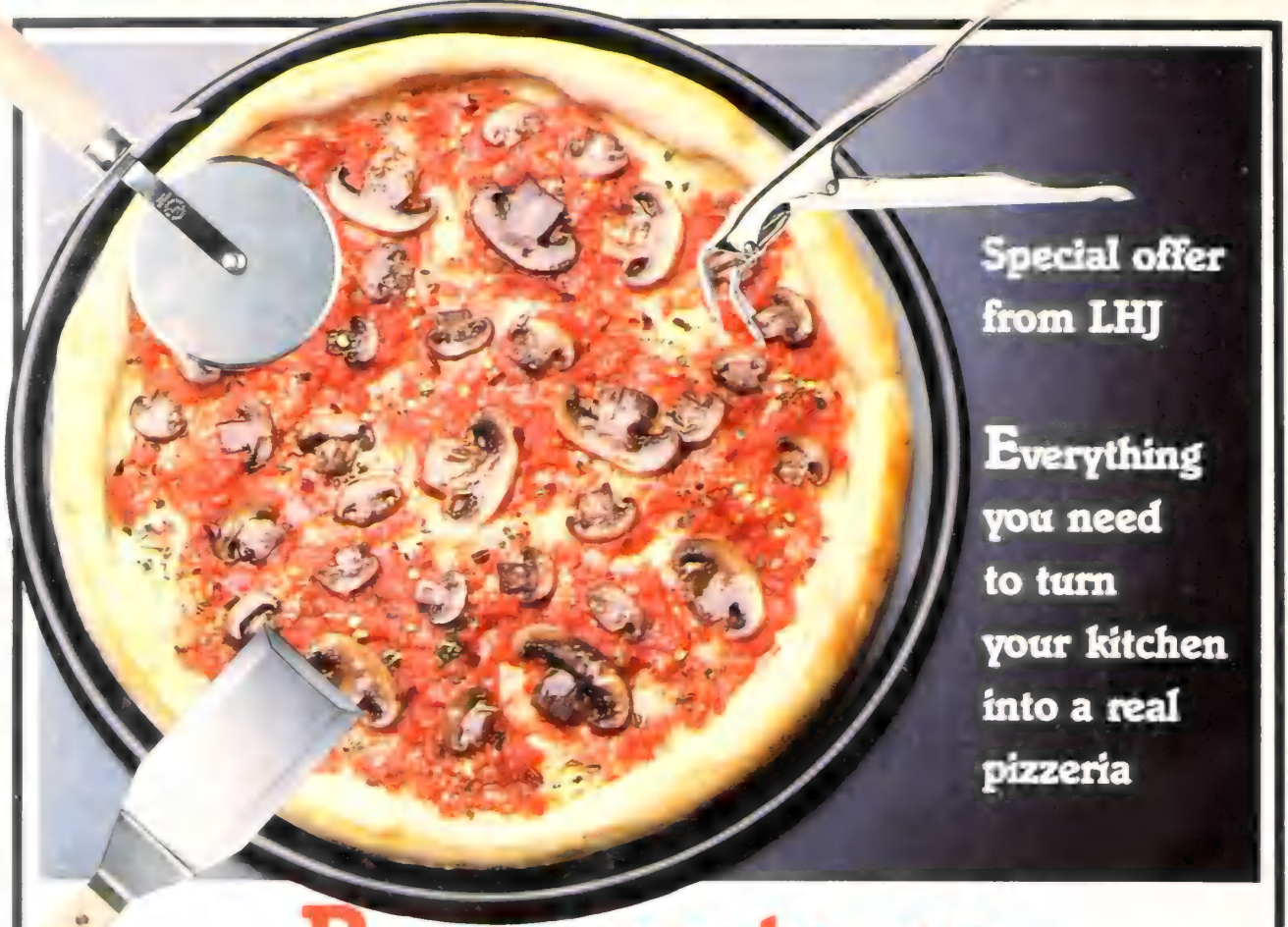
8-Minute Cheesecake

1 package (8 oz.) cream cheese, softened
⅓ cup sugar
1 cup (½ pt.) sour cream
2 teaspoons vanilla
1 8-ounce container BIRDS EYE® COOL WHIP® Whipped Topping, thawed
1 Keebler® Ready-Crust® Graham Cracker pie crust
Fresh strawberries for garnish

Beat cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into crust. Chill until set, at least 4 hours. Garnish with fresh strawberries if desired.



© 1985 Keebler Company. Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company.
© 1985 General Foods Corporation. Birds Eye and Cool Whip are registered trademarks of the General Foods Corporation.



Special offer from LHJ

Everything you need to turn your kitchen into a real pizzeria

Pizza partners

Pizza-making at home is all the more fun when you've got the right equipment. Through this exclusive *LHJ* offer, you can get all the baking goods and utensils you need to make and serve any of our "Pizzas With Pizzazz!" (see story on page 106). The 15" round Pizza Baking Stone (below, center) is an ancient baking device that distributes heat evenly and helps retain moisture, producing lighter, crisper pizza crust (and great breads, too). Or you have a choice of round pans for making popular Chicago-style deep dish pies (check out our recipe on page 140): a 14" size or a 10" size (below right), or a set of four 6" mini pie pans (below left)—all in heavy-gauge steel. The three-piece Pizza Serving Kit (top) includes a pan grabber (upper right) that's perfect for pulling a hot pizza or any rolled-edge pan from the oven, plus an extra-sharp stainless steel pizza cutter (top left) and beveled-edge spatula (top lower left) to make slicing and lifting easy and (almost) neat. What's more, every item comes with a free recipe booklet. To order, use coupon on page 144.







J. Barry O'Rourke



If you think this looks too good to be light, look again. It's *Lite-line.*®

Want to enjoy delicious real cheese taste and still eat light? Lite-line® has all the flavor you crave—from mellow American to zesty Sharp Cheddar.

Made with tasty natural cheeses, Lite-line has all the protein and calcium of process American cheese. But with only ¼ the fat, ½ the cholesterol . . . and less than 50 calories a slice.

So if you're a cheese lover who wants to eat right, think Lite. Think Lite-line® Brand Pasteurized Process Cheese Product.

BORDEN®

© Borden, Inc., 1985.



Lite-line: Good taste that makes good sense.

PIZZAS

continued from page 136

until doubled in bulk, 30 to 45 minutes (depending on the yeast—quick-rise or standard). Punch down dough. Divide into 3 equal pieces. Makes dough for three 12-inch pizzas.

Processor Method: In food processor with steel blade, combine 1½ cups flour, salt, sugar and yeast. Process until well mixed. With machine on, pour very warm water (110°F.–115°F.) through feed tube. Process 1 minute. Add oil and 2 cups flour. Process just until a ball forms, adding flour if needed. On lightly floured surface, knead until smooth and elastic, about 5 minutes. Cover and let rise until doubled in bulk, 30 to 45 minutes. Punch down dough. Divide into 3 equal pieces.

CRISP CRUST TIPS

For a nice crisp crust, use a baking or pizza stone, the largest stone your oven will accommodate. Follow manufacturer's directions for use and care.

You can also use a cast-iron skillet. Invert it on lowest oven rack, preheat at least 20 minutes and bake pizza (in pan) directly on the skillet.

A third way is with a blue carbon or black steel pan. It eliminates the need for a stone or skillet.

PIZZA SAUCE

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 can (28 oz.) crushed tomatoes in puree
- 2 garlic cloves, crushed
- 3 stems fresh basil or ½ teaspoon dried
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

In 3-quart saucepot heat oil. Add onion and saute until tender, 8 to 10 minutes. Add remaining ingredients. Bring to a boil; reduce heat and simmer until thick, about 50 minutes. Discard fresh basil; cool. Makes 2 cups.

CLASSIC NEAPOLITAN PIZZA

pictured on page 107

- Olive oil
- 1 tablespoon cornmeal
- ½ recipe Basic Pizza Dough

Topping

- ½ pound low-moisture mozzarella cheese, thinly sliced
- 1 cup Pizza Sauce
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon oregano
- 2 tablespoons olive oil
- Crushed red pepper flakes

Set oven rack on lowest position. Preheat oven to 450°F. Lightly brush a 12- or 14-inch pizza pan with olive oil; sprinkle with cornmeal. Roll dough to fit pan. Form a standing rim around edge.

Topping: Arrange cheese slices on dough. Add any of the extras listed below (use less of each if choosing more than two). Spoon on Pizza Sauce. Sprinkle with cheese, oregano and any other extras listed below. Drizzle with olive oil. Bake 15 to 20 minutes. Sprinkle with crushed red pepper. Makes one pizza, 8 slices, about 250 calories per slice without extras.

Extras to add before the sauce

- ¼ pound additional mozzarella or provolone cheese
- ½ pound mushrooms, sliced and sauteed in 1 tablespoon olive oil
- ½ pound Italian sausage, cooked, sliced and drained
- 1 can (6½ oz.) tuna packed in olive oil, drained and flaked
- Drained canned anchovy fillets
- Drained capers

Extras to add after the sauce

- 1 small green pepper, thinly sliced
- 1 small onion, quartered and separated
- Minced garlic
- 3 ounces sliced pepperoni
- Black olives
- Chopped parsley or basil

CHICAGO-STYLE PIZZA WITH THE WORKS

pictured on pages 106–107

Dough

- 1¼ to 1¾ cups unbleached or bread flour
- 2 tablespoons cornmeal
- ¾ teaspoon salt
- ½ teaspoon sugar
- 1 package active dry yeast
- ½ cup very hot water (120°F.–130°F.)
- 1 tablespoon olive oil

Filling

- 1 large green pepper, cut into strips
- 1 medium onion, quartered
- Olive oil
- ½ pound sweet Italian sausage
- ¾ pound low-moisture mozzarella cheese, thinly sliced
- 2 large garlic cloves, minced
- ¼ pound sliced provolone cheese
- ¼ cup grated Parmesan cheese
- 1 can (35 oz.) Italian plum tomatoes, drained
- 1 teaspoon oregano, crushed

Dough: In mixer bowl combine ½ cup flour, cornmeal, salt, sugar and yeast; mix well. With mixer at low speed, gradually add hot water and oil. Increase speed to medium and beat 1 minute. Stir in enough additional flour to make a soft dough. On lightly floured surface, knead 5 minutes. Place in oiled bowl, turning to grease top. Cover and let rise in warm, draft-free place until doubled in bulk, 30 to 45 minutes (depending on whether you use quick-rise or standard yeast).

Filling: While dough is rising, in medium skillet saute green pepper and onion in 2 tablespoons oil 5 minutes. Remove with slotted spoon; set aside. To same skillet add sausage. Cook until lightly browned; slice.

Lightly brush a 10-inch cast-iron skillet or 13½x9½-inch roasting pan with additional oil. Punch down dough. On lightly floured surface, roll to a 12-inch circle or 15x11-inch rectangle. Place in pan, pressing dough to form a 1½-inch edge along sides of pan. Cover and let rise in warm, draft-free place until doubled in bulk, about 30 minutes.

Set oven rack on lowest position. Preheat oven to 450°F. Arrange mozzarella on top of dough. Add sausage, garlic, provolone and Parmesan. Spoon on tomatoes, top with peppers and onions, then sprinkle with oregano. Bake 15 minutes. Reduce oven temperature to 350°F. and bake 15 minutes more. Cool 5 minutes before cutting. Makes 8 servings, about 445 calories per slice.

PIZZA STUFFED WITH BROCCOLI, THREE CHEESES AND SALAMI

pictured on page 106

- Olive oil
- 1 tablespoon cornmeal
- 1 recipe Basic Pizza Dough

Filling

- 1 bunch (1–1¼ lbs.) broccoli, cut into small florets
- Olive oil
- ½ pound mushrooms, thickly sliced
- 3 large garlic cloves, minced
- ½ teaspoon salt, divided
- ¼ cup jarred roasted red peppers, cut into ½-inch pieces
- ½ teaspoon freshly ground pepper

- ¼ cup grated Parmesan cheese
- ½ pound low-moisture mozzarella cheese, shredded
- ¼ pound sliced Genoa salami, halved
- ½ pound provolone cheese, cubed
- 1 cup ricotta cheese
- 1 egg, slightly beaten

Lightly brush a 12- or 14-inch pizza pan with olive oil. Sprinkle with cornmeal; set aside. Divide dough into 2 pieces, one slightly larger than the other. Roll larger piece to fit pan with a ½-inch overhang.

Filling: In medium saucepan cook florets in boiling salted water 2 minutes. Drain and set aside.

In medium skillet heat 2 tablespoons oil. Add mushrooms, garlic and ¼ teaspoon salt. Saute over medium heat until golden and liquid has evaporated, about 10 minutes. Add broccoli, red peppers, pepper and remaining ¼ teaspoon salt. Mix well. Set aside to cool.

Set oven rack on lowest position. Preheat oven to 450 °F. *(continued)*



Sara Lee Cinnamon-Nut-Raisin Croissants make your morning delicious.

Inside and out.

Morning starts out warmer and much more delicious when it starts with a Sara Lee Cinnamon-Nut-Raisin Croissant. Outside, it's a flaky, all-butter Sara Lee Croissant. Inside, it's sweet, plump raisins, tender walnuts, and imported cinnamon.

Sara Lee Croissants also come delicately filled with succulent strawberries. Sweet, tangy apples. Creamy chocolate. Try them all and taste how much more delicious your morning can be.

Nobody doesn't like *Sara Lee*.

Sprinkle Parmesan and mozzarella over dough in pan. Spoon broccoli mixture over cheeses to within 1 inch of edge. Scatter salami and provolone over broccoli. In small bowl combine ricotta and egg; spoon over filling. Roll remaining dough to a 12- or 14-inch round. Place over filling. Turn up overhang and pinch to seal. Bake until golden brown, 15 to 20 minutes. Cool 10 minutes before cutting. Makes one pizza, 8 slices, about 560 calories per slice.

TWO-PEPPER PIZZA WITH PAN-ROASTED GARLIC AND GOAT CHEESE

pictured on page 106

Olive oil
1 tablespoon cornmeal

Topping

Olive oil
4 to 6 large garlic cloves, unpeeled
2 yellow peppers, cut into strips
2 red peppers, cut into strips
½ teaspoon salt
3 ounces moist goat cheese
¾ cup sour cream
¼ teaspoon freshly ground pepper
⅓ recipe California Pizza Dough

Set oven rack on lowest position. Preheat oven to 425°F. Brush a 12-inch pizza pan with oil. Sprinkle with cornmeal; set aside.

Topping: Pour olive oil into a heavy skillet to a ⅛-inch depth. Add garlic and heat gently, turning occasionally, until golden brown, about 10 minutes. Remove with slotted spoon and set aside. Pour off all but 2 tablespoons oil from skillet. Add peppers; sprinkle with salt and saute until softened, 10 minutes. Remove from heat; cool.

With a fork, press garlic cloves out of skins onto a plate. Discard skins, then mash garlic into a paste. In small bowl combine garlic paste with goat cheese, mashing until cheese is crumbled. Add sour cream and pepper; mix until smooth.

Roll dough to fit pan. Form a standing rim around edge. Spoon on cheese and spread over dough to within ½ inch of edge. Top with peppers. Bake until edges are golden brown, 15 to 20 minutes. Makes one pizza, 8 slices, about 210 calories per slice.

PIZZA BIANCA

Topping

¼ pound pancetta or unsliced bacon, cut in ½-inch cubes
1½ pounds sweet onions, sliced
1 tablespoon olive oil
¼ to ½ teaspoon rosemary, crushed

Announcing the end of dry meatloaf



Now when people ask for seconds, it won't be for water. The juicy, mouth-watering Hunt's Tomato introduces Hunt's® Meatloaf Fixin's® Tomato Sauce.

Just start with ground beef, breadcrumbs and eggs. And you'll be headed for the oven in about five minutes. Hunt's does the rest, and does it all-natural, with the specially-grown Hunt's Tomato simmered rich and thick with nuggets of bell pepper, onion and savory seasonings. Just use half to make your loaf and half to top it off with a delicious gravy. You'll have it moist every time, in almost no time. That makes any other meatloaf pretty hard to swallow.

New Hunt's Meatloaf Fixin's Tomato Sauce.

© 1985 Beatrice/Hunt-Wesson Foods, Inc.

Dash salt

Olive oil
1 tablespoon cornmeal
½ recipe Basic Pizza Dough
½ pound low-moisture mozzarella cheese, thinly sliced

Topping: In large heavy skillet cook pancetta or bacon over medium-low heat until crisp and golden brown, 20 to 25 minutes. Add onions, olive oil, rosemary, pepper and salt. Cook slowly, stirring occasionally, until onions are honey-colored, about 20 minutes. Cool.

Set oven rack on lowest position. Preheat oven to 450°F. Lightly brush a 12- or 14-inch pizza pan with olive oil. Sprinkle with cornmeal. Roll dough to fit pan. Form a standing rim around edge. Arrange cheese slices on dough. Spoon on onions and bacon. Bake until edges are golden brown, 15 to 20 minutes. Makes one 12- or 14-inch pizza, 8 slices, about 305 calories per slice.

SAUSAGE 'N' PEPPER BOW TIES

Filling

½ pound sweet Italian sausage
½ pound hot Italian sausage
1 tablespoon olive oil
3 large green peppers, cut into strips
3 medium onions, sliced
3 large garlic cloves, minced
1½ teaspoons salt
1 teaspoon oregano, crushed
¼ teaspoon pepper
3 tablespoons tomato paste

Cornmeal
1 recipe Basic Pizza Dough

Filling: Into a 10-inch skillet pour just enough water to cover bottom. Add sausage and olive oil. Cook over medium-high heat, turning once until water evaporates. Cook 5 minutes more. Remove sausage from skillet; cut into ½-pers, onions, garlic, salt, oregano and pepper. Saute 10 minutes. Add sausage; cook 5 minutes more. Stir in tomato paste. Let cool.

Set oven rack on lowest position. Preheat oven to 425°F. Grease 2 large cookie sheets. Sprinkle with cornmeal.

Divide dough in half. On lightly floured surface, roll one piece dough to a 16x8-inch rectangle. Cut in half lengthwise, then cut into quarters crosswise, forming eight 4-inch squares. Top center of each square with ⅓ cup filling. Bring up 2 opposite corners, overlap slightly and pinch to seal. Transfer to cookie sheets. Repeat with remaining dough and filling. Bake until golden brown, about 20 minutes. Serve warm or at room temperature. Makes 16, about 225 calories each.

PIZZA WITH SMOKED MOZZARELLA, PLUM TOMATOES AND GARLIC

4 ripe plum tomatoes (about ¾ lb.)
¼ teaspoon coarse or kosher salt
3 large garlic cloves, minced
Olive oil
1 tablespoon cornmeal
⅓ recipe California Pizza Dough
½ pound smoked low-moisture mozzarella cheese, thinly sliced
½ cup coarsely chopped fresh basil
¼ teaspoon freshly ground pepper
2 tablespoons olive oil

Plunge tomatoes into boiling water for 10 seconds. Remove with slotted spoon and immediately place in ice water. Peel tomatoes; cut each lengthwise into 4 slices. Arrange in a single layer in an 11x7-inch baking dish. Sprinkle with half the salt; turn over and sprinkle with remaining salt and garlic. Let stand 30 to 60 minutes.

Set oven rack on lowest position. Preheat oven to 425°F. Lightly brush a 12-with cornmeal. Roll dough to fit pan. Form a standing rim around edge. Top dough with mozzarella. Sprinkle with half the basil. Arrange tomato slices on top (include the garlic). Sprinkle with pepper and drizzle with oil. Bake until lightly browned, about 10 minutes. Top with remaining basil. Bake 5 minutes more. Makes one 12-inch pizza, 8 slices, about 200 calories per slice.

MUSHROOM PIZZA WITH PROSCIUTTO AND PARSLEY

Olive oil
1 tablespoon cornmeal
3 tablespoons olive oil, divided
1 pound mushrooms, thickly sliced
Dash salt
2 tablespoons chopped parsley
¼ teaspoon freshly ground pepper
⅓ recipe California Pizza Dough
½ pound Fontina or low-moisture mozzarella cheese, thinly sliced
2 ounces prosciutto, julienned

Set oven rack on lowest position. Preheat oven to 425°F. Lightly brush a 12-inch pizza pan with olive oil. Sprinkle with cornmeal; set aside.

In large skillet heat 2 tablespoons oil. Add mushrooms and salt; saute until golden and liquid has evaporated, 8 to 10 minutes. In small bowl combine parsley and pepper; add half the mixture to mushrooms. Cool.

Roll dough to fit pan. Form a standing rim around edge. Arrange cheese on dough. Spoon on mushrooms. Top with prosciutto. Drizzle with remaining oil. Bake until edges are golden brown, 15 to 20 minutes. Sprinkle with remaining parsley. Makes one pizza, 8 slices, about 255 calories per slice. **End**

"Pizzas with Pizzazz!" developed by Joanne Borkoski, a former member of the LHJ *food staff.*

Look for new Hunt's® Meatloaf Fixin's® Tomato Sauce with all the other Hunt's Tomato Sauces.



Hunt's. It's a better way to say tomatoes.

15¢ MANUFACTURER COUPON NO EXPIRATION DATE 15¢

Save 15¢ on New Hunt's® Meatloaf Fixin's® Tomato Sauce.



To Retailer: This coupon will be redeemed for face value plus handling if used in accordance with the offer stated hereon. Invoice(s) showing purchases sufficient to cover coupon must be shown on request. Coupon is void if taxed, prohibited or restricted by law. Cash value 1/100¢. Valid only in U.S.A. This coupon not assignable or transferable. Limit one coupon per purchase.
Mail coupon to Beatrice Companies, Inc.
P.O. Box 3185, Elm City, NC 27898.
©1985 Beatrice/Hunt-Wesson Foods, Inc.

50002

PIZZA PARTNERS

As pictured on page 138

Ladies' Home Journal Pizza Offer
Department J041
P.O. Box 506
Chappaqua, NY 10514

Fully refundable if not satisfied!

Please send me the following item(s) and my FREE pizza recipe booklet:

_____(#260) Pizza Baking Stone(s) w/handles @ $26.95 ..... $ _____
_____(#261) Deep Dish 14" Pizza Pan(s) @ $11.95 ..... $ _____
_____(#262) Deep Dish 10" Pizza Pan(s) @ $11.95 ..... $ _____
_____(#263) Set(s) of four 6" Deep Dish Pizza Pan(s) @ $17.95 ..... $ _____
_____(#264) The 3-piece Pizza Serving Kit (pan grabber, spatula and cutter) @ $14.95 ..... $ _____
Postage & handling (see below) ..... $ _____
Total enclosed $ _____

Add postage & handling charges as follows:
For orders totaling under $20.00: $2.50
$20.01–$30.00: $3.00
$30.01 and above: $4.00

☐ Enclosed is my check/money order payable to RMS Sales, Inc.
☐ Please charge my ☐ Mastercard or ☐ Visa

Card No. _____ **Exp. Date** _____
Signature _____
Print Name _____
Address _____
City _____ **State** _____ **Zip** _____

Products are manufactured by Sassafras Enterprises, Inc. or Chicago Metallic, Inc.
Canadian orders in U.S. funds or equivalent plus $3.00

BETTE DAVIS

continued from page 34

Bette's treasured possessions, which travels with her the world over, is a cushion on which is embroidered: No guts—no glory. It sums up her philosophy. "It's my motto," she says with a laugh. "I will have it engraved on my tombstone." It is an attitude to life that was passed down to her through generations of her New England forebears and from Ruthie, her indomitable mother, to whom she says she owes everything.

Bette Davis's father, Harlow, left the family when she was seven. Her mother supported Bette and her younger sister, Bobby, by working at assorted jobs: first as a governess, then as a matron in a girls' school, then as a photographer. "Ever since I was a kid," says Bette, "my mother believed in me more than I believed in myself.

"I am a strong woman, a survivor," says Bette. "There has never been any question of my cracking up, even during the hardest of times, nor did I ever need an analyst. Funnily enough, when I was in the hospital last year the doctors sent one to talk to me. They seemed to take it for granted that one would need a psychiatrist after a stroke. How I laughed! Here I was, a seventy-five-year-old grandmother, and he wanted me to tell him how close I had been to my father! He did not stay at my bedside for very long!"

I ask if she has always felt that she was of a different, stronger breed than some of her younger Hollywood colleagues like Judy Garland or Marilyn Monroe. "Yes, I *was* different, and I knew it, like Katharine Hepburn, whom I have always admired," she says. "We both came from good Yankee families, a culture that bred a certain type of person; we were given solid values by our parents, and so we never forgot who we were. We didn't destroy ourselves with drink or dope; we owed it to our background to keep straight. Katharine Hepburn has great looks and great class. Class is something I have always searched for in people; it is an attribute that I admire in politicians. Roosevelt had class and so did Jack Kennedy. When Jack came into a room the whole place would suddenly light up; such was his impact on people. I miss him, wish someone like JFK would again appear on our political horizon so at last one could vote with enthusiasm for a Presidential candidate!"

I ask Bette how great a role, apart from her Yankee tradition, religion has played in her life and how much it helped her to overcome the latest ordeal. "Yes, I am religious," she says, "but not much of a churchgoer. When Sunday is your one day of rest, you tend to make an arrangement with your Maker and decide that He will forgive you if you stay in bed on Sunday mornings.

"Do I believe in life after death? No, I think we have our heaven and hell on this earth, but I know that there is *something*. But all my life morality has been more important to me than religion; honesty, integrity, character—old-fashioned virtues preached by people like Emerson, Thoreau and my New England grandmother."

"Did you pray when you were in the hospital?" I ask her. "I did think of it now and then—it was more like a reflex from my distant childhood," she admits, "but I also knew that it was up to me to help myself. And I did. Now I hope I am going to be off the hook." She laughs. "I recall vividly that when I was fifty and had already gone through a lot, including my fight with Warner Brothers, I used to think, This is it. I've gone through the worst. From now on my life is going to be serene. But it did not happen like that."

Bette Davis was the first star in the history of the movie industry to challenge Warner Brothers, the Hollywood movie moguls; she took them to court to try to break her eighteen-year contract because she hated the roles they were giving her. She lost the case but was widely admired for her guts. The glory came later, for the lawsuit embarrassed Warner's and forced them to give her the parts she wanted. Some of her finest performances followed, in films such as *Dark Victory*, *Now Voyager*, *Jezebel* and *The Little Foxes*.

"I am lucky to be in a business where they don't retire you automatically at sixty-five," she says, reaching for a whiskey and soda ("I never drink white wine—poisonous drink"). "There is no real retirement age for an actor—it happens when no one comes to see you anymore, a kind of automatic pilot," she says with a laugh.

Bette Davis has made ninety films. "When they come to see me today," she remarks, "they are paying for fifty years of sweat. But I am not finished yet; there is a lot still ticking in me."

The veteran actress has been married four times; her last marriage, to actor Gary Merrill, ended in 1961. She said in her autobiography that one cannot depend on human relations for lasting satisfaction; only work can provide that. "No man could ever share my drive or vision," she wrote. "No man has ever understood the sweetness of my joy at the end of a good day's work."

She has been alone for the last twenty-five years and admits that she has no intention of marrying again. "I came to the crossroads when I realized that a famous woman has little chance of a good marriage unless her *(continued)*


Hidden Valley Ranch
Original Ranch
CREAMY DRESSING
Hidden Valley Ranch
Country Recipe
CREAMY DRESSING
Hidden Valley Ranch
Garden Herb
CREAMY DRESSING
How to solve a delicious dilemma.
Get all three distinctive flavors.
Hidden Valley Ranch

husband happens to be that truly exceptional man who does not mind taking second place. So I chose my career instead and paid for it in solitude."

"Would you like to still be married right now?" I ask her. "Yes," she says in a determined voice. "No question about it. I would like to have a husband with me *now*. A woman has yet to be born who enjoys being alone all the time. Once your children have grown and gone off there is not much left besides work. It would have been nice to have at least one successful marriage in my past. It might have worked with my second husband, Farney [Arthur Farnsworth], but he died in an accident. I was thirty-five years old at the time."

"Do you fear old age?"

"I *am* old, but I have no fear of the advancing years because I intend to go on working. I only really became conscious of my age when I reached seventy. That day I hung a black wreath on the door of my house, painted my face black, put on black clothes . . . I looked a fright. The children came, and we had a hilarious birthday party. But being seventy did not worry me that much, for the scripts kept on coming.

"My fears about there not being enough scripts for an actress my age turned out to be unfounded. I began to relax and enjoy life. Then came my illness: the operation, the stroke and then the broken hip, when the doctors told me that I would never be able to walk again. A whole year went by—no offers—and the longer I waited without work the more terrified I became. So when the script for the Agatha Christie movie came I was delighted and glad to be back in London."

In *Murder with Mirrors*, Bette Davis co-stars with other veteran actors, including Helen Hayes, Sir John Mills and Leo McKern. During the filming, she rose at five-thirty every morning, drove a full hour from her London hotel to the country and spent another hour in makeup. "She turned up on the set with unfailing punctuality at ten o'clock, her lines perfect," says her producer, Chris Nixon. Her only stipulation was that she act only between ten o'clock and five, after which she drove back to her London hotel to rest.

"That first day on the set was pure terror for me. I wondered whether I would have trouble with my lines and have the strength to last through the day. But all went well so well, in fact, that I did not even feel tired when evening came. From then on, it got easier and easier. And now it is all over, and I can go home to see my children."

Bette has three children, now in their twenties and thirties: B.D. (Barbara Davis Sherry), the child of Bette's marriage to third husband William Grant Sherry, and Margot and Michael, who were adopted during her marriage to Gary Merrill. She particularly dotes on B.D.'s fourteen-year-old son, Ashley, who is "blond and good-looking and madly wants to be an actor. I am a very lucky grandmother," she says, pointing to an array of photographs around her. "All my dreams now center on my family. I have given up wishing things to happen to me."

Yet a family scandal of major proportions may be brewing. B.D. has written a book that reportedly rivals *Mommie Dearest*, the scathing indictment of Joan Crawford by her adopted daughter, Christina.

B.D., now Mrs. Jeremy Hyman, has said she would never write a *Mommie Dearest* book about her famous mother. Reportedly, however, B.D. has since

> "My daughter's book about me cannot be a Mommie Dearest as I was not a 'Mommie Dearest,' and, to my knowledge, my daughter isn't a liar."

"gotten religion," and is apparently claiming that God told her to write the book, which is entitled *My Mother's Keeper*, due out next month from William Morrow.

"I must say I have probably never had such a surprise—and I have had a lot of surprises in my life—as when I learned that B.D. was writing about me," Bette says. "However, I don't know what it says, and we'll just have to wait and see."

In the book, B.D. reportedly writes that even young Ashley doesn't like his grandmother. "I don't care how Ashley feels about me," Bette says. "I love him. He's my grandson, and I have no reason to think his feelings for me have changed. I would be very surprised if Ashley said anything bad about me."

But Bette Davis would have preferred it if B.D.'s appraisal, positive or negative, had not found its way into print. "I'm very sad about her doing it, no matter what it says. But it can't possibly be a *Mommie Dearest* since I have never been a 'Mommie Dearest' mother, and B.D., to my knowledge, is not a liar."

It is time for me to leave; people keep popping into the room with messages, assistants hover in the background, but we are still deep in conversation.

"Do you have any regrets in your life?" I ask her. "Yes, only one," Bette replies. "That I never found the right man to live my life with." A surprising admission coming from this wise, ageless woman still so vital and with such extraordinary achievements behind her.

"Do you think romantic love is dead?" I ask. "Yes," she says, smiling. "It has been killed by the excessive freedom of our days and the tearing off of all veils. Censorship, the way it was applied in my youth, was not all bad. I often think that a slightly exposed shoulder emerging from a long satin nightgown packed more sex than two naked bodies in bed. In view of my puritan New England upbringing, I was lucky that my early career spanned those years. I don't think I would have adapted myself to present ways. What I deeply deplore is the passing of courtship. I believe that it had an even more disastrous effect on men than on women, and I wonder how many of our modern young brides experience the excitement that comes from finding oneself alone with one's husband on the wedding night!

"Yes, I was a great romantic in my youth. At thirteen I worshiped Rudolph Valentino; he was my god. To this day I remember a sequence in one of his early movies, *The Four Horsemen of the Apocalypse*. Rudolph and Alice Terry, that gorgeous girl who played opposite him, stood in front of a fireplace, and he, in a gesture of love, leaned over, gently removed her shoes and warmed her feet by the fire. All my life I wanted someone to do this for me, but it never happened! I told this story to Burt Reynolds at a gathering recently because the room we were in reminded me of that scene from the movie. I kept looking at him, hoping he would fulfill my longtime wish. But he missed his cue and did nothing!"

"What are your projects for 1985 and beyond?" I ask as I leave the room.

"There is talk about a movie on the life of Helena Rubinstein—I knew her. That part would suit me very well, though I haven't seen the script yet. And there is my book of reminiscences to be finished—the second volume of my autobiography, *The Lonely Life*."

She laughs and shakes my hand to say good-bye. "As a famous woman, one has a duty to the public not to disappoint them. I do my best. It looks as though I am to go on and on!" **End**



Pour in the Eagle Brand for... "A chocolate lover's dream cake—only 15 minutes to bake!"

Fresh homemade dessert is always a hit, and Eagle® Brand always makes it easy. The Dessert Maker—the original sweetened condensed milk—is the one good cooks have trusted for over 128 years.

This taste-tempting chocolate cake bakes in only 15 minutes—and it's so delicious, it might disappear just as quickly. Why not try it tonight? And whenever dessert counts, count on the Dessert Maker.

Chocolate Sheet Cake

(Makes one 15x10-inch cake)

1¼ cups margarine or butter
½ cup unsweetened cocoa
1 cup water
2 cups unsifted flour
1½ cups firmly packed brown sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
2 eggs
1 teaspoon vanilla extract
1 cup confectioners' sugar
1 cup chopped nuts

Preheat oven to 350°. In small saucepan, melt **1 cup** *margarine; stir in* **¼ cup** *cocoa then water. Bring to a boil; remove from heat. In large mixer bowl, combine flour, brown sugar, baking soda, cinnamon and salt. Add cocoa mixture; beat well. Stir in* **⅓ cup** *Eagle Brand, eggs and vanilla. Pour into greased 15x10-inch jellyroll pan. Bake 15 minutes or until cake springs back when lightly touched. In small saucepan, melt remaining* **¼ cup** *margarine; stir in remaining* **¼ cup** *cocoa and Eagle Brand. Stir in confectioners' sugar and nuts. Spread on warm cake.*



When dessert counts, count on
the dessert maker®

© Borden, Inc., 1985.

For over 200 other delicious recipes, send for the new hardcover, 128-page "Classic Desserts" recipe book. Send $5.95 by check or money order to: P.F.C., Box 7073-B, Clinton, Iowa 52736. Allow 6 weeks for delivery. Offer good only in US/ Expires 12/31/85.

BETTE DAVIS
continued

husband happens to
ceptional man wh
ing second plac
instead and
"Would
right
a d

The inside story on looking youthful outside.



Looking youthful shows in the way you hold yourself and how gracefully you move. And that depends on having good, strong bones.

But as you get older, your bones begin to lose the combination of calcium and other minerals that keeps them strong. And unless you replenish the supply, your bones can become easily broken and too fragile to support you properly.

That's why you should eat dairy foods every day. Dairy foods are one of your best natural sources of calcium. And a sound nutrition plan calls for a minimum of two dairy food servings a day.

All it takes is three servings a day, like two glasses of milk and an ounce of swiss cheese, to give you the 800 milligrams of calcium you need* to help your bones stay strong.

Or try another combination of milk, yogurt, cheese, cottage cheese, or ice cream. Nearly three-quarters of the calcium in a typical American diet comes from foods in the dairy group. So there are all kinds of ways to get natural calcium from dairy foods. And any one of them will help keep you feeling good and looking good, inside and out.

YOUR WORKOUT WORKS OUT BETTER WITH DAIRY FOODS.

Regular exercise helps your body use more of the calcium you get each day, so your bones can stay strong and your moves can stay smooth.

Besides calcium to feed your bones, dairy foods have protein to feed your muscles.

So ask your doctor for an exercise program. Then take that walk. Go for a bike ride. Try some aerobic dancing. And be sure to fuel up with dairy foods. It will help your exercise program work out beautifully.

A REAL CHANGE FOR THE BETTER

Menopause affects your calcium balance in two ways: Because of the drop in your estrogen level, you absorb less of the calcium your body takes in, and you lose more of the calcium your body already has.

So when you're going through your changes, increase your intake of milk and other real dairy foods. It's a delicious way to help keep your bones strong, your nerves working smoothly and all your moves graceful.

Dairy Foods. Calcium the way nature intended.™



*Based upon the Recommended Dietary Allowance of 800 mg. calcium for women 19 and older. However, the NIH consensus panel on osteoporosis recommends 1000-1500 mg. for post-menopausal women.

REAL NATIONAL DAIRY BOARD

© 1985 N.D.B.



Dole® Fruit 'N Juice™ Bars aren't just for fun.

They're for real.

Real Fruit.
Real Juice.
Real Good.

What a refreshing way to eat fruit.™



HALSTON III™

A total look.
Because there's nothing more
beautiful than a confident woman



© 1985 JCPenney Co. Inc.

Available at most large stores; browse through the JCPenney catalog

You're looking smarter than ever
JCPenney

MARY TYLER MOORE

continued from page 105

rofessional setbacks have forced the actress/dancer to summon remarkable strength and courage. "Since *The Mary Tyler Moore Show*, Mary has been through a lot more than any *ten* people have in terms of unhappiness and negative things," says Ted Knight, who played anchorman Ted Baxter on the show. Indeed, the forty-seven-year-old actress has experienced a variety of profound life changes. She has taken enormous career risks, moved from a Southern California mansion to a New York apartment, divorced her second husband (and married a man sixteen years her junior) and suffered the staggering loss of her only son. Most recently, in September of last year, she had herself admitted to The Betty Ford Center, in Rancho Mirage, California, for help with an alcohol problem.

News that the wholesome, all-American, goody two-shoes actress needed help shocked a public accustomed to thinking of her as Laura Petrie, the cute and happy housewife on *The Dick Van Dyke Show*, or Mary Richards, the attractive career woman of *The Mary Tyler Moore Show*. Through the years, many women identified with the television characters Mary played, and women identified with Mary personally as well. Her roles, as happy housewife in the early sixties and as career woman in the seventies, perfectly reflected their times. Mary's own life also seems to reflect the times and the changes so many women have gone through during the past twenty years.

Mary today is a stronger, more contented woman than ever before, her slightly saccharine image a thing of the past. How did she reach this point? Mary's life, like most women's, has followed a circuitous and bumpy path marked by both tragedies and triumphs.

Energetic and determined

Mary Tyler Moore was born and raised in a middle-class section of Brooklyn, New York, where she attended St. Rose of Lima Grammar School. She is remembered more for her ambunctiousness than her academic skills: "Mary was filled with energy every day of the week," says one of her teachers. She was very much a tomboy, who, as she puts it, never wanted to be a nurse or a teacher." The other girls thought of her as a good listener, but not as a good conversationalist or an interesting person.

But Mary's self-esteem suffered most at home. Her father, George, was disappointed when his daughter showed no interest in schoolwork. And, she says, he "had a hard time demonstrating affection toward me." She craved that, and bitterly resented having such "a darn hard time *getting* it."

When Mary was about seven years old, she convinced her parents to let her take ballet lessons. From then on, nothing else mattered. (Today Mary says of her single-mindedness, It's a shame, because that kept me from being curious about anything else." As a result, she felt intellectually inferior for most of her life, so much so that a few years ago she enrolled in classes at New York's Columbia University.)

Mary's mother, Marjorie Hackett Moore, was frustrated by her daughter's attitude. "She was a pain in the neck," Mrs. Moore recalls, "because she wanted to be a dancer and an actress so badly." Mary especially admired actress Leslie Caron. Not only was Caron a dancer, but, says Mary, she had all those teeth. I was so self-conscious about my big mouth, and there she was, *adored* for her big mouth."

When Mary's father took a job with Southern California Gas and moved the family west, Mary was hardly disappointed; the move put her within easy distance of Hollywood. Her work at Immaculate Heart High School quickly took second place to her classes at the Ward Sisters Studio of Dance Arts. But Mary's passion for *(continued)*

Sensational "Silk" ™

Dogwood Blossoms



Our hanging "SILK" DOGWOOD BLOSSOMS are so incredibly realistic friends will envy your "Green Thumb"! They are offered in 3 great sizes and 2 colors (pink or white) that are guaranteed to brighten any room in the house or your money back. Great on the porch or patio too!

The MINI SIZE (appx 18" x 18") has 1 blossoming bush "planted" in a hand-crafted 4" Chinese wicker basket w/detachable hanger. Fits those small areas in the kitchen or bath, under cabinets or over sinks. $15 (+$2 P&H)

Our LARGE SIZE (appx 24"x24") has 3 bushes "potted" in a 7" hand-crafted basket with attached hanger. A great size for hanging in most locations. $35 (+$4 P&H)

The JUMBO DELUXE (not shown.. appx 30"x30") has 6 bushes "potted" in our deluxe 9" wicker basket. This jumbo version is sure to create a floral showcase in your home! $65 (+$6P&H)

CHRISTOPHER HOOK Dept 539
P.O. BOX 595 W PATERSON, N.J. 07424 (244 BERGEN BLVD.)

____ Please send plants checked below ____ Please send color catalog $1 (free w/order)

__ #M-1 MINI-DOGWOOD __ #L-1 LARGE DOGWOOD __ #J-1 JUMBO DOGWOOD
____ WHITE ____ PINK AT $15 EA (+$2 P&H) ____ WHITE ____ PINK AT $36 EA (+$4 P&H) ____ WHITE ____ PINK AT $65 EA (+$6 P&H)

____ My Check or Money Order is enclosed (sorry no C.O.D.s)
Charge to my ____ MASTERCARD ____ VISA ____ AMERICAN EXPRESS
Card # _____ Exp. Date _____
Name _____
Address _____
City/State/Zip _____

To charge by phone call 1-800-631-3825 (In N.J. (201) 785-4600)

FOR LONGER, STRONGER, MORE BEAUTIFUL NAILS IN JUST 5 TO 7 DAYS... YOU NEED THE

Nourishment of
Nutra Nail®
Natural Protein
Beauty Treatment



Only Nutra Nail® provides the *nourishment* of 100% Natural Organic Protein Conditioner plus nourishing vitamins A, D, & E for longer, stronger nails in just 5 to 7 days! Apply with or without nail polish. Results guaranteed or your money back.

Discover how protein-rich Nutra Nail® can give you longer, stronger nails!

© 1983 Alleghany Pharmacal Corporation

MARY TYLER MOORE
continued

acting and dance was still causing friction between her and her parents. Her father made it clear, says Mary, that he "cared nothing for show business."

"I don't want to denigrate my parents," she says today, "because they're wonderful people, and I've since come to know them much better and like them a lot." But at the time, she goes on, "I didn't like them very much, and I really wanted to be independent."

Spirited rebellion

The older Mary got, the more contemptuous she grew of authority: parents, teachers . . . and the Catholic Church. Told that "prolonged kissing was a mortal sin for which I'd go to hell," Mary says once she started dating she told herself, "I think we may have a slight problem here, because I intend to continue engaging in prolonged kissing." She also found that she couldn't "go along with the Church on birth control, divorce and abortion."

When she graduated from high school, the seventeen-year-old made her bid for independence, showing the spirit that would sustain her through the hardships to come. She decided she could no longer live at home and "be told what to do." She continues, "It was an out-and-out act of rebellion." Despite everything her parents had told her about the importance of education, she managed to land a job paying a whopping $10,000 for one week's work . . . as the three-inch-tall pixie Happy Hotpoint on a series of TV commercials.

She further separated herself from her parents by immediately marrying neighbor Richard Meeker, a salesperson whom she describes as a "nice, decent" man, ten years her senior.

Almost at once, however, her life took an unforeseen turn. Ironically, in view of her disagreement with the Church about birth control, Mary became pregnant just two months after marrying Meeker. She had to give up her job playing Happy Hotpoint, and she was unable to get work of any kind. Most frustrating of all, she had absolutely no interest in being a housewife.

"I know housewives will hate me for saying so," she has said, "but their existence is strictly one of sheer drudgery and boredom. I'd go out of my mind if that was all I had to look forward to."

As soon as her son, Richie, was born, in July 1956, Mary plunged back into her own work, tackling over fifty roles on variety shows and in dramas in the next few years.

Her biggest break came when she tried out for a part in a series that was scheduled to begin shooting in four days but was still without a leading lady. She was hired literally on the spot, and with a great sense of euphoria she became Laura Petrie on *The Dick Van Dyke Show.*

The show was a hit. Men tuned in to watch her in her tight-fitting capris, and women found her a wonderful role model. The character became a fashion trendsetter, making it acceptable for women to wear pants rather than a housedress, and, in a metaphorical sense, making it all right for women to wear the pants in running the house, too.

That was very much Mary's attitude as well, but she and Laura differed in one major way: Whereas Laura was devoted to her husband, Mary was consumed by her career. It was not surprising when her marriage to Richard Meeker ended after six years.

Creative harmony

Mary, though independent, was not a loner, and she didn't stay single for long. She met a handsome advertising agency executive, Grant Tinker, on the set of her television show, and six months later they were married. "I get so much from Grant," Mary declared. "I think of him as my best friend, and there is also part of my father in him. And he is tender and he's exciting, he's bright, he's witty."

Even better, Grant, too, was in a creative field. For Mary, the harmony between her professional and personal lives was ideal. But this second happy, secure period in her life was also brief. In 1966, five years after it had begun, *The Dick Van Dyke Show* ended. Even though the show was still high in the ratings, and Mary had been awarded two Emmys—the first of five she would receive—the cast, in Mary's words, "wanted to leave the show in a blaze of glory . . . to spread our wings."

Mary aimed her sights at the big screen—she had long wanted to do movies—but the flops followed, one after another: *Thoroughly Modern Millie, Don't Just Stand There, What's So Bad About Feeling Good?*

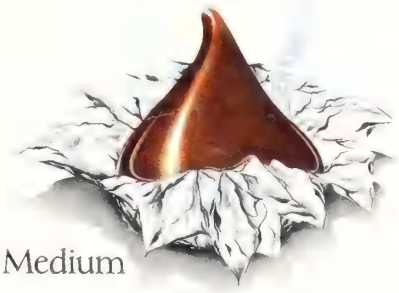
She gave Broadway a try, too, with equally disastrous results. Few plays in history were as roundly panned as *Holly Golightly*, in which she starred with Richard Chamberlain. He recalls, "You could feel the waves of hate coming up from the audience, and that almost destroyed Mary. She cried a lot."

Mary and Grant hurried back to Los Angeles. Grant went to work for Twentieth Century Fox, while Mary went into therapy for a year. Afterward, she said, "It was beneficial to go through that period. Sometimes things can go so well, you lose all perspective. I think we need adversity to grow. And I do want to grow." *(continued)*

© 1985 Hershey Foods Corporation



Small



Medium



Large

Yes, it's true. Little silver Hershey's Kisses
do only come in one size. But since each little Kiss has such a
big, big taste of chocolate, one size is the right size.

HERSHEY'S KISSES



Outgro will relieve her ingrown toenail pain in minutes.



A painful ingrown toenail doesn't have to keep anyone in your family off their feet. Outgro® has a local anesthetic to temporarily relieve ingrown toenail pain fast. And Outgro reduces swelling without affecting the shape, growth or position of the nail. At the first sign of ingrown toenail pain, get Outgro. It relieves pain in minutes.

Use only as directed.



© Whitehall Laboratories 1982

MARY TYLER MOORE
continued

Still, the last few years had been so dismal professionally that Mary decided she'd had enough of being a career woman and wanted to have another child. Sadly, she miscarried, and while she was in the hospital she learned from a routine blood test that she was severely diabetic.

After trying in vain to control the illness with drugs and diet, Mary's physician told the actress that she would have to inject herself with insulin twice a day. At first, Mary could not bring herself to use the needle; she visited her doctor's office every day for injections. But the arrangement was so impractical that she finally learned to do it herself. Today she injects herself "right in the seat" and boasts that "I can practically sit here and do it without your even knowing I'm doing it."

Professional triumphs

Mary was finally rescued from her professional slump and personal doldrums when *The Mary Tyler Moore Show* made her a superstar.

But after seven successful seasons, Mary and her ensemble decided to cancel the show. Next, came a failed attempt at a TV variety show. Mary then decided to pursue dramatic roles. They included the TV movie *First You Cry*, based on a book by Betty Rollin about her mastectomy, and *Ordinary People*, which resulted in an Oscar nomination for Mary.

Mary's professional successes gave her the courage to take control of her personal life, too. In December 1979 she decided to split up with Tinker. The articulate, imposing Tinker was the dominant force in the household, Mary had come to realize. "It's chauvinistic for men to think they are the more important member of the family, but that's the kind of marriage we had." Rather tellingly, she adds, "Our relationship was that of a father to a child."

Mary struck out on her own and found herself an apartment on New York's fashionable Central Park West. It took the actress several months to get used to living alone, not having "a familiar, loved, dependable man to take you to parties and protect you. It's scary," she admitted, "but it's exciting, too." Now, more than ever, Mary wanted and needed friends, and she was delighted to find people from all walks of life "reaching out to me." In Los Angeles, the actress says, "I didn't push relationships. I wasn't the first to open up." The result, she says, looking back, was that she had "more colleagues than I had friends.

"I never really allowed anybody to know me. There was something in me that said, 'If you share your darkest moments, your saddest moments, with people, you're burdening them.' I now know that that gives them an open door to do the same with you. I am doing what most people do at age twenty-two, and that is broadening my horizons."

Emerging from her shell

The most difficult thing for Mary to get used to, as it is with so many divorcees, was dating. "I haven't dated for years," she said nervously. "Now I have to learn to make conversation at a party." She didn't waste any time getting into the swing of things, dating men both in and out of show business, from actor/director Warren Beatty to *Whose Life Is It Anyway?* director Michael Lindsay-Hogg to writer Pete Hamill.

Mary was finally emerging from the shell she had been in most of her life. But just as personal satisfaction and professional acclaim were lifting her to new heights, her world caved in.

Three years before, in 1978, while Mary was shooting *First You Cry* in New York, her twenty-one-year-old sister, Elizabeth, became distraught over the end of a love affair and killed herself with an overdose of Darvon. Grant Tinker was the one who phoned Mary with the news and supported her as she tried to comfort her mother.

Thus, Grant suffered a horrible sense of déjà vu when, at eleven-thirty at night in October 1980, the police phoned to tell him that Mary's twenty-four-year-old son was dead after a shotgun he was holding accidentally went off.

When the police phoned Tinker, it was two-thirty in the morning in the East. He sat on the news for five long hours rather than wake Mary from what he knew would be her last peaceful sleep for some time. When he finally did phone, Grant says, "It was the hardest thing I have ever had to do."

After the funeral, the actress returned to New York and went into seclusion, seeing only close friends and going to a therapist for counseling. "Pain nourishes my courage," she once said. "You can't be brave if you've only had wonderful things happen to you."

The tragedy was the ultimate test of her convictions and courage, and Mary passed. Valerie Harper was amazed by Mary's recovery and asked her friend not long after Richie's death. "Where do you get the emotional stamina?" Valerie recalls, "She said, 'Listen, Val, I have my times. It's been really horrible and sometimes I'll cry for hours. But my God, people have had a lot worse than I have.'" Valerie continues: "Sure, she'd love for her sister and Richie to be alive, but that's not how it is. But she is genuinely *(continued)*



What Todd Wise, age 3, likes best about his Sesame Street Lift 'N Look Puzzle is peeking in Bert's tent."



an Lunden
Co-Host of
BC's "Good
Morning
nerica" and
e mother of
o daughters,
ages 5 and 2.

"What a surprise! A picture puzzle kids like taking apart as much as putting together. Because every time Todd lifts a piece of his Sesame Street Lift 'N Look Puzzle, there's a different picture underneath.

There are camping supplies in Bert's tent. Fish in the lake. A different surprise under each easy-to-lift piece.

Leave it to Playskool to create the classic toys for children. Whether it's Todd's first Basic Wooden Puzzle or a Lift 'N Look Muppet Babies™ or Lift 'N Look Sesame Street, Playskool has turned the puzzle into a world of exploration for any child."



PLAYSKOOL

985 Hasbro Bradley, Inc. Playskool is a division of Hasbro Bradley, Inc. MUPPET BABIES © Henson Associates, Inc. 1985 © 1985 Children's Television Workshop
ame Street is a trademark and service mark of The Children's Television Workshop

HOW I BECAME A HAPPY CAT.

(WITH A LITTLE HELP FROM MY FRIENDS)

"It all happened the day my mommy brought home Happy Cat" brand cat food. That's when I got to meet my little friends. They told me the taste of Happy Cat would make me happy. Boy, were they ever right! Happy Cat is so moist and meaty tasting, every little bite fills my tummy with joy. And Happy Cat stays moist in the bowl, too. So I stay happy until the very last piece is gone. And that's what I call a happy ending."



MAKE YOUR CAT A HAPPY CAT.

Helping pets live longer, healthier lives

© Ralston Purina Company. 1984

thankful for the good things that *have* happened, for the dreams she's realized. And she is going to live her life fully—laughing if she can, crying if she must, but keeping it moving just the same."

Mary resumed dating, but she didn't settle down with anyone in particular until the fall of 1982, when she met Dr. S. Robert Levine, a senior fellow in the cardiology division of the Mount Sinai Medical Center in New York City. The twenty-nine-year-old physician had been caring for her mother.

Robert is as different from Grant as anyone could be. Valerie Harper says that the physician is not only as sensitive and giving as Mary, but that he also brought fun into her life. Robert Preston, Mary's co-star in the made-for-cable movie *Finnegan Begin Again*, says, "My first inclination when I met him was that I wouldn't go to him as a doctor because he's too much fun and too young. But when I got to know him, I decided I would go to him just because he *is* that way. He was just marvelous, and they always seemed so happy together."

Mary and Robert were married in a large ceremony at the Hotel Pierre in New York a year after they met. Mary wore a simple peach antique lace dress. "Mary told me the ceremony was like a dream—all those people," says Valerie Harper, who attended.

What Mary seems happiest about in her relationship today is that "Robert and I are equal partners. He's not my strong leader, the final decision-maker." She claims never to think about what many cynics insist will ultimately undo the union—the difference in their ages.

Valerie Harper is one friend who is convinced that the age difference won't affect their happiness in the least. "True, it's a perfect example of something that *shouldn't* work," she concedes, "because not only is Mary older, she's not Jewish. But one thing you learn about Mary, and one reason I'm so honored to be her friend, is that 'should' goes out the window with her."

While Mary may be ignoring the age difference, she is not ignoring the religious difference between her and Robert. Though she did not convert to Judaism, she attended a course in the Jewish religion at the New York synagogue where Robert is a member. A temple member says that the actress came away committed "in almost every way to having a Jewish home."

Another setback

Yet once again, just as things were coming together for the star, she suffered a setback. And once again her courage overcame the problem. Last *(continued)*

IT COMES WITH ALL THESE ATTACHMENTS EXCEPT ONE.



THE CORDLESS HANDYMIXER™ BEATER FROM BLACK & DECKER.

With Black & Decker's HandyMixer™ cordless beater, you get attachments for mixing, stirring, beating, and blending. But you don't get attached to a cord. So you can whip cream, beat eggs, and mix cakes as easy as pie.



It mounts tastefully on the wall, or sits on the counter in its own recharging base.

And because the attachments are right there, it's always ready to whip up something special.

The HandyMixer™ cordless beater from Black & Decker. For a quick mix, you just can't beat it.



BLACK & DECKER™

© 1985

There's one word
for Salmon
this pure, this firm,
this delicious:

Libby's.



At Libby, we're very particular about our salmon. For over 70 years, we've only selected the Pacific Northwest's best quality salmon.

So Libby's is sure to turn any appetizer, entree or other recipe into something very special.

And the Pacific Salmon Salad shown here is just one savory way to serve Libby's Salmon.

Pacific Salmon Salad

Chill can of Libby's Pacific Red Salmon. Drain. Separate into bite-size pieces, place on assorted greens. Arrange avocado slices, hard-cooked egg quarters, ripe olives, cucumber slices and cherry tomato halves. Mound salmon in center. Sprinkle with green onion slices. Garnish with dill or watercress. Serve with buttermilk ranch style salad dressing.



September Mary admitted to a problem with alcohol and entered The Betty Ford Center for treatment.

The actress had always been a moderate social drinker. But, explains Dr. Gordon Weir, a diabetes expert, "it can be dangerous to consume alcohol and take insulin at the same time. People who are on insulin can have insulin reactions whereby the blood sugar level falls, and they can lose their judgment and even lose consciousness. An insulin reaction combined with alcohol can lead to real problems such as bad accidents. And you don't have to be an alcoholic; even social drinking can be dangerous."

With her husband's encouragement and support, Mary left the Center committed to abstaining from alcohol. She and Robert celebrated their first wedding anniversary with a better chance for a *healthy* future together.

Now, six months later, the Levine/Moore union seems stable and loving. "They behave," says Robert Preston, "just like newlyweds. It's wonderful." Robert sees his patients, and when Mary is shooting on location, he flies out of New York each Friday to be with her for the weekend. The doctor is fascinated by the movie business, especially the technical end of it. Mary is convinced that beneath his quiet, darkly handsome exterior lurks the soul of an actor; with very little encouragement, he took a bit part in *Finnegan Begin Again*.

A bright future

At the moment, Mary's future with Robert seems easier to predict than the direction of her career. Despite the varied work she's done, the public persists in identifying the actress with the character Mary Richards, who, says Robert Preston, "so much belongs to the public that her fans are going to resent coming to see Mary Tyler Moore and not having the 'Mary' that *they* think she should be."

Still, Mary continues to take diverse roles. Last fall she appeared in the made-for-TV movie *Heartsounds*, as the wife of a physician who must deal with his heart disease. And she proves in *Finnegan Begin Again* that she hasn't lost any of her seriocomic flair; she plays a woman who falls in love with a sixty-five-year-old man.

Regardless of the direction her career takes, the miracle of Mary Tyler Moore is that for the first time in more than twenty years, it isn't a *role* for which we admire her, but the way she is leading her life. This time around, Mary isn't just *playing* a strong but vulnerable modern woman. Mary is *living* the part. **End**

Insider's Guide to New Pillsbury Pudding Pockets



"It was easy to get that pudding in the middle. It baked right in!"





"Until now, the frosting was the yummiest part of a cupcake."



"Here's the hidden secret. A smooshy, delicious pocket of pudding inside."

Introducing Pillsbury Pudding Pockets Cupcake Mix

© The Pillsbury Co. 1985

Only Pillsbury has a mix for baking delicious, pudding-filled cupcakes at home. There's cake, pudding and frosting mix all in one box. New Pudding Pockets come in your favorite flavor combinations. How scrumptious are they? Just ask an insider.



MANUFACTURER COUPON NO EXPIRATION DATE

Pillsbury Save 20¢ 20¢

on one package of

Pillsbury Pudding Pockets

127 127

Coupon good only on purchase of product indicated. Not valid if transferred or reproduced. ANY OTHER USE CONSTITUTES FRAUD. RETAILER: We will reimburse you the full value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Proof of purchase may be requested. Coupons not properly redeemed will be void and held. Mail to Pillsbury, Box 802, Minneapolis, MN 55460. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

Pillsbury®

The freshest ideas are baking at Pillsbury.

Pillsbury

Personal Lubrication

A need many women have but few talk about.

Many married couples occasionally experience personal dryness caused by everyday tensions and stress. This often leads to the need for additional lubrication.

That is why you should know about K-Y* Lubricating Jelly from Johnson & Johnson.

Water Soluble, Non Greasy

K-Y* Jelly is water soluble. This means it is not greasy or sticky. It also means it doesn't leave any build up or residue behind. In fact, K-Y* Jelly washes off easily and completely with plain water.

Like Natural Lubrication

K-Y* Jelly is clear and light—much like your own natural lubrication. This is a major reason why it is used by millions of married couples.

Safe

K-Y* Jelly is used by doctors throughout the country whenever a lubricant is needed for internal examinations. It has been extensively researched and tested to insure that it will not harm delicate human tissue. So you can trust it.

Get the preferred personal lubricant.



Johnson & Johnson

*TRADEMARK © J&JPI 1983

WRONG DREAMS

continued from page 94

seven in the morning to ten at night at least five days a week. But I can't work like that. Now that I have a family I do not have the same freedom a man in my position has."

A female psychoanalyst I interviewed concurred with Carol's statement. "Unlike men, women are forced to divide their energies and their identities into separate compartments, and to function constantly on two different levels." That's not an easy way to live.

The Superwoman trap

"Having it all" and "doing it all" are the supposed goals of the eighties woman, the ultimate achievement and proof that women are capable of doing anything and everything, and that they can be successful in a multiplicity of roles. "Superwoman is not a fantasy woman, and not a creation of Madison Avenue, but she has a very, very difficult task," says the same psychoanalyst quoted above. "There are lots of women who simply cannot handle that many roles.

"It is upsetting for a woman to hear that all she needs are the proper management skills. The implication that a good or worthwhile woman can do everything—and cheerfully—is unfair and unrealistic.

"But what I find interesting about this trend is that it has changed, or redefined, the traditional enemy of the working woman. Thirty or forty years ago, a successful professional who wanted to have a child and to keep working faced a conflict between herself and society because society said no.

"Today society says yes, go ahead, and pretends there's little or no conflict in this variety of styles. It's not just officially okay to be Superwoman, it's the newest official *demand*. So any woman who is having a hard time doing it all feels as if she is fighting not society, but herself."

Jane is a Superwoman. She is a high-ranking editor at a national magazine. She makes forty thousand dollars a year and her husband makes much less. They have a young son and live in New York City. I met Jane at eight o'clock one evening in her office to do an interview. I assumed that this was a special arrangement, until she told me that she works until nine or ten almost every night. So I asked her to describe a typical day, and to tell me about the quality of her life.

"I'm up at six every morning of the week, or six-fifteen at the latest. After my coffee, I shower and dress and do my hair and makeup. Then I get my son, Christopher, dressed and fed, and we leave so he can be at the day-care center at eight. After that, I go to work. My husband's hours are more flexible than mine, so he picks Chris up around five. I'm very lucky in that respect. Michael is responsible for him almost all evening, every evening. He feeds him dinner and plays with him, and also makes dinner for himself and for me.

"I'm at work by eight-thirty, and I spend an average of eleven or twelve hours a day here, excluding the commute, which probably takes an hour altogether, depending on the traffic.

"I'm usually home by nine. Chris is asleep by then. I have something to eat, talk with Michael for a while, try to relax, and am usually in bed by eleven and up at six to do it all over again.

"I'm exhausted all the time," she says. "Right now I'm the only person in the office who could be called a Superwoman, and most of the people I work with don't know how I do it. I don't know how I do it, either, but I don't have a choice about it. Much of my life seems to go by in a blur.

"But the most difficult thing of all is Christopher. I try to devote weekends to him, going places and doing things and reading to him and just being with him. But sometimes I just have to be alone, and I yell at him to leave me be for a while, and feel so guilty when I do I can't stand it. I feel guilty because I think we rushed him and forced him to grow up too quickly, and even though he loves his day-care center and his teachers and friends, he has spent ten hours a day away from his parents since he was a year old. I had no choice, but I think that's too young.

"We'd like to have another baby, and we have to decide soon, because I'm almost thirty-six. We don't *(continued)*

Whirlpool ranges and ovens. Great cooking. Easier clean-up.

Whirlpool, we know
u have more to do than
ok and clean. That's why
ır ranges and ovens are
signed to make your world
ittle easier.

Let us tell you how.

landsome new styling. A variety of sizes.

Our ranges have been designed for a contemporary appearance to look better in your kitchen. This beau-



ul design has made our
ntrol knobs easier to read.
ıd our control panels easier
clean.

We're well aware that
fferent families have differ-
t cooking needs. That's
ıy Whirlpool® ranges and
ens are available in a full
ıe of sizes and styles. A full
ıe of colors, including
ıtinum and Toast. And, not
rprisingly, in your
oice of gas or electric.

Smart features help ou cook beautiful meals.

At Whirlpool, we want
ou and your family to enjoy
ery meal. So with our elec-
ic ranges you can carefully adjust the controls for more precise cooking. And you get surface elements that heat up and cool down fast. With Whirlpool ovens you get our Balanced Cooking system to help cook your food evenly. And make every meal delicious.

Self-cleaning ovens make your day easier.

Our continuous- and self-cleaning ovens are designed to do the work for you. You also get Spillguard™ cooktops that lift up and wipe up easily. Grates, burners and bowls that you can lift out. Even control knobs that you can remove. It all adds up to easy cleaning...and an easier day for you.

A promise of quality that we stand behind.

Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise that we're proud of, and we support it with helpful programs that include our toll-free, 24-hour Cool-Line® service.* To us, it's just another way we can save you some time...and make your world a little easier.

*Call 800-253-1301.
In Alaska and Hawaii, 800-253-1121.
In Michigan, 800-632-2243.

Whirlpool
Home Appliances

Making your world a little easier.



CUISINARTS AND FLEISCHMANN'S INTRODUCE THE 60 MINUTE SWISS BRIOCHE BREAD.

FOR EVERYONE WHO LOVES BREAD BUT CAN'T LOAF AROUND THE KITCHEN.

In a fraction of the time it takes with a mixer, the Cuisinart DLC-10 Plus food processor chops, mixes, and kneads the ingredients to make this savory Swiss brioche. And Fleischmann's RapidRise Yeast makes it rise in just half the normal time.

We guarantee you can bake it. You can even call Fleischmann's (800-932-7800) or Cuisinarts (800-243-8540) for help.

60-MINUTE SWISS BRIOCHE BREAD

- 5 ounces chilled Swiss cheese, cut into 1-inch pieces
- 4½ cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 packages FLEISCHMANN's RapidRise Yeast
- 6 tablespoons chilled unsalted margarine, cut into 6 pats
- ¼ cup hot tap water (125°-130°F)
- 2 large eggs mixed with 2/3 cup cold milk
- 1 egg yolk mixed with 1 tablespoon milk for glaze

With metal blade of Cuisinart DLC-10 Plus food processor coarsely chop cheese, pulsing 8 times. Reserve.

With dough blade, process next 5 ingredients for 20 seconds. With machine on, add hot water, then egg-milk mixture through small feed tube in a steady stream. After dough cleans side of bowl, process 60 seconds longer, adding cheese during last 10 seconds.

On floured surface, divide dough in half. Shape each into ball, pressing in any loose bits of cheese. Place on oiled large baking sheet; flatten into 7-inch circles. Cover with oiled plastic wrap. On bottom rack of cold oven, pour boiling water into large shallow pan; place baking sheet on center rack. Close door; let rise 30 minutes.

Remove pan of water. Uncover dough; brush with glaze. Slash with sharp knife or single edge razor. Turn oven to 375°F; bake 25 minutes or until done. Cool on wire racks.

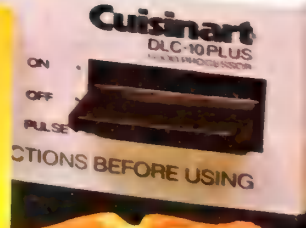
Recipe can be made in all Cuisinart DLC Series food processors. For other food processors, recipe may be halved. Check manufacturer's directions for yeast doughs.

For other easy food processor bread recipes send your name, address and 50¢ for mailing and handling to: Fast Rising Breads, P.O. Box 90, Teaneck, N.J. 07666.

Void where prohibited by law. Allow 4-6 weeks for delivery.









NABISCO BRANDS

want to raise a second child on the run, the way that we've raised Chris. But neither of us can afford not to work full-time, and neither one of us is going to make more money than we make right now. Our fields are like that; they just don't pay very well, even when you get close to the top like I am.

"I have no idea what we're going to do, but I don't think I can go through another pregnancy and toddlerhood like Chris's. I'm spread so thin right now. I don't think there's anything left of me to devote to anything else. I'm an overworked professional, an overtired mother, a fair-weather friend, and a part-time wife. Superwoman, huh? Shlepperwoman is more like it."

Needed: new priorities

How did women wind up juggling all these roles? In part, the problem is traceable to a long-standing insistence by feminists that women are no different from men, that behavioral differences are merely the results of male-dominated social conditioning.

Once we realized this, we were supposed to be able to lead the same lives as men. But for most women this is not the solution. It's a fact that women must face some hard choices that men do not face. And raising children is still primarily a woman's responsibility.

A consultant who runs seminars for working parents at different corporations told me, "I spend lots of time trying to encourage fathers to become more involved with their children, and some do. But my experience indicates that women are anchored differently in their children, and it serves no purpose to try to pretend that there are no differences just because it is more convenient to adopt that attitude."

"I would like to see the whole tack of the women's movement change, from a 'yes, we're no different from the guys' attitude to 'we are different, and just as important, and we'd better change the system to accommodate us,' " says Jane, the editor. "Right now I would love to be able to take a few years off, away from work, but when I say that to other women, they immediately respond by telling me I'd never be able to get another job as an editor at the high level where I am now. If anything, women should be challenging those statements and trying to get men to see that a year's absence from a career, or even more, should not mean that women are unfit to return to their job at the level they left it. I've been working in magazines for more than fifteen years. Could anyone possibly think that I would forget, or become incompetent, because I stopped doing it for eighteen or twenty-four months?"

Jane is echoed by Jamie, a former insurance broker from Milwaukee, who left work after more than a decade to have two children.

"Right now we value work and success as the business world defines those achievements, and that pretty much excludes valuing motherhood and the home. I think women should start to fight to create a new, postindustrial view of women, motherhood and work.

"What women have to do is reeducate men, and themselves in some cases, to try to see the mothering of small children as a legitimate and purposeful *phase* of a woman's and man's life together. If that time can be seen as a phase of an entire life, a part of the identity rather than an entire one, then maybe devoting one's self to motherhood for a period of time can be respected again. To insist that it is valuable only when a woman is working full-time, too, is absurd.

"When I got pregnant, I decided that if I made the choice to have my child, I had to also choose to be a mother for some portion of my life. After more than nine years of doing a damn good job in the insurance business, I have to believe that there's room for me again if I want to return. I look at these years taking care of my two children as a sabbatical, and I'm determined to make other people see things my way."

And so, while women have pursued success and having it all for their own personal satisfaction and gain, they also have been willing to swallow a very male definition of what success is, what worthy pursuits are, and what inspires admiration and respect. Perhaps there will be more choice in the future, and women will feel more comfortable with themselves if they do not feel that "having it all" or success on men's terms is necessarily the best way to live.

I am not sure that it is really possible for most of us to fuse all our roles into one smooth, charming, comfortable and competent whole. Can we really do everything our mothers did, and everything our fathers did as well?

Perhaps the greatest failure of the women's movement is that it smashed the old order—and in many ways deservedly so—but it never had the foresight to offer an alternative or create a new order that would incorporate real choice—and real equality. **End**

Hilary Cosell received a master's degree in journalism from Northwestern University. For five years she wrote and produced the "SportsJournal" segment of NBC SportsWorld *and was nominated four times for an Emmy.*

Sweet Dreams.



The one thing you want from a sleep-aid is a good night's sleep. But ordinary sleep-aids like Sominex, Nytol and Unisom may let you down. Because they have nothing for pain. And pain can be one of the causes of sleeplessness. But Quiet World has the two pain relievers doctors recommend most, plus a relaxant to help you fall asleep. So if minor pain is keeping you from a good night's sleep, get Quiet World. The sleep-aid that makes falling asleep painless.



Makes falling asleep painless.

Use only as directed.



Ladies' Home Journal Travel planner



If you're planning a vacation, we'd like to help. Listed below are *Ladies' Home Journal* advertisers offering free booklets and brochures. Simply check the travel information you'd like, and circle the corresponding numbers on the accompanying Travel Planner coupon.

1. **COASTWISE CRUISE LINES.** Sheltered water cruising the way it is meant to be. The East Coast's most historic and desirable ports at their best seasons—Massachusetts to Florida. Personal, first-class treatment for 110 passengers enjoying the famed Steamer Class™ hospitality.

2. **CHARLESTON, SC.** This beautiful and historic, seaport city has become a year 'round resort. Horse drawn carriage rides, museums, forts, antique shops, historic homes, gardens, and plantations, beach resorts, luxury hotels to charming inns, and outstanding restaurants. Free color brochure.

3. **BEST WESTERN PATRICK HENRY INN—CLOSEST HOTEL TO COLONIAL WILLIAMSBURG.** Just ½ block away. 262 room full service hotel. Colonial dining room, remote color TV, AM-FM clock radio, game room, playground, pool, lounge, guest laundry. Busch Gardens 3 minutes away. Meeting, banquet & conference facilities. Jamestown & Yorktown Victory Center just minutes away.

4. **SAN ANTONIO, TEXAS.** Sunshine! Annual average temperature 68.8° F. Year-round golf and tennis. Stroll the picturesque Riverwalk. Visit the Alamo. Dine on international cuisine. See touring Broadway shows. Music from C & W to jazz. Free visitor guide and map.

5. **HISTORIC STRASBURG,** Lancaster County, Pennsylvania, 250 years old, historic district. Strasburg Village Inn, ca. 1788, bed & breakfast. Strasburg Country Store & Creamery country wares, homemade ice cream. Historic Strasburg Inn: 103 rooms, fine dining, distinctive entertainment.

6. **CAPE COD AT ITS BEST.** Falmouth, Massachusetts. Seaside Colonial atmosphere. Special off-season rates. Excursion boats to Martha's Vineyard. Golf year-round. Tennis, bike paths, fantastic salt-water and fresh-water fishing. Outstanding accommodations and restaurants.

7. **KIAWAH ISLAND RESORT.** Ten miles of beach, two complete resort villages, Nicklaus and Player golf courses, two world-class tennis centers offering 28 courts, superb low-country cuisine. New free 32-page magazine.

8. **ROYAL CARIBBEAN CRUISE LINE.** Exciting 7-, 8-, 10- and 14-day cruises from Miami to popular ports of call throughout the Caribbean, Bahamas, Bermuda, South America, Mexico's Yucatan and the Gulf of Mexico.

9. **DELTA QUEEN STEAMBOAT CO.** Our free brochure shows you why steamboatin' aboard the Delta Queen and the Mississippi Queen is still the only way to travel.

10. **LEHIGH VALLEY, PENNSYLVANIA.** Beautiful historic cities of Allentown, Bethlehem, and Easton. Send for free map and guide describing attractions, historical sites, festivals, celebrations, museums, parks, shopping facilities, dining and accommodations.

11. **HERSHEY.** Pennsylvania's year-round resort destination. Near Pennsylvania Dutch Country and historic Gettysburg. Send for freefull-color brochure on exciting and value-priced Hershey vacation packages or call 1-800-533-3131.

12. **MINNESOTA VACATION GUIDE.** 32 colorful pages present the diverse vacation opportunities in this land of Great Lakes, Great North Woods, Great Plains and world-class arts. Free from the Minnesota Office of Tourism.

13. **SANDESTIN.** Nothing comes close but the GULF. Sandestin Beach Resort offers a spectacular Gulf beach, two golf courses, 16 tennis courts, a variety of accommodations and by summer a new harbor and marina. For reservations call 800-874-3900, in Florida 904-267-8160.

14. **FREE NOVA SCOTIA VACATION PLANNING KIT.** Includes where to stay, what to do and see, festivals and events, maps, all the information you need to plan an old-fashioned vacation. Discover yourself, discover Nova Scotia.

15. **PLYMOUTH COUNTY.** Share the spirit of Massachusetts. Discover the Pilgrim story, colorful cranberries, local wines, whale-watch cruises and much more. To explore a fascinating legacy where it all began, send for free information.

16. **WYOMING'S MODERN HIGHWAYS** were once pathways discovered by the pioneers and mountainmen. And they all lead to the outstanding vacation attractions in the Rocky Mountain West. Send for details of Wyoming's bridges through time our special vacation trails. Wyoming Travel Commission, Dept. 8517, Cheyenne, WY 82002-0660.

17. **LETS GO POCONOS.** Vacation planning kit for great mountain vacations in northeastern Pennsylvania full-color brochures and maps of where to go, what to do and how to get there in one over-stuffed package. Pocono Mountains Vacation Bureau, Inc.

18. **LAKES REGION OF NEW HAMPSHIRE.** Free 92-page vacation kit for one of New England's favorite vacation areas. Lodging, dining, attractions, boating, swimming, fishing, antiquing, and more. Minutes to the White Mountains, two hours from Boston.

19. **NORTH DAKOTA.** Visitors Planning Guide, colorful map, 12-page color brochure and FREE Wide Open Welcome Book with coupons worth up to $500. All from NORTH DAKOTA TOURISM. FREE.

20. **PHILADELPHIA.** America's most historic city is a world of great entertainment, great food, great fun and friendly people. Come and enjoy it. Come and make friends in Philadelphia.

21. **NORTH CAROLINA.** I'd like your Free Travel Package with facts for planning where to go, where to stay and what to do on a North Carolina vacation.

22. **MYRTLE BEACH.** Breathtaking beaches, splendid shopping, fabulous fishing, glorious golf, terrific tennis, superb seafood, non-stop nightlife, and incomparable innkeepers. Write for free color brochures.

23. **JAMESTOWN FESTIVAL PARK, WILLIAMSBURG, VIRGINIA.** Explore life at the dawn of the seventeenth century at this re-created community. Park features three ships, James Fort, Indian Village, Pottery and Indoor Pavilions. Costumed interpreters depict daily life.

24. **GOLDEN ISLES OF GEORGIA.** Enjoy Jekyll Island, St. Simons Island, Sea Island and the port city of Brunswick. Beaches, golf, tennis, history, shopping, in a setting of unspoiled natural beauty. Brochures and maps. FREE.

25. **MYRTLE BEACH, SC.** Ocean Forest Villa Resort. An affordable oceanfront, family resort. 2 bedroom/2 bath villas with living room and complete kitchen, sleep up to 6. Daily maid service. Color, cable TV. Indoor and outdoor pools. Supervised summer children's program. Guest golf privileges. Free color brochure.

26. **BEST WESTERN INTL.** 300-page full-color Travel Guide with maps, listings and information free at any Best Western Intl. Hotel or send $2.00 to cover postage and handling.

27. **VALLEY FORGE COUNTRY.** Relive the nation's founding at Valley Forge National Park. Then find excitement in nearby Philadelphia, Dutch Country and at 48 attractions detailed in our package of free colorful brochures.

28. **"YOU'VE GOT A FRIEND IN PENNSYLVANIA.** Discover Philadelphia Countryside in Bucks County—attractions, unique shopping, recreational opportunities for families, individuals and groups.

29. **CAPE COD CHAMBER OF COMMERCE.** New England charm, great beaches throughout funfilled Cape; wonderful seafood, restaurants, inns.

30. **HIGH HAMPTON INN & COUNTRY CLUB.** Ideal family resort. Golf, tennis, riding, swimming, boating, sailing, fishing. Organized children's activities. Write or telephone for free color brochure.

31. **KENTUCKY** is waiting for you. Fisherman's catch, miles of waterways, 15 resort parks. Horse lover's haven-famous thoroughbred racing. A connoisseur's work of art—choice theaters and museums. Only one thing missing. You.

32. **FROM HUNDREDS OF QUIET COUNTRY RETREATS** to the bright lights of eight urban centers, the Ohio Getaway Travel Planner has everything you need to plan your special Getaway in Ohio the heart of it All.

33. **SOUTH DAKOTA.** Claims I-90 is "Best Route in West" will send full packet to back it up. Includes 20 unique scenes to see and do.

34. **TENNESSEE VACATION GUIDE.** Free 80-page guide to Tennessee cities, attractions, historic sites, recreational opportunities and events. Map included. Also available: Camping, Accommodations, State Parks, Shopping, Fishing and Outdoors in Tennessee.

35. **HAVE A BIG TIME IN TEXAS!** Send for a FREE 68-page color brochure and official Texas Highway map that will help you plan your Texas vacation.

36. **GRAB ON TO THE GREATEST COUNTRY MUSIC VACATION EVER WITH OPRYLAND USA PASSPORT.** Three days at Opryland, grand old opera matinee, day cruise on the General Jackson Show Boat and much more. All for $39.95.

LHJ TRAVEL PLANNER

P.O. Box 2772
Clinton, Iowa 52735

Circle items requested: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36

Offer expires Dec. 1, 1985.

Name _____

Address _____

City _____ State _____ Zip _____



Ziploc* Microfreez* Bags are heat-resistant and built extra-wide at the bottom to stand up for filling and splatter-free cooking.



LEFTOVERS
Store all your leftovers in *Ziploc Microfreez Bags*. You can microwave them later in the same bag. No mess. No dishes to wash.

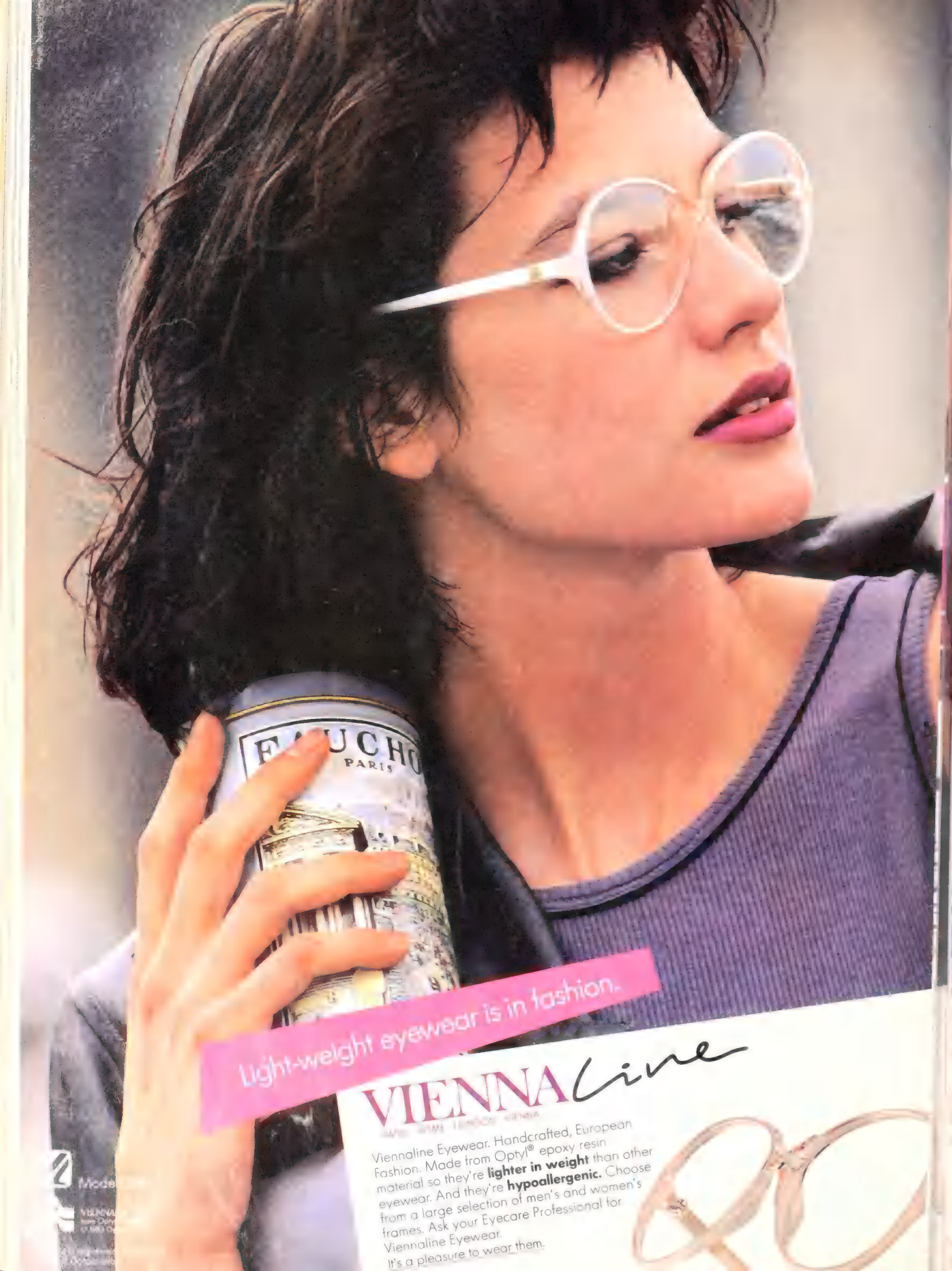


SINGLE SERVINGS
Busy people? Different schedules? Cook ahead of time and have fast meals ready to microwave. The whole family can help themselves any time.



VEGETABLES
For garden-fresh taste and texture, cook all your vegetables in *Ziploc Microfreez Bags*. Ideal for fresh, frozen, or canned.

*Trademark of The Dow Chemical Company


PARIS
Light-weight eyewear is in fashion.
VIENNA Line
Viennaline Eyewear. Handcrafted, European Fashion. Made from Optyl® epoxy resin material so they're **lighter in weight** than other eyewear. And they're **hypoallergenic.** Choose from a large selection of men's and women's frames. Ask your Eyecare Professional for Viennaline Eyewear.
It's a pleasure to wear them.

SAVE 50¢ ON JHIRMACK® HAIR COLOR



AND GET BEAUTIFUL, LONG-LASTING COLOR.

Right now, you can try Jhirmack Hair Color and save 50¢. Long-lasting is what makes it so special. Because Jhirmack is professionally formulated and salon-tested by the finest hair color experts. And consumer tests show most women preferred Jhirmack to their brand for radiant long-lasting color that's never brassy or faded.

And long-lasting radiant color is not all you get. Because Jhirmack's unique formula has carefully selected ingredients that actually condition your hair while you color it. So hair stays soft, silky and easy to manage.

It's also easy to do. The Jhirmack Hair Color System is complete with everything you need for long-lasting color right in one box. First, there's the rich color formulated with special proteins. Next, a gentle shampoo that delicately cleanses color-treated hair. And, for a finishing touch, there's a special conditioning treatment. You'll love the results.

So for luxurious, natural color that lasts, get Jhirmack Hair Color. And do it soon, because this coupon offer is too good to miss.

Jhirmack
The trade secret for beautiful hair.™

50¢ **50¢ OFF** 50¢

JHIRMACK LONG-LASTING HAIR COLOR

To Dealer: International Playtex, Inc., P.O. Box 1001, Clinton, Iowa, 52734, will reimburse you 50¢ plus 8¢ handling per coupon, subject to these terms. Coupons are not transferable and may be redeemed only through Jhirmack retailers according to terms of offer. Coupons may be voided by Jhirmack if proof of product purchase is not shown when requested. Consumer must pay sales taxes. Coupon good in U.S. only. Void where prohibited, restricted or taxed. Cash value 1/20 of 1¢. Offer limited to one coupon per purchase. Expires December 31, 1985.



45300 500704

Jhirmack is a registered trademark of Jhirmack Enterprises, Inc. ©1985 International Playtex, Inc. Printed in U.S.A.

HAIR COLORING ADVICE? CALL THE PROFESSIONALS AT JHIRMACK, 800-222-0453 8:30 AM-4:30 PM EST.



S★T★A★R G★U★I★D★E

FOR APRIL

ARIES (Mar. 21–Apr. 19) This month you start to feel more optimistic and enthusiastic about the work you have to do at home and at the office. Your change in attitude may make you less demanding and aggressive, bringing you better results in the long run.

TAURUS (Apr. 20–May 20) Don't allow others to take control of your life. Your agreeable disposition and desire to please everyone may lead you to make too many commitments and promises, which will leave you no time for yourself. Rediscover the luxury of spending some time alone.

GEMINI (May 21–June 20) Keep your true goals and aspirations in the forefront of your mind at all times. Be careful that the decisions you make this month don't conflict with what you really want. Make the time to really enjoy life.

CANCER (June 21–July 22) You are likely to get involved in solving problems in your community this month. Use your common sense and experience to find the most practical solutions.

LEO (July 23–Aug. 22) Spiritual matters become more important to you, and you become defensive when others disagree with your opinions. If you're serious about your ideas, do some research so that you can support your arguments.

VIRGO (Aug. 23–Sept. 22) Your personal finances may be a problem during this period. Ask for assistance from friends or relatives who are in a position to help. If you do, you might be able to put an end to your monetary troubles once and for all.

LIBRA (Sept. 23–Oct. 22) Relationships with others are usually easy for you, but this month you may encounter difficult people who don't understand you. Approach sensitive topics of conversation with care or you may find yourself in the middle of a family or neighborhood squabble.

SCORPIO (Oct. 23–Nov. 21) This month you will finally have the motivation and willpower to become your healthy best. Whether you start a new diet or begin an exercise program, you are almost sure to be successful.

SAGITTARIUS (Nov. 22–Dec. 21) Since this is a lucky time for you, consider starting those projects that you have only talked about. Get involved in organizing a club with others who share your interests.

CAPRICORN (Dec. 22–Jan. 19) Though you may not want to think about it, start making plans for your later years. Discussion with financial advisors, insurance agents, real estate brokers and lawyers will be very fruitful if conducted during this time.

AQUARIUS (Jan. 20–Feb. 18) Upcoming changes in your personal and professional life can be significant and should be recorded. Begin keeping a diary or scrapbook. You may need it in a few months to decide if these changes were for the best.

PISCES (Feb. 19–Mar. 20) You are likely to be careless and misplace or lose things this month, so try to keep track of your possessions. A close friend may permanently "borrow" something you can't replace. —FREDRICK DAVIE

EASY LIVING JOURNAL

EASTER FUN

Looking for some new ways to enjoy the Easter season? Here are some tips to make the celebration easier for you and some activities to make the day more fun for the whole family.

Egg-cooking tips. These tricks will help you in cooking and storing your eggs for Easter.

- To prevent eggs from cracking as you cook them, carefully puncture the large end of the shell with a pin before you put them on to boil.
- Add 2 tablespoons of vinegar to the water when hard-boiling eggs. This prevents the egg whites from leaking if the shell cracks.
- To boil eggs most efficiently, place refrigerated eggs in cold water and bring to a boil. Turn off the heat, cover and let stand for 15 to 20 minutes. Then immerse the eggs in cold water to stop cooking action and place in the refrigerator until you are ready to use them.

Egg heads. These egg faces sprout alfalfa hair and make a great surprise for a health-conscious person's Easter basket. To make, carefully crack and remove the top quarter shell of an egg. Empty the contents of the egg and rinse out the shell. Draw a face on the shell (omitting the hair) using indelible magic markers or a soft paintbrush so as not to break the shell. Fill the shell with damp potting soil and sprinkle alfalfa seeds (you can purchase these at a health-food store) onto the soil, pressing them in gently. Set the eggs on a sunny windowsill and keep the soil moist but not too wet. In a few days seeds will sprout and grow green "hair" for your egg people. You can cut off the sprouts as they grow to use in salads or sandwiches.

Bird's nest treats. For a colorful Easter brunch dessert, soften chocolate ice cream and spoon into brown plastic bowls lined with foil. Freeze until firm. Place coconut and several drops of green food coloring into a jar with a lid; shake until the coconut is bright green. (You may need to add more coloring.) Arrange the coconut on top of the ice cream in each bowl for the grass part of the birds' nests. Arrange jelly beans, foil-covered chocolates and other small goodies on the nest before serving.

Bread basket. You can transform a loaf of unsliced bread into an attractive Easter basket. Leaving a one- to two-inch portion of the crust in the middle as a handle, carefully cut off the top quarter of the loaf lengthwise. Hollow out the rest of the loaf to form the basket. Then fill it with colored Easter eggs, and trim your basket with bright ribbon. (Grind the bread you have hollowed out to use as crumbs in recipes.)

Bunny cake. This appealing cake will brighten your holiday meal, and your children can help you decorate it. Bake a round layer cake and cut the cake in half (*not* in layers). Frost the top of one half and place the other on top of it, matching shapes. Stand the cake on its cut, flat edge to make a vertical half circle. Frost the cake to form the bunny's body. Place a snowball cupcake against one rounded end to form the bunny's tail. Decorate the other end to make a bunny face, using candies, such as jelly beans, for the eyes and nose, red string licorice for whiskers. Cut ears out of white paper plates or lightweight cardboard. Cover the cake with coconut "fur" if you wish.

All these holiday treats are sure to be hits with the kids. Try them and see for yourself. —DIAN THOMAS

Dian Thomas is author of Today's Tips for Easy Living, *HP Books, Box 5267, Tucson, AZ 85703; $5.95*



CAMEL LIGHTS

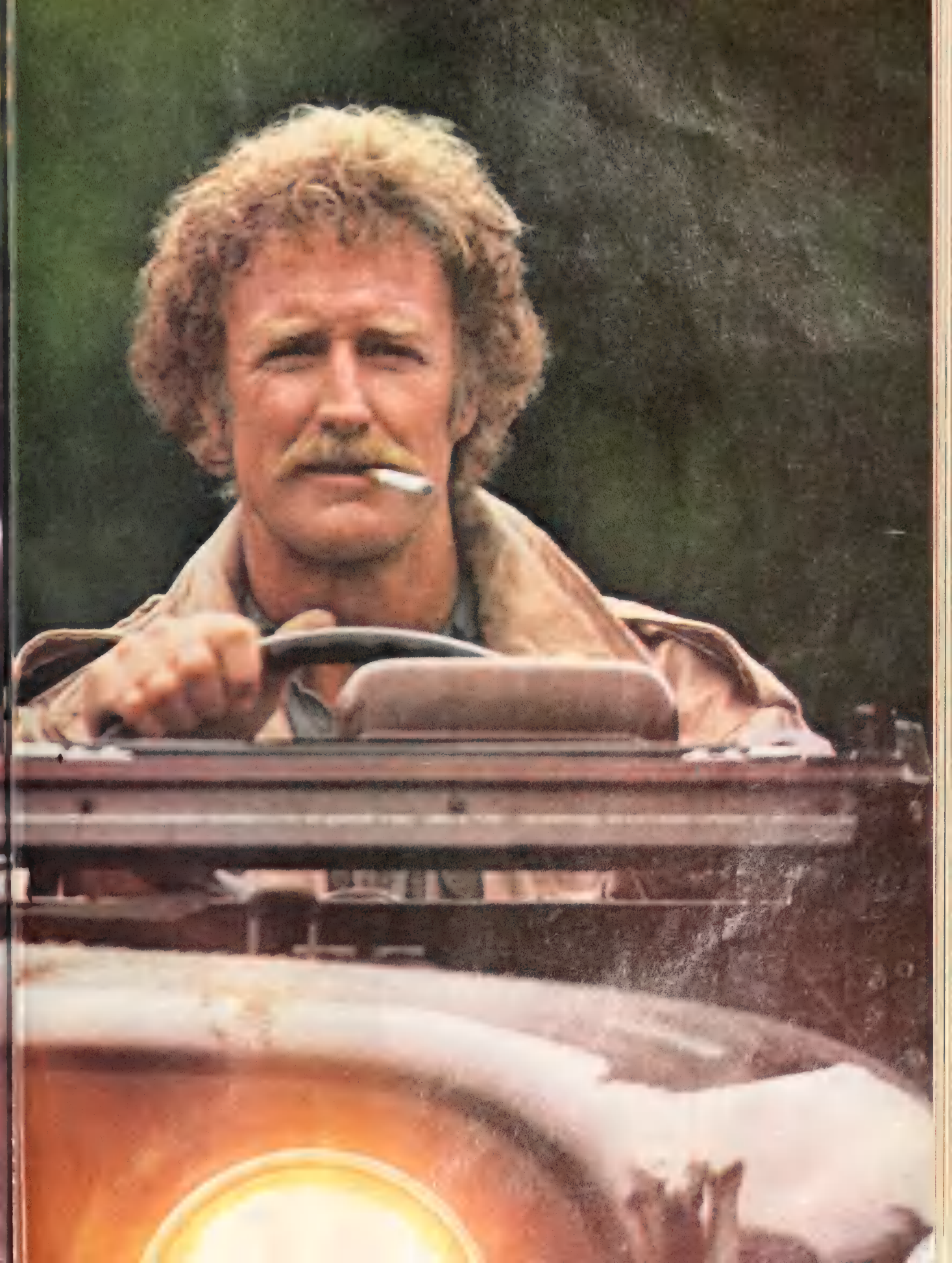
It's a whole new world.



Today's Camel Lights, unexpectedly mild.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. tar, 0.8 mg. nicotine av. per cigarette by FTC method.



Some women know how to live!



New! Hanes® Silk Reflections™

Now, this is living! Feel the silkiness. Experience the softness, the sheerness and the fantastic fit. So silky. Step into new Silk Reflections pantyhose and you'll know, this is living.

The silken sensation.

Available in selected areas.

© 1985 Hanes Hosiery Inc.

There's only one word in dog food better than Mainstay®:

BRAND DOG FOOD



Get your free Rubbermaid® bowl in large size bags of bargain priced Mainstay. Start your collection today.



Purina®

Helping pets live longer, healthier lives™

© Ralston Purina Company. 1985



A Sunny Place called Dole.

For summer's end, a colorful blend of flavors from near and far. This cool, refreshing pasta marinade is brightened just enough by the sweet, sunny taste of Dole® Pineapple. Pasta del Sol—a taste tempting get-away in minutes. Just bring your taste to a sunny place called Dole.

PASTA DEL SOL
QUICK & EASY

SALAD
- 1 20 oz. can Dole Chunk Pineapple in Juice
- 8 oz. med. size seashell pasta
- 2 oranges, peeled, chunked
- 1 red bell pepper, julienne-cut
- 1½ cups julienne-cut ham
- 1 cup julienne-cut carrots
- 1 cup frz. peas, thawed
- 1 cup cashew nuts

DRESSING
- ½ cup fresh orange juice
- ½ cup vegetable oil
- 1 Tbs. grated orange peel
- 1 Tbs. sugar
- 1 Tbs. sweet basil, crumbled
- ¼ tsp. black pepper
- Dash nutmeg

DIRECTIONS

Drain pineapple, reserving ½ cup juice. Cook pasta according to package directions. Combine salad ingredients in a large bowl. For dressing, combine reserved pineapple juice with dressing ingredients. Pour over salad. Toss well. Cover refrigerate at least 1 hour or overnight. Makes 6 to 8 servings.

For more exciting recipes, send a stamped, self-addressed business size envelope to: Dutch Treat Dole, Consumer Services, Dept. 584, P.O. Box 7758, San Francisco, CA 94120.

©1984 Castle & Cooke, Inc.

Cheese it up!



Introducing KRAFT Pour on the Cheese Cheese Topping

It's the first cheese topping that pours. Cheese-up vegetables! A taco! A baked potato! Now you can pour the zesty flavor of real cheddar on all your favorite foods. New KRAFT Pour on the Cheese Cheese Topping. Made with real Kraft cheddars and other wholesome ingredients. Look for both Mild and Sharp varieties in your grocer's dairy case. Cheese it up!

KRAFT

© 1984 Kraft, Inc.

FREE! THIS IS NOT A MISPRINT!

ONE DAY AT A TIME

#1 Gospel Album

FREE!



18 SONGS
Every Song An
All-Time Favorite

ONE DAY AT A TIME
HOW GREAT THOU ART
AMAZING GRACE
I BELIEVE
IN THE GARDEN
EVERYTHING
IS BEAUTIFUL
WHISPERING HOPE
ROCK OF AGES
JUST A CLOSER
WALK WITH THEE
SOFTLY AND TENDERLY
GIVE THEM ALL
TO JESUS
WHY ME
YOU GOT THE POWER
I'LL RISE AGAIN
TRY A LITTLE KINDNESS
HE'S GOT THE WHOLE
WORLD IN HIS HANDS
PEACE IN THE VALLEY
IT IS NO SECRET

CRISTY LANE

HER LIFE STORY - 153 pics., 292 pgs.

THE BOOK THAT IS SWEEPING AMERICA

"ONE DAY AT A TIME"

DESTINED TO BE A MOVIE.

If you read one book this year make it "ONE DAY AT A TIME" perhaps the greatest success and love story ever told. She came from the wrong side of the tracks, a family of 12. Two strikes against her—poverty and shyness. At 14 her dreams were shattered. She vowed she would never sing again. She almost lost her life twice, once in Vietnam entertaining the GI's in 1969. Her strength and faith was tested again in 1982 when her husband was sent to prison for 3 years. Cristy has the #1 country song...#1 Gospel Album in the world...The only artist ever to sell 1 million gospel albums. The top new country artist of the year 1979...a date that will haunt her forever. •This book is guaranteed to bring a lump to your throat, a tear to your eye or it will not cost you a penny.

The FREE album is compliments of Cristy.

LS RECORDS-DEPT. 91 120 HICKORY ST., MADISON, TN 37115
Please rush me Cristy Lane's book on your money back guarantee for only $9.99. I circled my FREE choice of "One Day At A Time," the #1 Gospel Album.

FREE RECORD WHEN BUYING BOOK!

1. Book...Cristy Lane's Life Story—**$9.99 ea.**	
2. One Day At A Time—LP, Cassette, 8-Track	**FREE**
Postage & Handling	**$2.00**
TOTAL	

SAVE $10

Name _____

Address _____

City _____ State _____ Zip _____

Presenting A Charming Sophisticated Lady



23K gold rim

Shown smaller than actual size of 8½"

Announcing the first-ever cat-subject collector plate from famed Reco International

A limited-edition masterwork from The Hamilton Collection and Reco International

©1985 HC

Felicia

Of all the world's cat breeds, possibly none projects more allure and grace than the beautiful Turkish Angora. And "Felicia," a perfect likeness of this rare and exotic variety is a pure white, longhaired cat with large and expressive blue eyes.

Cat experts consider Angoras like "Felicia" among the loveliest animals in the world. With her large, round eyes and lithe body, she wins admiration from all who see her. Silky, white fur covers her body, and her tail is especially full and long. "Felicia's" breed is exceptionally rare: even in the Ankara Zoo, traditional home for the Turkish Angora, only about 30 of these sleek animals reside.

To capture this "sophisticated lady" in an original art masterwork, Reco International selected renowned American artist Aldo Fazio – creator of elegant, animal-subject works and the winner of an impressive range of private commissions. "Felicia" marks Fazio's collector plate premiere: the latest artist in Reco's award-winning group which already includes two "Artists of the Year."

Over the past 15 years, Reco has emerged as one of the world's most respected producers of limited edition collector plates. And Reco and its artists have won many major awards in the world of collectibles; including "Plate of the Show," "Plate of the Year," and the coveted "Artist of the Year" award.

Recently, Reco was voted among the top three collectibles producers by the authoritative National Association of Limited Edition Dealers. And a number of Reco plates have risen in value shortly after issue – some as much as 10 times their original prices!

Now "Felicia" joins this distinguished company in a strictly limited edition of 21 firing days. When this period is complete, no further plates will ever be made. Cat lovers and limited edition plate collectors alike are anticipated to make the edition **a sell-out in a very short time,** which may well lead to prompt secondary market trading.

"Felicia" premieres *The Sophisticated Ladies Collection* – eight fine china plates, each portraying one of the most elegant of all cat breeds. Each plate in the collection will be serially hand-numbered on the reverse and accompanied by a same-numbered Certificate of Authenticity.

As an owner of "Felicia," you will be guaranteed the right to acquire all subsequent seven plates at the original issue price of $29.50 each – **but you are not obligated to buy any others,** unless you choose to do so later.

You may acquire "Felicia" and all the plates in *The Sophisticated Ladies Collection* at no risk under the terms of The Hamilton Collection 100% Buy-Back Guarantee. Return any of the plates within 30 days of receipt for a full refund.

Because "Felicia" represents the first time that famed Reco ever has introduced a cat-subject plate, and because this marks the plate premiere of noted American artist Aldo Fazio, a quick sell-out is predicted for this dramatic first issue.

Therefore, ***we cannot guarantee this offer after the final date shown in the reservation form.*** So to avoid disappointment, **order today.**

FINAL POSTMARK DATE:

April 30, 1985

Limit: Two plates per collector

Please accept my order for "Felicia" by Aldo Fazio, first issue in *The Sophisticated Ladies Collection*, a series of limited-edition plates inspired by the world's most elegant cat breeds. 8½" diameter; 23K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate. **Yes,** I wish to purchase _____ (1 or 2) "Felicia" plate(s) at $29.50* each, plus $2.14 postage and handling per plate, for a total of $ _____ ($31.64* or $63.28*).

Please check one:

☐ I enclose full payment by check or money order.

☐ Charge my credit card:
☐ Visa ☐ MasterCard
☐ American Express ☐ Diners Club

53496

Acct. No. _____

Expiration Date _____

Signature _____
Charge orders must be signed to be valid

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate, state and local tax.

Please allow 6-8 weeks for delivery. All orders are subject to acceptance. Deliveries made only to U.S. and its territories.

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 2567
Jacksonville, FL 32232



Instant Fiber.

Have your fiber anytime, anywhere, with Instant Mix Metamucil.® Handy, pre-measured packets of good grain fiber with less than five calories.

The lemon-lime Regular and tangy Orange flavors mix up instantly with their self-stirring effervescence. So all it takes is tasty Instant Mix Metamucil and a little water to get the fiber doctors recommend most to maintain regularity.

Anytime. Anywhere.

The fiber you need every day. Just say when.



KAREN ANN QUINLAN

continued from page 119

their daughter's body contract into a grotesque fetal position—evidence of a "chronic vegetative state"—Karen's distraught adoptive parents, Joseph and Julia Quinlan, told doctors to disconnect the respirator that was believed to be keeping her alive. The doctors, possibly fearing peer censure, refused; the hospital advised the Quinlans bluntly, "We don't kill people here."

Survival—and heartbreak

In October 1975, the Quinlan family was forced to take their request to court, and Karen became a symbol of one of the most complex issues of our time: Whether a terminally ill patient has a right to die with dignity in an age of technology that can support hopeless life indefinitely. The Quinlans' legal fight to remove Karen from the respirator, lost in a lower court but won on appeal to the New Jersey Supreme Court, opened an international debate and a decade of heartbreak—and accomplishment—for the Quinlan family.

Lawyers asked Karen's neurologist at the trial, "How long do you feel that Karen could survive without the aid of the respirator?"

"I don't know," Dr. Robert F. Morse replied. "She could live eight months, nine months; she could die tonight."

The respirator was quietly disconnected on May 22, 1976. Karen Ann Quinlan not only continued to live, but also seemed more peaceful. The medical report: "Patient resting comfortably. Color good. Restful evening . . . "

I first saw Karen on the night of May 17, 1976, in the intensive care unit of St. Clare's Hospital in Denville, New Jersey. I had been sent by *Ladies' Home Journal* to write the first article that would tell Joe and Julia Quinlan's side of the story. I had expected feelings of shock, even revulsion, upon looking at her. Instead, the overwhelming emotion was pity for this grown woman who had come to resemble a troubled child.She was then attached to an array of machines and hanging bottles delivering antibiotics and food to her body; the respirator, with its gurgling, pumping, erratic noise, was still forcing air into her lungs. The media, trying to romanticize the situation, were labeling Karen "the sleeping beauty," and Julia says she never dissuaded them "because I knew they'd ask, 'Well, then, what *does* she look like?' And Karen would never want them to know that."

Yet there were then, and still are, vestiges of her former attractiveness in Karen's soft, rounded face. Her cheeks are less full now, but the deceptive appearance of normalcy persists when she is not restlessly twisting her head from side to side, as though straining for release from her body. Karen lies under a sheet stretched across the bed rails. The physical devastation that occurred soon after she sank into the coma has remained unchanged over the years. Her legs, contracted upward toward her chest, are twisted rigidly together. Her hands are drawn toward her chin, wrists cocked, pencil-thin fingers extended stiffly downward—the tragic configuration that results from severe brain damage. Gauze cushions her palms, knees and toes in a vain attempt to protect her from the bedsores that recur even though she is turned every two hours.

But the wasted body seems a separate entity, alien to Karen's face. She still gives a haunting illusion of awareness. Sometimes she will stare into space, as though daydreaming. Or her eyes may dart wildly about the room, suddenly stopping to focus on an object or a person. "You may think she's seeing you," Julia says sadly, "but Karen cannot see. If you put your hand in front of her eyes, then move it up and down, her eyes won't follow it." Sometimes, her eyes will follow sound. This is why an accidental jarring of her bed may startle her, and why everyone talks to her in soothing voices. And it is why the nurses keep a small bedside radio tuned to music: "They say hearing is the last sense to go. We don't like to leave Karen in a soundless world." Julia once played Karen's favorite cassettes of songs by artists such as Simon and Garfunkel and Judy Collins. "When I'd play Collins's *Amazing Grace*," she says, "her eyes would roll way back and stay that way till the *(continued)*

"Revere, I adore your new bakeware."

"It's like an extension of my Revere cookware that I got 34 years ago as wedding gifts. Imagine, bakeware made of the same heavy stainless steel. You can bet it's going to look this pretty for years and years to come. And I think stainless steel is why it bakes so well. First thing I did was bake a cake. Turned out beautifully even. No highs and lows. And the pans clean up so easy I can't believe it. Even from my meat loaf. Just washes clean with no soaking. But the cookie sheets are my favorites. Beautiful enough to serve on. And I've got a two-year old grandson who's turned into a real Cookie Monster."

Mrs. Donna Erickson
Arlington Heights, IL



Like all the new Revere bakeware, this cookie sheet is crafted from shiny 18/8 stainless steel—strong enough and handsome enough to use as a serving tray.



Stainless steel baking gives you even layers that stack without surgery. Pans clean with ease, resist warping and pitting, carry Revere's famous 25-year limited warranty.

18 01
REVERE WARE

Revere Copper and Brass Incorporated
Revere Ware Division, P.O. Box 250
Clinton, Illinois 61727

Important New Vitamin Facts
from Yale-New Haven Hospital:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Introducing new, advanced formula Unicap M. More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Recently, nutritionists conducted an independent study at the department of Food and Nutritional Services, Yale-New Haven Hospital.

Their conclusion: Among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. Those whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as new, advanced formula Unicap M. It's why these nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals.

For additional information write, The Upjohn Company, Yale-New Haven Hospital Study, Dept. 9001-88-95, 7000 Portage Road, Kalamazoo, MI 49001



The Better-Balanced Vitamin from Upjohn



KAREN ANN QUINLAN

continued

tape was finished, until the last note." Julia hasn't played that tape lately. People misunderstand, interpreting Karen's reaction as a sign that she is getting better, a hopeless prospect.

These days Karen is confined to a waterbed at the Morris View Nursing Home, in rural New Jersey. She is rarely restful and constantly fights for life, overcoming recurring and increasingly debilitating infections.

"There are times when I've thought she wasn't going to make it," admits the home's medical director, Dr. James Wolf. Yet, without penicillin or other antibiotics, Karen defies medical prognoses. "She has a strong little body, with an intact immune system. But her lungs are getting congested more frequently now, about every other month. She is kept alive by a slender tube inserted in her nostrils, through which she is fed a 1,250-calorie liquid formula each day, maintaining her weight at seventy to seventy-three pounds."

Decisions

On January 17, 1985, the New Jersey Supreme Court, in a landmark decision, ruled that in the case of terminally comatose patients the removal of artificial feeding is permissible—no different on legal, ethical, religious or medical grounds than turning off a respirator or removing other life-support systems.

For the Quinlans, who have spent ten traumatic years watching their daughter slowly die, the law offered an opportunity to end Karen's suffering, as well as their own. But it's not an option either would take. "We would never stop feeding her," Julia says firmly. "That would be like actively killing Karen, and we couldn't live with that." Joe, who rarely misses a day visiting Karen ("It would be like disowning someone I love"), calls the new law "very compassionate. It will relieve great suffering for patients in extreme pain, and when there's great financial strain on the family. But the law won't benefit us."

Fortunately, the Quinlans have not had to base their decisions for Karen on monetary considerations. When her coma began, Karen was an unemployed adult, entitled to Medicaid. Her middle-class family was thus saved from paying astronomical costs that would have bankrupted them within weeks. Not including the fees of several doctors and consulting specialists, the cost of Karen's thirteen-month stay in St. Clare's Hospital has been estimated at $465 per day. The cost of her room at Morris View, where she is under constant medical supervision, has never been disclosed, but it is known that the room was guarded for weeks around the clock by armed sheriff's deputies, a $4,199 monthly expense.

The cost, of course, has been extremely high for the Quinlans. But doctors think Karen has been spared great physical suffering. "They're very specific the way they say it," Joe says. "She doesn't feel pain 'as we know it.' They say if she did, the way her body is twisted, the pain would be so excruciating she couldn't possibly live with it."

If Karen is not in pain, she is intensely uncomfortable. A tracheostomy tube in her throat, which delivers humidified air to her lungs, is an irritant that causes her to grimace and appear to gasp for air. "When she gets one of the infections," Julia says, "her fever shoots up and she perspires and is miserable." Karen receives Tylenol in suppository form if her temperature threatens to go above 101°F. She also receives Dilantin, an anticonvulsant drug to control her severe, sustained seizures. "There are people who might say these were extraordinary means of life support," Julia sighs. "Oh, God, there are people who think *anything* is extraordinary in the case of Karen Quinlan. But that's so wrong. Our daughter is breathing, not brain dead."

For years after Karen slipped into a coma, the Quinlans—especially Joe—clung to the fantasy that their *(continued)*



A fresh idea for Easter. Serve a fresh Butterball®.

Make this holiday really special. Treat your family to a fresh Easter Butterball® turkey. Butterball is always juicy and tender, and nothing is quite as festive. So this Easter put a fresh Butterball in your basket—your family will savor the flavor. And you'll also savor the savings on these other fine Butterball products.



BUTTERBALL®

Available fresh or frozen.

Happy Easter from Butterball.

©1985, Swift & Company

SAVE $1.00 MAIL-IN CERTIFICATE EXPIRES 9/30/85.

on any one of these 5 Butterball® products.

With this certificate I am enclosing the front panel of the instruction booklet from inside my Butterball turkey package. Please send my $1.00 coupon to:

Name_____
(Please Type or Print Clearly)

Address_____

City_____ State_____ Zip Code_____

Mail to: **Butterball Juicy Offer,** P.O. Box 7704
Mount Prospect, Illinois 60056-7704

Important: Use official mail-in certificate only; no reproductions accepted. Address must include Zip Code. Allow 6 to 10 weeks for delivery. Offer good in U.S.A., its territories, APO and FPO addresses only. VOID WHERE TAXED, PROHIBITED OR RESTRICTED. Limit: one offer per family, group or organization. OFFER EXPIRES SEPT. 30, 1985. REQUESTS POSTMARKED AFTER THIS DATE ARE VOID.

© 1985, Swift & Company



If you

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 6 mg. "tar", 0.6 mg. nicotine; 120's Menthol: 6 mg. "tar", 0.5 mg. nicotine av. per cigarette, FTC Report Mar. '84. Slims: 6 mg. "tar", 0.6 mg nicotine av. per cigarette by FTC method.

KAREN ANN QUINLAN
continued

daughter would recover. "I was sure God loved me so much He would create a miracle," Joe says. One day he was in her room, telling her as he often does that he loved her. "All of a sudden, she began breathing very heavily—you know how people do when they're very emotional—and she turned her head to one side and there was a pocket of tears in her eyes, rolling down her cheek."

A final diagnosis

But Joe's illusions were shaken in September 1980. Dr. Wolf suggested that Karen be taken to nearby Morristown Memorial Hospital for a CAT scan. The CAT (for "computerized axial tomography") device, not developed at the time of Karen's trial, could give visual images of what was going on in her head. The Quinlans, however, were nervous about removing their daughter from the sanctuary of her room. A leak to the media, they feared, could revive the hysteria that Karen's case had provoked five years before, and endanger their daughter. Their doctor, however, convinced them to go ahead with the test. "Dr. Wolf said it should be handled routinely. That was the best way to keep anyone from suspecting. Just treat her like any other patient." So, while the Quinlans waited and prayed in their daughter's room, the world's most famous patient was wheeled into a station wagon, without security doors or even curtains at the windows, and driven to the hospital in Morristown, totally unnoticed.

The CAT scan showed, in Dr. Wolf's words, "global, diffuse atrophy of Miss Quinlan's brain. Basically, the only functioning portion is the brain stem, which controls reflexes such as eye movement, breathing, swallowing, heart rate. She has all the vegetative functions. But the cognitive function is gone." The reason Karen had required a respirator for several months in order to breathe, Wolf assumes, was that her brain stem was "in shock. Whenever one area of the brain is injured, it swells, and that can keep other, undamaged parts from functioning properly." With time, the brain stem gradually recovered its function, while the cognitive areas atrophied.

Joe looked at the test results with mixed emotions. "It wasn't *good* news. But at least it was confirmation that what the doctors had said all along was right. So we had done the right thing." He frowns, adding, "If it had gone the other way, and we'd found that we had Karen wasting away in a nursing home all these years when there was something we could have done to help her, oh, God, that would have been terrible."

Helping others

Once Karen had been safely moved to the nursing home where she lives now, the Quinlans were determined to bring meaning to their tragedy. "We asked God to use Karen to help others," Joe says. They had fought for the right to die. Now they sought the right of terminally ill patients to live their final days as comfortably as possible with their loved ones. "Medical professionals don't cope well with terminal illness because, to them, death means failure," says Julia, who entered a training program at a hospice in New Jersey. After graduating, Julia spent her weekends as a volunteer, sitting with terminally ill patients so their weary families could have needed relief.

For the next two years, she and Joe, with their parish priest, Father Tom Trapasso, and their lawyer, Paul Armstrong, spent all their free time planning the establishment of the Karen Ann Quinlan Center of Hope, a hospice that offers free assistance to dying patients who choose to spend their last days with the families rather than in hospitals. They recruited medical professionals, nurses, psychiatrists, religious leaders and lay people. Each volunteer was put through

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

smoke
please try Carlton.

a twenty-hour sensitivity training program in the care of the dying. "As a part of the course," she says, "you are asked to write an essay or poem envisioning your own death. Facing your own mortality helps you to understand, and gives you a grateful acceptance of life that those who are not ill cannot feel." In April 1980, the Quinlans' Center of Hope began operating.

Unlike other hospices, which typically take only cancer patients, the Quinlans insist on helping any patient, whatever the illness. This cut them off from the usual hospice-funding sources, such as The National Cancer Foundation. But Joe and Julia had "seed money" of $50,000—proceeds from their book, *Karen Ann*, and a TV film, *In the Matter of Karen Ann Quinlan*, as well as private contributions. By the end of 1984, the nonprofit Karen Ann Quinlan Center of Hope had eased the suffering of more than three hundred patients and their families in Sussex County, N.J. "We were even able to care for one patient at home on a respirator," Julia says with satisfaction, "something unheard of in Karen's day."

Letting go

In March 1983, the Quinlans sold their Landing, N.J., house, which Joe had built shortly before they adopted one-month-old Karen in 1954. The house was too full of memories. "We decided there comes a time to leave your memories behind," Julia sighs. They moved, with her elderly parents, into a rental house. One day during the winter, exhausted from the move and a visit to Karen, Julia drove to the grocery on unfamiliar roads and skidded on a patch of ice—spinning headlong into a stone wall. Her injuries were severe: brain concussion, multiple internal injuries and facial contusions, a fractured arm and leg. "Joe didn't think I was going to make it," she remembers. Bedridden for more than four months, she admits, able to smile now, "I went through it all—the self-pity, the why-me's, the screaming pain, the anger at God." She was still in a cast when her mother died of a stroke, and her father died "of not wanting to live without my mother. It was a horrible time."

Joe managed to see Karen almost every day, even during these traumas, even though he is aware that the visits to the nursing home are causing him increasing stress because of Karen's weakening condition. Last October, he and Julia moved into a tiny two-bedroom house, a former summer cottage, in Sussex County, to be nearer their hospice headquarters. "We're forty miles away from Karen now, so that makes the trip a little longer." Joe has to rise at four-thirty each morning for the drive to Morris View.

"I get there about five-twenty, and the nurse is usually changing Karen's bed. She says, 'Okay, Pops, I'll get out while you two visit.' The nurses are beautiful. They love Karen." If she's asleep, he doesn't wake her, but reads the medical reports at the foot of the bed to see what kind of night she's had. When Karen is in a "wake cycle," he talks to her—"sometimes I even sing." If she is agitated, which is all too frequently, Joe massages her back "at the top of her spine where all the nerve endings come together. Usually, before I have to go on to work, I can get her to calm down a little that way." When Karen has an infection and is running a fever, "It just starts the whole day wrong," he says.

Julia has tried, gently, to suggest to her sixty-year-old husband that he miss a day or two now and then. "Joe isn't ready, and you can't tell him it's a drain on him mentally and physically. He's not ready," she says. "But it's eating away his insides."

"I know I've got to start watching my health," Joe admits. "At work last year, all the employees were given a computerized Life Expectancy-Stress Test where we had to answer a *(continued)*

The right place at the right price.

Best Western®

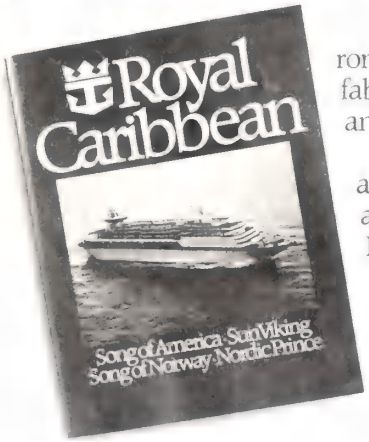
WORLDWIDE LODGING

Make reservations at any Best Western, see your travel agent, or call 1-800-528-1234.

"World's largest chain of independently owned and operated hotels, motor inns, and resorts"

©1985 Best Western International

Curl Up With A Good Cruise.



It's filled with stories of adventure, romance and faraway places. From the fabled pink beaches of Bermuda, to the ancient temples of the Yucatan.

It tells you all about our new ports and itineraries for 1985. And gives you all the facts you'll need to plan your Royal Caribbean cruise. For seven, eight, ten or fourteen days.

Just send us the coupon for your free brochure. And start planning an escape in fact. Not just in fantasy.

Royal Caribbean
Ships of Norwegian Registry

Name

Address

City State Zip

For your free copy of Royal Caribbean's latest cruise vacation brochure, see your travel agent. Or send this coupon to Royal Caribbean Cruise Line, 903 South America Way, Miami, FL 33132.

71404

whole slew of questions. The way mine came out, they said I could live to a good age if I'd give up cigarettes and cut down on my stress. I gave up smoking right away, but the stress—how can I deal with that? If I see Karen and she's in bad shape, it's upsetting. But if I *don't* see Karen," he shrugs helplessly, "I just can't relax."

Even after ten years, seeing their daughter in her tragic condition is tough on both Joe and Julia. "I have bad days, when I can cry after seeing her," says Julia. "But we had a wonderful twenty-one years with Karen, who was so lively and lovely, and I feel I'm truly blessed."

When Karen dies, there will be a void in their lives. For Joe, "the emptiness may be harder to bear than anything else. But her tragedy has a meaning. I think the Lord has touched people through our daughter. People are talking about things they never did before. The subject of death and dying is no longer swept under the rug."

Just one week before her fateful coma, Julia remembers, Karen visited a palm reader. "She came home very excited. She held out her palm and showed me the way her heart line curled all the way down around her wrist, and she said, 'You know what, Mom? I'm going to live forever.' "

As a symbol of one of the most important issues of our times, Karen Ann Quinlan may indeed be immortal. **End**

Journal Shopping Center

THE BEST-SELLER LIST

Page 108: 1. Julianelli shoes. Dim hose. Good as Gold earrings. 2. Julianelli shoes. Dim hose. Marvella "pearls." La Crema gloves. **Page 109:** 3. Keds Corp. sneakers. Hue socks. La Bagagerie bag. 4. Vittorio Ricci shoes. Hue socks. Robin Kahn earrings. 5. Manolo Blahnik shoes. Dim hose. Tulla Booth cuff. **Page 110:** 6. Thom Brown shoes. Hue socks. 7. Bass & Co. shoes. Hue socks. Tulla Booth earrings. **Page 111:** 8. Keds Corp. sneakers. Hue socks. Andrew Springarn for Good as Gold charm bracelet. 9. Ecco, NYC, shoes. Dim hose. 10. Fruit-of-the-Loom T-shirt. Cara Croninger for Artwear bracelets. Andrea Carrano shoes. Dim hose.

CAN THIS ROOM BE SAVED?

Pages 112–113: Clarence House* fabric for drapes, sofa and matching pillows in Turandot Rouge #32239-2. Window seat in Newberry Capri, #6400-16. Club chairs and ottoman in Kohat Rouge #32077-1. Upholstered club chairs, style #111, and ottoman, mahogany cocktail table, porcelain lamps and mahogany magazine rack all from KPS, Inc.* Upholstery, window treatments by Cecil King.* Welsh dresser (back left) from Manor House, Ltd.* Matching end tables beside long sofa and nesting tables beside club chair from Harden.* Needlepoint pillow on small sofa, red tole box (on nested table) from Trevor Potts Antiques, Inc., 1011 Lexington Avenue, NYC 10021. Flowers by ZeZe, 398 E. 52nd Street, NYC 10022. **Page 114:** Antique red decorated chest (top, beside club chair) and celadon silk screen (above desk) from The Fran Laufer Collection, Ltd.* **Page 115:** Mantel painted by Leslie Horan, NYC. Brass candlesticks, cinnabar candlesticks (on mantel), Imaria bowl (with tulips), green leaf plate (on coffee table, wooden box on Welsh dresser, mother of pearl box (with daisies), round red box on antique chest, blue and white plate, bowl and jar all from John Rosselli, Ltd., Antiques and Decorations, 255 East 72nd Street, NYC 10021.

*Through decorators.

TWICE AS NICE

Pages 116–117: Glazed Ham Steaks served on oval platter, Gemina pattern by Royal Copenhagen. Red Beans and Rice served in three square individual pots. Firepot by Royal Copenhagen. Old-Fashioned Pot Roast—large oval platter, Tranquebar by Royal Copenhagen, salt and pepper shakers and gravy boat, all by Royal Copenhagen.

THE SECRET OF BEAUTIFUL HAIR

Page 123: Marcasiano jacket. Bowman Trading shirt. **Page 124:** Ralph Lauren clothing. **Page 125:** Joan Vass USA cotton-knit shirt and scarf. Good as Gold earrings.

FREE PUREX. WHAT A DEAL.

At Purex, we're giving way free Purex Dense Formula Dry Laundry Detergent. We call it THE PUREX FREE DEAL. All you do is cut out two Proofs of Purchase (use the UPC code*) from 2 different products as shown in the certificate below. Send in the certificate along with your two Proofs of Purchase. And we'll mail you back a coupon good for a free 42-ounce box of Purex Dense Formula Dry Laundry Detergent. It's that simple. So hurry, this offer is available for a limited time only.



BONUS OFFER
If your request for your FREE DEAL is postmarked no later than June 1st, we'll send you a coupon good for a second free Purex product!

PLEASE CIRCLE YOUR PURCHASES



42 oz/4 lb 8 oz/9 lb 3 oz (Sorry, no 17 oz) | 64 oz/1 gal (Sorry, no 32 oz) | 40 oz/61 oz | 10/18/30 (Sorry, no 4s) | 20 sht/40 sht/60 sht | 40 oz/80 oz

Yes, I want my PUREX FREE DEAL. I've enclosed **two** UPC codes* taken from **two different** Purex products shown above. (NOTE: For Purex Heavy Duty Liquid Detergent, I've enclosed the register receipt with the purchase price circled.)

00 000000

*UPC Code

Name _____ (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

Mail to: THE PUREX FREE DEAL. P.O. Box PM174, El Paso, Texas 79966.

Offer expires August 31, 1985. Mechanical reproductions prohibited. Limit one per household, group or organization. Offer subject to modification or cancellation without notice. Offer good only in U.S.A. Void where taxed, restricted or prohibited by law. Allow 6-8 weeks for delivery. This certificate must accompany your request.

PUREX SYMBOL OF VALUE

PUREX IS THE SYMBOL OF VALUE

Helping pets live longer, healthier lives™
© Ralston Purina Company, 1985



AFTER EMILY

continued from page 90

corner. Roger Egan is the master of the unfunny off-color joke, particularly the kind that is aimed at the bodies of female students. His name is brought up regularly at the Women's Committee meetings.

"What did you do about day care when your kids were small?" asks Susan. Emily has outgrown her wicker basket and is reclining at her usual sixty-degree angle in an infant seat.

"Students, especially the ones who wouldn't take money." Susan makes a face. I know she wants a mature woman, preferably a mother, a nonsmoker and, ideally, French-speaking. Emily wants to creep and begins to fuss some more.

"Let me," I say.

Susan sighs. She reaches down to her bottom drawer for a plastic pad, a disposable diaper and a box of pop-up wipes.

"Home away from home," I say.

"Not quite." She kisses Emily's nose. "Love this girl," she croons, "love this baby girl." Emily whimpers. "Let's dump this," says Susan, picking up a diaper and putting the baby in my arms. I walk around to Susan's cubicle, bouncing Emily on my shoulder.

"Quite the touch," a voice says—Roger's. I ignore him and change direction. "Where's Mama?"

"She'll be right back."

"I think the baby is hungry," he says.

"She's just tired."

"Where I come from, babies are put in cribs when they're tired. But I guess that's a little too old-fashioned for Professor Rosenzweig." It seems disloyal to Susan, and to Emily, to admit I agree with Roger. I pat Emily's back without conviction. She burps an adult burp and spits up on my shoulder. Roger snickers. I hand him the baby. Down the hall, I expect to find Susan, as usual, trapped in conversation with a Bible-as-Literature devotee. Instead, she is standing inside one of the stalls. I ask if she's okay.

"What time is it?"

"Ten to three."

"Damn," she says softly and blows her nose.

"Are you sick?"

"I have my seminar at three and I'm not coping very well. Is Emily with you?"

"Roger's got her."

Susan laughs a short, cynical laugh. "Oh, God." She opens the door and meets me at the sink. "It's hard," she says, touching her forehead to the mirror. "I don't want to be here."

"You're tired."

"Louis can't really get up with her in the middle of the night. . . ."

"She'll be sleeping through soon. They all do eventually."

"The books say eight weeks."

"Stuff the books." Susan smiles begrudgingly, and I put my arms around her shoulders.

"Cancel your seminar. We'll go to my house and have the girls watch Emily while you nap." Susan nods and allows one sob to escape.

The girls and I dance and sing and make rude noises to amuse Emily while her mother sleeps. For a while, the three of us perform together; then we take turns. The baby bends at the waist and wails into her own lap whenever the antics stop.

"This is an incredible drag," my thirteen-year-old says when her shift ends. Her sister, the gymnast, performs a slow perfect backward arch to the floor and rises to a handstand. Baby Emily blinks hard. Our gymnast flails her legs in the air, and the baby smiles. Laura and I cheer.

"I can't keep this up indefinitely," says Deborah, her face rosy and getting redder. She springs to her feet. The baby flops forward and wails. Laughing, we dance and sing some more. **End**



...everything except expensive.

SONORA

® Sonora 1985.

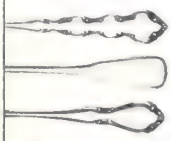
Sonora®
Beauty collections
everything
except expensive.
From $7.95 to $14.95.

BRIDAL IDEAS
FROM ONEIDA, GORHAM & TOWLE

Let House of 1776 save you important dollars on America's finest stainless and sterling flatware. Check our sale prices and compare. You'll be amazed! To order, use your Visa or MasterCard and call toll-free 1-800-527-1776 (TX residents, 1-800-328-1776) or send your check to House of 1776, 1314 Shiloh, Garland, TX 75042. All merchandise is first quality and factory sealed. Money back guarantee. Limited time offer! Prices subject to change without notice.

ONEIDA

Deluxe Stainless



Capistrano, Chateau, Independence, Monte Carlo, Mozart, Polonaise

	Reg.	Sale
5 pc. setting	27.50	11.25
4 pc. serving set	24.50	11.25
4 pc. hostess set	34.00	14.90

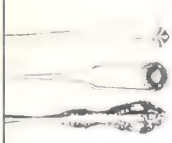
Community Stainless



Fantasy, Frostfire, Louisiana, Marquette, Paul Revere, Satinique, Tennyson, Venetia

	Reg.	Sale
5 pc. setting	35.00	13.50
4 pc. serving set	36.00	15.75
4 pc. hostess set	45.25	19.50

Heirloom Stainless



American Colonial, Classic Shell, Dover, Juliard, Michaelangelo, Shelley, Toujours, Easton

	Reg.	Sale
5 pc. setting	50.00	17.95
4 pc. serving set	48.00	21.50
4 pc. hostess set	59.00	26.50

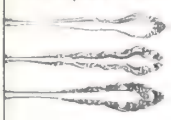
Heirloom LTD Stainless



Act I, Act II, Da Vinci, Sheraton

	Reg.	Sale
5 pc. setting	75.00	28.50
4 pc. serving set	85.00	35.50
4 pc. hostess set	98.00	39.95

Silverplate & Goldplate



Affection, Modern Baroque, Royal Grandeur

	Reg.	Sale
5 pc. silverplate	75.00	24.50
5 pc. goldplate	130.00	45.95

GORHAM & TOWLE STERLING SILVER SALE

Check our special low prices on 4 pc. place settings and those traditionally expensive open stock pieces! All sale priced. Limited time offer.

These Gorham and Towle patterns on sale for just **$77.50** per 4 pc. setting. For dinner size add $10 per setting.



These open stock pieces are on sale in the patterns above for one low price . . . Your Choice **$21.50** ea.

Place fork	Iced Tea spoon	Butter knife
Place knife	Place spoon	Seafood fork
Teaspoon	Cream Soup spoon	Olive/Pickle fork
Salad fork	Butter spreader	Cheese knife

No state sales tax when ordering outside the state of Texas. Texas residents add 6% sales tax. Shipping/Insurance/Handling charges–$1-$99 . . $5, $100-$199 . . $6, $200-$399 . . . $7, $400 and up . . . $8.

House of 1776

1314 Shiloh, Garland, Texas 75042

TOLL FREE 1-800-527-1776

TX Res. 1-800-328-1776

BEAUTIFUL HAIR

continued from page 125

proper effect only very fine strands of hair should be lightened.

Reading the box Let's start with an important reminder: Read the instructions before you proceed! This is the most crucial thing to keep in mind after selecting the right product.

You'd be surprised at how many women don't read the package instructions or choose not to follow them. They prefer instead to use their own applications or timings. That, of course, is when things go awry. Just do exactly what the manufacturer recommends, including a patch test (to determine whether or not you are allergic to the product) and a strand test (to see how the product will affect your particular hair).

Setting up for haircolor Lighting is the most important factor to consider when you're setting up for haircolor. I usually recommend either the kitchen or the bathroom, depending on the strength of the lighting.

The ideal lighting situation is a combination of natural and overhead lighting. (Beware of fluorescent lights—they alter the true color of your hair.)

In my salon, the color of the floor is such that it reflects lots of sunlight coming through big picture windows. Other than that, I have had special built-in overhead spotlights installed that illuminate the top of the hair when I look down to do color on my clients.

Another thing to remember when you are setting up for haircolor is to work as neatly and efficiently as possible. Make sure you have everything you will need on hand before you begin.

At-home techniques Whichever method you're using, you should always begin and end with the same sections of the head. Comb hair into four basic sections—the left back, the right back, the left side, and the right side—and separate each section with a clip. Start your haircolor application in the left back section, then do the right back. Move on to the left side and then the right side.

The following at-home techniques are my creative alternatives to the standard procedures, such as the bottle application technique, found on most products on the shelf.

Semipermanent color: application with brush

1. Part *damp*, clean hair into the four basic sections.
2. To prevent any dripping or staining of skin from color mixture, apply cold cream around the hairline and affix a strip of cotton to the cream.
3. Put on plastic gloves.
4. Mix formula according to manufacturer's directions.
5. To apply color, use the following method on all four sections of the head, starting with the back sections first: Using the tip of the applicator brush, take partings within each section; pull each small section straight out and away from the scalp and brush on the color mixture from root to end.
6. Now, with your fingers gently work the color throughout your hair as if you were shampooing. Then smooth your hair back away from the face.
7. Cover hair with plastic wrap, set your timer and sit under a hair dryer for about thirty minutes.
8. Rinse out thoroughly; condition and style as usual.

Permanent color: application with brush Following are steps for a basic application and the retouching necessary every several weeks. Hair should be *dry*.

1. Part and clip hair into the basic four sections indicated earlier.
2. To avoid dripping or staining of skin by color mixture, apply cold cream around hairline and affix cotton strip to it.
3. Put on gloves.
4. Mix formula according to manufacturer's instructions.
5. To apply color, use this method in all four basic sections of the head: With the tip of the applicator brush, take partings within each section (these should be a little less than ⅛ inch apart) and pull each small section straight out and away from the scalp, and brush on the color mixture starting about one half inch from the root area out to the ends.
6. After completing all four sections of the head, set timer and let color develop on loose hair about fifteen minutes.
7. When time is up, go back to all sections and apply the remaining color mixture—this time only to the root area. Repeating the same order of sections and partings, use your brush to color the half inch of hair at the roots. Note: You do the roots last because the color develops more quickly close to the scalp; your body heat actually speeds up the color process.
8. Your whole head now has color on it. Set timer and let the roots and the rest of the hair develop—unfastened—for another fifteen minutes.
9. When developing time is up, simply shampoo out mixture; condition and style hair as usual.

Basic retouch Retouching haircolor means coloring the new growth that is visible about four to eight weeks after the initial application. This easy procedure enables you to blend the new growth area with the ends and maintains the even look of color over the entire hair shaft.

1. Follow steps 1 to 4 of the initial procedure for permanent color. *(continued)*

AMAZING 30-DAY FREE OFFER!

(with credit approval)

Try this luxurious 20-piece Cannon® Bath Ensemble in your home... without paying a cent!

No obligation to buy — now or ever!

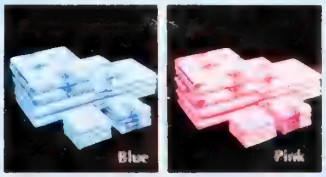
Try the complete Towel Set for 30 Days FREE!

Then, if you wish, keep all 20 pieces for just **$19.99** plus shipping and handling.

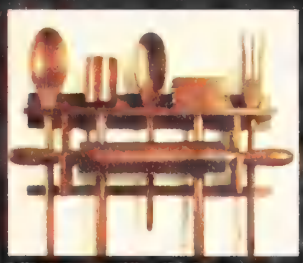
Here's what you get:

- 4 Bath Towels (22″ x 42″) (2 print, 2 solid)
- 4 Hand Towels (15″ x 26″) (2 print, 2 solid)
- 4 Guest Towels (11″ x 18″) (Solid)
- 8 Wash Cloths (12″ square) (4 print, 4 solid)

Choose your decorator color ...



Plus...you get 2 FREE GIFTS just for trying the Towel Set...



7-Piece Kitchen Utensil Set
This matched-design set includes 7 each really useful kitchen utensils and keeps them ready for use. Assorted Utensils made in Taiwan, Philippines or the People's Republic of China.

A Surprise Gift!
We can't tell you what it is — that would spoil the surprise! But we will tell you it's something for you or your home!

Send no money now!
It's true! We don't want your money now! We just want you to try these absorbent cloud-soft towels — in your choice of GOLD, PINK or BLUE — for a 30-DAY FREE Home Trial!

See how much you can save!
Then — if you want — you can keep the complete 20-piece set at an astoundingly low price that's only available direct-by-mail.

All are incredibly soft ... with a beautiful butterfly design!

TRADE MARK MADE IN U.S.A. CANNON®

FREE 30-DAY TRIAL NO-RISK COUPON

Fingerhut Corporation
P.O. Box 2500
St. Cloud, MN 56395

146530

Just one of the many fine products available from Fingerhut.
What a great deal! Please send me the 20-piece Butterfly Bath Ensemble in the color indicated. Price is $19.99 plus shipping and handling. I agree to pay the total cash price of $25.68 in 3 monthly installments of $8.56 each. Sales or use tax will be added to my purchase where applicable. I understand that I may return the Bath Ensemble at my expense and owe nothing if I am not completely satisfied after my 30-day Home Trial. The Free Gift merchandise is mine to keep in either case. (This order is subject to approval of my credit by Fingerhut.)

Color Choice: ☐(AA) **Gold** ☐(AB) **Blue** ☐(AC) **Pink**

Print Name _____

Address _____ **Apt.** _____

City _____ **State** _____ **Zip** _____

Area Code _____ **Home Phone** _____ **Date** _____

Please sign your name here _____

Send No Money Now — Mail Coupon Today!

VALUES DIRECT TO YOU FROM **fingerhut**®

5-070309-000

MADE IN U.S.A.

We reserve the right to substitute similar merchandise of equal or better quality. If substituted merchandise is not acceptable, you can return it postpaid during your free trial period without further obligation.

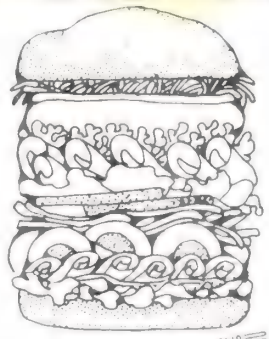
Hemorrhoid sufferers.

Use Medicated Cleansing Pads by the makers of Preparation H.®



They often provide soothing temporary relief from the burning itch and pain of inflamed hemorrhoidal tissues.

Use only as directed.



© 1985 Alleghany Pharmacal Corp.

BEAT THE "HUNGRIES"™ WITH HUNGREX®

Take a Hungrex for quick appetite control.

With the Hungrex Reducing Plan –
You crave less, eat less, lose weight fast.

Doctor used, doctor tested, proven for 33 years.

AVAILABLE AT FINE CHAIN and INDEPENDENT DRUG STORES

BEAUTIFUL HAIR
continued

2. Start out by brushing the color mixture on the root area, not on the rest of the hair.
3. Set timer and let the color develop at the roots for approximately twenty minutes, or for the period of time that the manufacturer suggests.
4. When the time is up, apply the remaining color mixture to the rest of your hair. Repeat the same order of sections and partings; use your brush to color the portion of the hair shaft that didn't get color applied earlier.
5. When hair in all sections has been completely covered, gently work the color through your hair with your fingers as if you were shampooing your hair. Arrange hair loosely. Set timer and allow color to develop on the whole head for another ten minutes.
6. When developing time is up, shampoo out color mixture; condition and style hair as usual.

Basic highlighting using cap

For beautiful highlights exactly where you want them, this method of application will give you excellent control. I recommend that you ask a friend to help you the first time because the technique involves pulling strands of hair through tiny holes in the cap. Hair should be dry during application.

There are a variety of highlighting kits on the market that use the cap method of application. I recommend Clairol's Frost 'n' Tip Kit.

1. Comb hair as you usually wear it.
2. Put on plastic highlighting cap.
3. With crochet-hook style aid enclosed in the kit, pull three or four strands of hair through cap holes in the areas you want to lighten.
4. Put on plastic gloves.
5. Mix lightening mixture in enclosed plastic bowl.
6. Brush mixture all over exposed hair. Set timer and leave mixture on hair for the length of time specified in the manufacturer's instructions.
7. With a damp cloth, rub off some color from a few strands of hair to check the lightening process.
8. If the hair has reached the desired shade, rinse off mixture from all strands while the cap is still on.
9. Gently remove the cap.
10. Hair is now ready for shampooing, conditioning and styling.

So there you have it—easy at-home techniques anyone can master. **End**

Louis Licari is color director at La Coupe, one of New York City's most prestigious hair salons. He is also special consultant to and spokesman for Clairol. Co-author Sharon Esche is a free-lance writer who specializes in beauty.

A Place in Medicine Awaits You!



Home Study programs prepare you to be in demand as a Medical Receptionist, Medical Transcriptionist or Computerized Medical Office Administration Pro! Get outstanding lesson material, faculty support and equipment — even an IBM Computer with CMOA course — from a fully accredited resident college. Financial & Job placement aid.

Call toll free 1-800-892-8880 or write Maric College Dept. C, 7202 Princess View Dr., San Diego, Ca. 92120 for free brochure.

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2½ x 3½
- 48 Pocket Photos 1¾ x 2½
- 1-8x10 Enlargement or
- 3-5x7 Photos

Send any photo or polaroid. 8x10 or smaller returned. Add 65¢ per selection for postage and handling, and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

Be seen by over 17 million women!

For mail order advertising information, call Sheryl Kraft at 212-719-3065.



Beauty and Comfort for Sensitive Ears

Whispers™ are safe *and* beautiful—*guaranteed!* Discomfort, itching, swelling & redness vanish, thanks to Roman Research, the world's leading maker of sterile ear-piercing systems!

- More than 450 Styles & Settings
- 24K (Pure) Gold on Surgical Steel
- Laboratory Tested & Approved
- Guaranteed Hypoallergenic

$9.98 EARRINGS FREE!

We're so confident you'll find Simply Whispers™ the most comfortable pierced earrings you've ever worn that we'll send you our 5mm gold ball earrings (a $9.98 retail value!) FREE just for ordering our full-color catalog!

RR™ **Roman Research Marketing**
Dept. 2227, 46 Accord Park Dr., Norwell, MA 02061

☐ Please send Catalog & FREE Gold Ball Earrings! I enclose $1.00 for postage & handling.

Name

Address

City/State/Zip Dept. 2227

ONEIDA®
Stainless Flatware
BONUS SPECIAL
Save up to 65%
PLUS
Your choice of 5th piece at BONUS PRICE

HEIRLOOM
- ☐ EASTON
- ☐ WILL 'O' WISP
- ☐ SHELLEY
- ☐ OMNI
- ☐ TOUJOURS
- ☐ DOVER
- ☐ VERMEER
- ☐ JUILLIARD
- ☐ CLASSIC SHELL
- ☐ MICHELANGELO
- ☐ AMERICAN COLONIAL ☐ Reg ☐ Pistol

*4 PC Place Setting $13.95

OPTIONAL 5th PIECE
- ☐ Iced Tea Spoon 3.00 each
- ☐ Soup Spoon 3.00 each
- ☐ Teaspoon 3.00 each
- ☐ 8 PC HOST/ SERV SET 48.90

COMMUNITY
- ☐ FANTASY
- ☐ VENETIA
- ☐ FROSTFIRE
- ☐ LOUISIANA
- ☐ MARQUETTE
- ☐ TENNYSON
- ☐ SATINIQUE
- ☐ PAUL REVERE ☐ Reg ☐ Pistol

*4 PC Place Setting $10.95

OPTIONAL 5th PIECE
- ☐ Iced Tea Spoon 2.00 each
- ☐ Soup Spoon 2.00 each
- ☐ Teaspoon 2.00 each
- ☐ 8 PC HOST/ SERV SET 35.70

LTD
- ☐ ACT I Mirror
- ☐ ACT II Satin
- ☐ DA VINCI
- ☐ SHERATON

*4 PC Place Setting $23.95

OPTIONAL 5th PIECE
- ☐ Iced Tea Spoon 5.00 each
- ☐ Soup Spoon 5.00 each
- ☐ Teaspoon 5.00 each
- ☐ 8 PC HOST/ SERV SET 76.90

DELUXE
- ☐ PROPOSAL
- ☐ CAPISTRANO
- ☐ POLONAISE
- ☐ CHATEAU
- ☐ MONTE CARLO
- ☐ MOZART
- ☐ INDEPENDENCE ☐ Reg ☐ Pistol

*4 PC Place Setting $9.95

OPTIONAL 5th PIECE
- ☐ Iced Tea Spoon 1.00 each
- ☐ Soup Spoon 1.00 each
- ☐ Teaspoon 1.00 each
- ☐ 8 PC HOST/ SERV SET 25.60

Money Back Guarantee
All Merchandise First Quality, with ONEIDA Lifetime Warranty

Name _____
Address _____
City _____ State _____
Zip _____ Tel. # _____
Shipping/Insurance Charges:
• $5 Minimum • $7 on Purchase of $100 or more
Please Check One: Sub Total of ITEM(S) _____
☐ Check ☐ Visa Colorado Res. add 3% Tax _____
☐ MasterCard Ship/Insurance _____
Acct # _____ Total _____
Exp. Date _____ Sig. _____
• Prices are subject to change without notice
• 4 PC Place Setting includes: Teaspoon, Dinner Knife, Dinner Fork and Salad Fork

Mail to:
Kaiser Crow, Inc.
[illegible] Sheridan Blvd.
Denver, CO 80214
or call:
1-800-468-2769 or 1-800-468-8578
1-303-595-4554 (Colorado Residents)

Kaiser Crow
Since 1947



"I'm wearing an EVA GABOR WIG... (bet you didn't know it)."

So Natural-looking, So Comfortable, So Convenient

Send Coupon for FREE Catalog

of Famous EVA GABOR Wigs. Every Style and Color. Available by Mail-order.



Send Free Catalog to:
Name _____
Address _____
City/State _____ Zip _____
Paula Young Dept. 512 [illegible] NH 03403



BE Size-Wise!

BIGGEST IMAGE! NO BORDERS!

BORDERLESS COLOR PHOTOS ONLY $2.95

FIVE CHOICES only $2.95 each
- 4-5" × 7"s & 4 WALLETS
- 2 CUSTOM 8" × 10"s
- 10-3½" × 5" PRINTS
- 20 WALLETS (2½" × 3½")
- 16 WALLETS & 1-5" × 7"

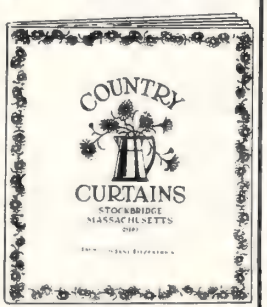
BEAUTIFUL COLOR COPIES on KODAK paper!

Send only photos up to 8" × [illegible] (RETURNED) include 75¢ each for handling and 1st class postage MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO 152-4 , BOX 159
STAMFORD, CT [illegible]

COUNTRY CURTAINS®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, lined and unlined Waverly curtains, charming pillows and dolls, wooden curtain rods . . . many wonderful items for your home. Free color catalog. Please call 413-243-1805 or write us. **Satisfaction guaranteed.**

☐ **PLEASE SEND FREE CATALOG**

Name _____
Address _____
City _____
State _____ Zip _____

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 8865 , Stockbridge, Mass. 01262



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.

LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT REFUND IF DEFECTIVE

$16.95—send check/M.O.
Cal. residents add 6% sales tax
- ☐ I enclose $16.95 in full payment.
- ☐ MasterCard/Visa #/Exp. date.
- ☐ COD requires $4.00 deposit. Pay balance plus COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. LJ-130
1935 Armacost Ave., W. Los Angeles, CA 90025
[illegible] GENERAL MEDICAL CO

Ladies' Home Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal. We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

Change of Address
Please remove my name from your rental list

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii. In Iowa call **800-532-1272**). Please have your magazine or bill handy.

FCP-4

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Mail to: **LHJ**, P.O. Box 9400, Bergenfield, N.J. 07621

MAY
Ladies' Home Journal

Women of the '80s

Don't miss LHJ's jam-packed, star-studded May issue—a salute to women in the '80s, including *you!*

The look of today
The fascinating women of the decade, captured in a 32-page photo bonus.

The way we live now
An eye-opening report on women's lifestyles, plus profiles of the women you admire most.

Can we stay forever young?
Startling good news from the frontiers of modern medicine.

It's about time!
A sure-fire solution to *the* problem of the '80s—never having enough time.

Plus: Fifteen-minute menus . . . the care-free home . . . Janet Dailey's latest block-buster . . . careers that offer flex-time *and* good pay.

All this and lots more.
On sale April 16.

Last Laughs

Out of the mouths of babes

"One day my youngest daughter asked if she could sleep over at a friend's house.

I replied, "No, dear, you're not ready to leave the nest yet." A few minutes later I heard her say into the phone, "I can't come over. My Mommy says I'm not ready to leave the mess yet!"

—Carol White, Jacksonville, FL

Our sons were four and five when we moved to Minnesota. We sent them off to Grandma's while the movers packed up our belongings and then set them up again in our new home.

When we were all moved in we picked up the boys. The youngest raced through the house and returned quickly to report to his older brother. "Bruce, these people have the same furniture as we do!"

—Virginia McKay, White Bear Lake, MN"

Seven bags of groceries

Why is it that after
I've been to the store,
Shopping for food
For our family of four,
My children will look
In the fridge and bleat,
"Hey Mom, have you noticed—
There's nothing to eat?"

—Susan Taylor Gerdes

How often have you heard your doctor say this?

You've probably wondered why it's so difficult to become a doctor. That's because it takes years of medical training to get these reassurances down pat. You know you're in good hands when he says:

1. I've done this a million times.
2. This won't hurt a bit.
3. Here's a little bee sting.
4. The worst is over now.
5. We're almost done.
6. Now, that wasn't so bad, was it?

If you're lucky enough to have a medical student present, you may overhear a number of technical comments during the procedure, including:

1. Thanks for letting me try it. This is great. I feel like a real doctor.
2. Where is all this blood coming from?
3. Oh, my gosh, have you ever seen anything like this before?
4. I'm really trying, but I can't get it out. Should we call the surgeon?
5. Oops!

From THAT'S INCURABLE! by George Thomas, M.D., and Lee Schreiner, M.D. © George Thomas and Lee Schreiner, 1984. Used by arrangement with Viking Penguin Inc.

We'll pay $25 for accepted anecdotes or poems. Address contributions to Last Laughs, LHJ, 3 Park Ave., New York, NY 10016. Contributions cannot be acknowledged or returned.



"Oh, for heaven's sake, put them all in one basket!"


Marlboro Lights
The spirit of Marlboro
in a low tar cigarette.
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
Also available in Flip-Top box.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Kings & 100's: 11 mg "tar," 0.7 mg nicotine—Kings Box: 10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Mar.'84—100's Box: 11 mg "tar," 0.7 mg nicotine av per cigarette by FTC method


Duncan Hines makes lite this luscious!
Duncan Hines Angel Food Cake.
Heavenly taste
—only 140 calories.*
Mouth-watering, luscious, light as a cloud. Sweet temptation. And you can give right in, because it's only 140 calories a slice. Duncan Hines Angel Food Cake. Our moist, delicious way to bake your best.
* When prepared in accordance with basic package instructions.
Duncan Hines
DELUXE
Angel Food

SPECIAL ISS

3 9042 01542611 4

May
1985
lies'
ome

Journal

WOMEN IN THE '80s

HE BEST
F TODAY!

-MINUTE
NNERS

OW TO LOOK
ND FEEL
VE YEARS
OUNGER

PAGE
MESAVING
UIDE

ONDA ON
TNESS

HOUSE THAT
AKES CARE
F ITSELF

ODAY'S
OST "IN"
ECIPES

UPER NEW
OMANCE
Y JANET
AILEY



How she dazzles



Middle-aged marvel



Special interview



Superstar mom

32-page photo bonus

Newsmaking pictures of all your favorites

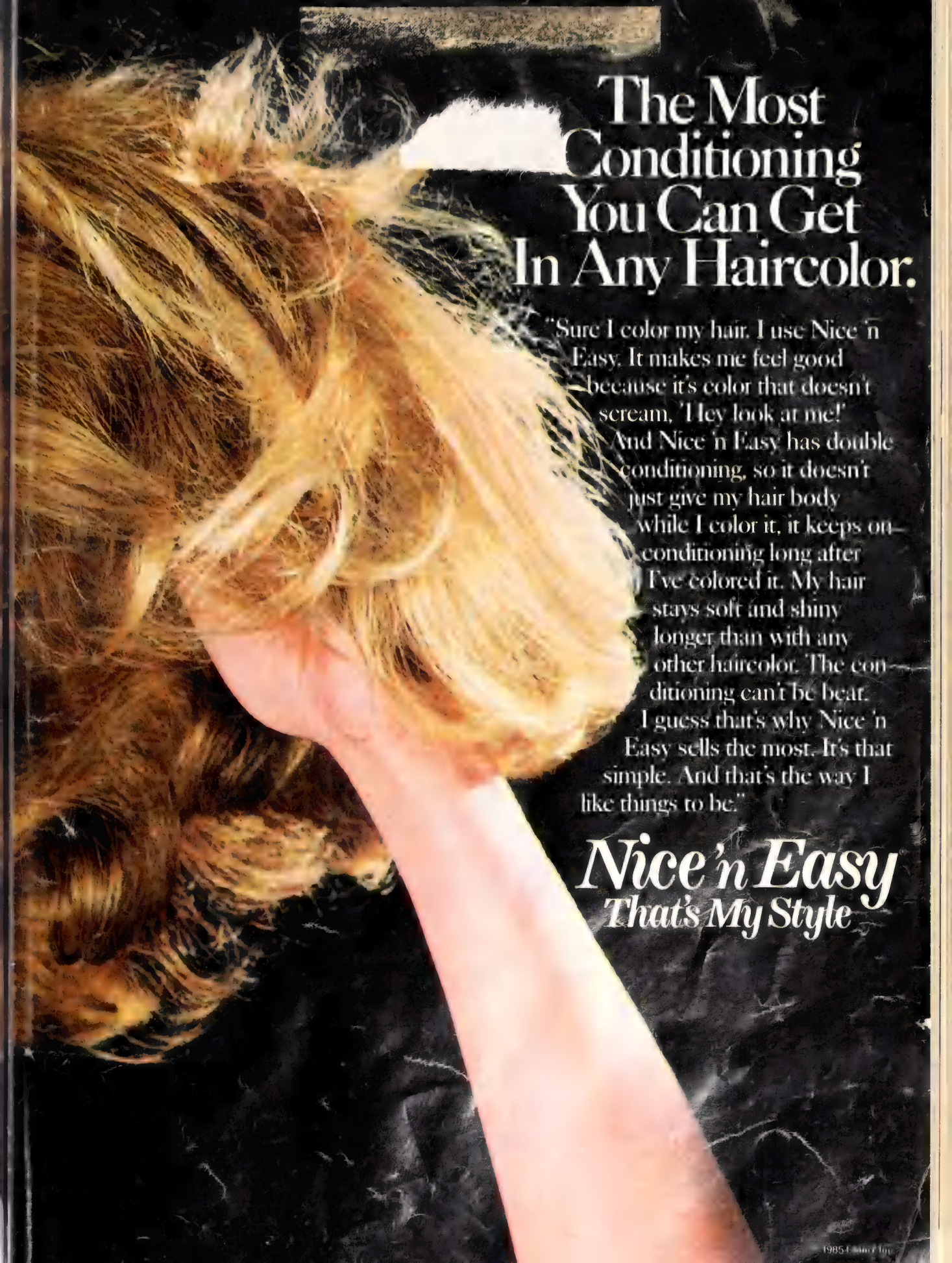
In this issue

LIZ TAYLOR
CAROL BURNETT
JACKIE ONASSIS
MARLO THOMAS
ERMA BOMBECK
SHIRLEY MACLAINE
GERALDINE FERRARO

Plus
woman-to-woman advice from
DR. SONYA FRIEDMAN
DR. BARBARA EDELSTEIN
DR. PEPPER SCHWARTZ

PUBLINUAME
LIBRARY


Clairol®
Nice'n Easy®
the shampoo-in hair color
105 natural deep golden brand
Clairol
Nice'n Easy


The Most Conditioning You Can Get In Any Haircolor.
"Sure I color my hair. I use Nice 'n Easy. It makes me feel good because it's color that doesn't scream, 'Hey look at me!' And Nice 'n Easy has double conditioning, so it doesn't just give my hair body while I color it, it keeps on conditioning long after I've colored it. My hair stays soft and shiny longer than with any other haircolor. The conditioning can't be beat. I guess that's why Nice 'n Easy sells the most. It's that simple. And that's the way I like things to be."
Nice 'n Easy
That's My Style



MERIT
ULTRA LIGHTS

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 4 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Mar.'84.

© Philip Morris Inc. 1985





A world of flavor in an ultra light.

LADIES' HOME Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin **Sondra Forsyth Enos**
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, senior editor
Beth Weinhouse, senior editor
Roberta Anne Grant, senior editor
ANNE VACCARO

BOOKS AND FICTION
Mary Lou Mullen, editor
SOFIA MARCHANT

COPY DIRECTOR
Randi Blaun

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S. JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL copy editor
ROSEMARIE SMITH copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
ELLEN R. GEISELMAN
DEBRA F. LEWIS
JAMES M. FRANCO photo researcher

ART PRODUCTION
Frank Della Femina, coordinator

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN Ph.D.
CLIFF JAHR ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

A LETTER FROM THE EDITOR

Dear Reader:

Since we are already halfway through the decade of the '80s, this seemed the right time to take a close look at the way women are thinking, feeling and living right now.

Throughout our over one-hundred-and-one-year history, *Ladies' Home Journal* has always been the most contemporary of women's magazines. This special WOMEN IN THE '80s issue is especially, appropriately and excitingly up-to-date.

In this issue you will find the best current advice about health, money, careers and relationships. You'll find, as well, today's most-sought-after recipes and trend setting reports on beauty, fashion and home decorating. There are interviews with the women you admire most, plus a first for the magazine, a thirty-two-page photojournalism bonus, called THE LOOK OF TODA

In truth, every feature in this issue could only b published right now because it so directly reflects th interests and needs of contemporary women.

THE WAY WE LIVE NOW

We hope *Ladies' Home Journ* "Women in the '80s" issue, by showing you where you are today, will help you focus on your goals, your dreams and your bright tomorrows.

Myrna Blyth

Editor-in-Chie

© 1985 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" ™ a trademark of Family Media, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered ® U.S. Patent Office and foreign countries.

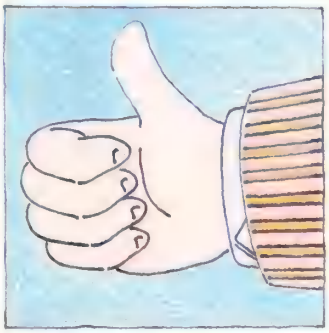
Ladies' Home Journal ® (ISSN 0023 7124) May 1985, Vol. CII, No. 5. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices U.S. and Possessions, 1 yr. $20.00; 2 yrs. $32.00; all other countries, 1 yr. $26.00; 2 yrs. $44.00. Second Class postage paid at Los Angeles, CA., and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash.
POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.

Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

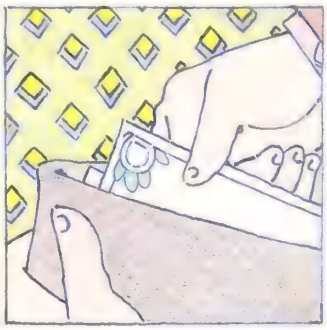
Gregory W. Dunn, VP/Advertising Director
James C. Whitelaw, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Giella, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Laufer, Promotion Director
Ron Valerio, VP/Associate Publisher, Family Media
Jeremy Groyzel, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clappi, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

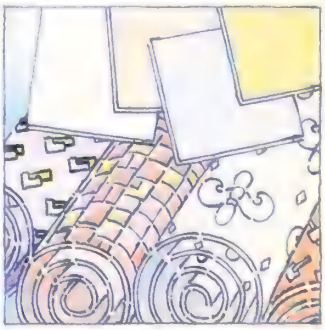
6 reasons why an Armstrong floor is the perfect choice for the do-it-yourselfer.



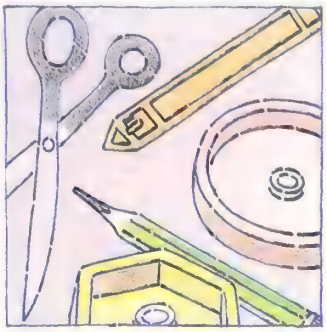
1 Armstrong Quality
Armstrong means quality. It's the most trusted name in flooring and the first choice of the flooring pros. Why settle for less when you do it yourself?



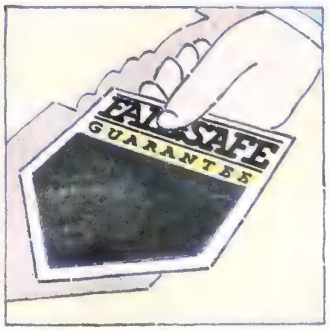
2 Affordability
Even our best do-it-yourself floors are surprisingly affordable. And, of course, installing them yourself can save as much as $4 per square yard compared to professional installation.



3 Selection
There are more than 270 colors and designs in no-wax floors. Just about any combination of features you could want is available in adhesive-backed tile or seamless sheet flooring.



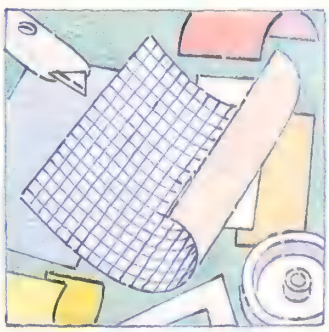
4 Easy Installation
Tile has always been easy. Now we've made seamless sheet floors just as easy with the Armstrong Trim and Fit™ installation kit. It's everything you need to do it right the first time.



5 The Armstrong Fail-Safe™ Guarantee
It's simple. Install your new Armstrong floor with our Trim and Fit kit, and if you goof when you cut or fit, we'll replace the flooring free. See your participating retailers for details.

---

6 Free Project Planning Pack
It's packed with goodies to help you get your project from start to finish: a "Rainbow of Color" guide to today's hot colors, floor plan designer and product estimator, and colorful literature on Armstrong do-it-yourself floors.



To Order Your Project Planning Pack
Call our toll-free consumer line,
1 800 233-3823, and ask for Dept. 55GLH.
Or send this coupon to Armstrong,
Dept. 55GLH, P.O. Box 3001, Lancaster, PA 17604.

Name _____

Street _____

City _____ State _____ Zip _____

Armstrong
so nice to come home to™



Outgro will relieve her ingrown toenail pain in minutes.



A painful ingrown toenail doesn't have to keep anyone in your family off their feet. Outgro® has a local anesthetic to temporarily relieve ingrown toenail pain fast. And Outgro reduces swelling without affecting the shape, growth or position of the nail. At the first sign of ingrown toenail pain, get Outgro. It relieves pain in minutes.

Use only as directed.



© Whitehall Laboratories 1982

LADIES' HOME

Journal

VOL. CII NO. 5 MAY 1985

WOMEN IN THE '80s



136 LEADING LADIES

Meryl Streep by Jack Kroll; Princess Diana by Anthony Holden; Geraldine Ferraro by Arthur Schlesinger, Jr.; and more.

From athlete to astronaut, princess to politician—six models of excellence.

Photos: Geraldine Ferraro by Tannenbaum; Mary Lou Retton by Jerry Wachi; Princess Diana by Tim Graham; Anna Fisher by Robert Cerri; Nancy Reagan by Diego Goldberg; Meryl Streep by Eva Sereny

Articles

4 EDITOR'S JOURNAL

10 CAN THIS MARRIAGE BE SAVED?
"I wanted to quit to have a baby"
By Jane Marks

28 HOW TO LOOK, FEEL, BE YOUNGER
By Barbara Edelstein, M.D.
A leading physician's health bill of rights for women.

34 THE WAY WE WERE; THE WAY WE ARE NOW
By Daphne Spain, Ph.D.
A fascinating statistical portrait of American women.

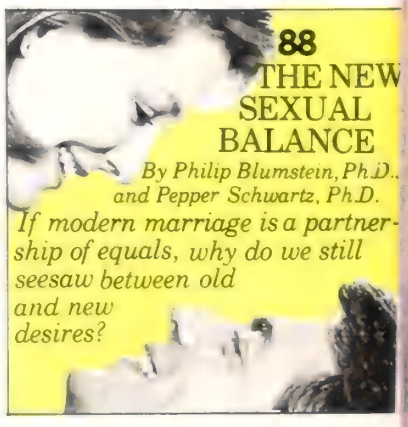
47 THE LOOK OF TODAY
A bonus photo album: In the very visual eighties, our images can best define us.

80 CAREERS OF THE EIGHTIES
By Anita Gates
How to make your work work for you.

86 PSYCHOLOGIST'S JOURNAL
By Sonya Friedman, Ph.D.
An expert opinion on how to juggle the choices of the eighties.

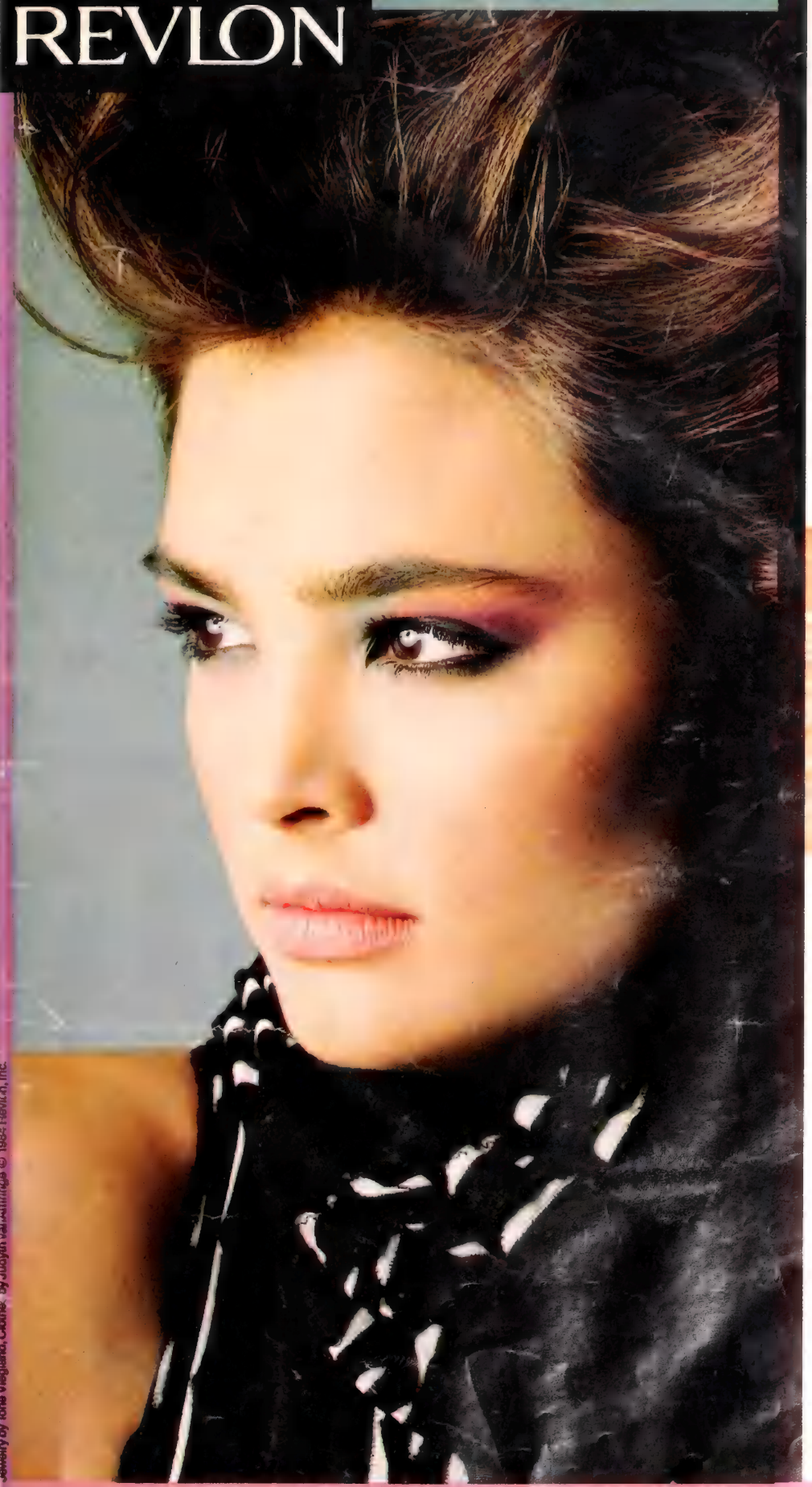
92 THE SUPER-WRITERS
By Carol Eisen Rinzler
Who hasn't dreamed of being a super-successful novelist? Here's what life's like for three of your favorites: Jackie Collins, Janet Dailey and Judy Blume.

118 THE $2,000 INVESTMENT
By Katherine Barrett and Richard Greene
Top women money managers show you how to make your money grow.



88 THE NEW SEXUAL BALANCE
By Philip Blumstein, Ph.D., and Pepper Schwartz, Ph.D.
If modern marriage is a partnership of equals, why do we still seesaw between old and new desires?

REVLON



Jewelry by Ilona Wiegand, Okaline. Hair by Judyth van Arsdale. © 1984 Revlon, Inc.



Skin Balancing Makeup, for 7 out of 10 women,

was formulated to help solve the problem of partly dry, partly oily skin. Skin Balancing eliminates the dry/oily split personality. Puts skin into perfect balance. And leaves it looking great.

Revlon. The difference between looking good and looking great.



This Mousse is a must for permed hair!

The fabulous styling foam is specially formulated for permed hair. Gives your perm soft hold with a natural touch. And just the right balance of conditioning and control, whether your perm is 3 days or 3 months old! For instant style support, great versatility, and beautiful lustre.

TREAT YOUR PERM TO PERM LIFE STYLING MOUSSE!

SAVE 50¢
ON A NEW REVLON PERM LIFE STYLING MOUSSE



TO RETAILER: This coupon will be redeemed for 50¢ plus 8¢ handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be returned and will be void if presented through outside agencies, brokers, institutions, jobbers, retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so may at our option void all coupons presented for redemption. Coupons void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in U.S.A. Any unauthorized use constitutes fraud. Mail payment must coupons to: Revlon/Realistic Professional Products dpt. 778, Box 1000, Clinton, Iowa 52734. Offer limited to one coupon per package purchased. MANUFACTURER'S COUPON EXPIRES 5/31/86

30997 107559

50¢ 50¢



148 SUPER CHEFS
By Sue B. Huffman
Four women show that they can take the heat in America's professional kitchens.

Photos, left to right: Lydie Shire, Sally Darr and Jackie Etcheber by J. Barry O'Rourke; Cindy Pawlcyn by Alan Ross.

127 THE WAY WE LIVE NOW
By Joyce Egginton
Today's woman has a full and rewarding lifestyle, but as these four stories show, having it all means doing it all.

175 TIME-STUDY GUIDE
By Margaret Baxter and Roberta Grant
A special section on managing your time so you can get the most out of life.

214 LAST LAUGHS
Quips and quotes eighties style.

Poetry

103 EVERY MORNING
A poem by award-winner Alice Walker.

Fiction

104 THE GLORY GAME
By Janet Dailey
A passionate story of love and betrayal, from the best-selling author's newest novel.

At home

144 THE HOUSE THAT TAKES CARE OF ITSELF
By Marilyn Diane Glass
Want a lot of style but little maintenance? These beautiful rooms are filled with ideas for easy living.

Food

110 FOOD IN THE EIGHTIES
By Bert Greene
A look at conspicuous consumption today.

134 15-MINUTE DINNERS
Eleven make-at-home menus prove speedy can still be special.

160 RECIPE INDEX

Good looks

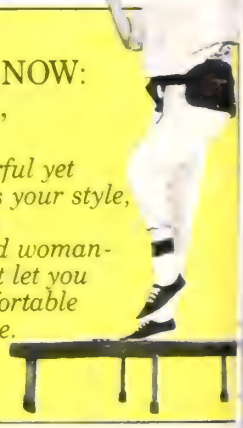
18 BEAUTY JOURNAL
A postpregnancy shape-up; colorful makeup trends; and more.

130 BEAUTY NOW
By Lois Joy Johnson
Revolutionary cosmetics, fitness tips by Fonda, to help you achieve today's ageless good looks.

Photographs on the cover: Princess Diana by Tim Graham/Sygma; Linda Evans by Mario Casilli; Nancy Reagan by Michael Evans/Sygma; Meryl Streep by Jack Mitchell/Outline.



140 FASHION NOW: AT WORK, AT PLAY
Casual, colorful yet classy—that's your style, thanks to the soft knits and woman-tailoring that let you be your comfortable self anywhere.



Speed Stick® protection made just for us!



NEW! INTRODUCING POWDER FRESH

lady speed stick™

ANTI-PERSPIRANT

Protects you like a man, treats you like a woman.

by MENNEN

© 1984 THE MENNEN CO.

By Jane Marks

"I wanted to quit to have a baby"

Wendy wanted to be a full-time mom, but Michael said they needed her paycheck. What happens to a marriage when traditional values are turned inside out?

This case is based on information from the files of Siloam Cooperative, a nonprofit counseling center in White Plains, New York. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was Tina Jablonowski, R.N., M.A.

Wendy's turn

"Why is Michael so angry with me for wanting a baby?" asks Wendy, twenty-nine, a petite green-eyed woman with shining red hair and a mass of freckles. "We've just bought a house—which makes this the perfect time for me to get pregnant. But Michael insists I keep working for several years so we can afford to fix up the place. What's worse, suddenly he's telling me that without the stimulation of my job, I'll turn into a first-rate bore. Who is he to say? Just because I used to love my work doesn't mean I'm not allowed to change. Right now, I think it would be heaven to be rocking a little-baby in my arms. My work—my all consuming career—is simply not where my heart is anymore.

"I have to admit that when we met four years ago I didn't even want a relationship, much less marriage and motherhood. I was a real workaholic—I had just received my MBA, and I was thrilled with my plum job in a large management-consulting firm. I was lucky: Living at my parents' home in the suburbs, I didn't have to bother with cooking or cleaning house. I could concentrate on getting ahead.

"My father was proud of me, but mother, who had more traditional ideas, fretted over my social life. I know she wished I were more like my older sister, Anne, who had quit college and already had a husband and two children.

"Just before Christmas, my mother handed me an invitation to a party sponsored by the junior committee of the New York Philharmonic Orchestra. I went a bit reluctantly, and that turned out to be the night I met Michael.

"He was tall and very handsome, with blond hair and blue eyes. We talked for hours, and I learned he was a psychiatric social worker at a state hospital. He was also writing a textbook, playing cello in an amateur orchestra *and* studying karate. Quite a schedule.

"I was fascinated by this guy who was involved in so many varied activities. Since I had had a couple of drinks, I was feeling very flirtatious. I took a cocktail napkin, wrote my phone number on it and handed it to Michael.

"I was sure he wouldn't call, but he did—a week later! We went to a French restaurant in the city and talked until the place closed at two in the morning. When Michael kissed me goodnight at my train—the last one back that night—I warned him that because of my work schedule, I wouldn't have time for a relationship. 'I respect that,' he said, and assured me that 'now and then' was fine with him, too.

"Needless to say, we ended up spending almost every weekend together, and by July we were deeply in love. Michael, however, was beginning to seem bored and bogged down with the tedium of his hospital job. So I encouraged him to write a new résumé and look for a more rewarding spot. Before long, he joined a group of other therapists in private practice. He was earning more, feeling good about his accomplishments and actually had more free time to work on the book.

"Much to my surprise, I soon found myself wanting to make our relationship permanent. 'Hey, wouldn't it make more sense for us to be married?' I said to him one night. Michael also thought it was a fabulous idea. We were married six weeks later in a small ceremony at my parents' home—and I moved into his one-bedroom apartment in the city.

"I loved being married, but I admit it was more of an adjustment than I had anticipated. For some reason I began to feel that, now that I was a wife, I should be making wonderful dinners for my husband. But I barely had enough time to order pizza! I started to wonder if I was letting Michael down.

"Yet he was cheerful and usually too absorbed in writing his book to notice the clutter and the absence of gracious living. Sometimes we had to grab a sandwich and eat on the bed because every chair was piled high with his research papers. I knew it was time to look for a larger place, and Michael said that once his book was completed we would have time to look. Just the idea of it perked me up. I was starting to feel listless and burned out at work. If I mentioned my unhappiness to Michael, he'd say, 'Oh, Wendy, you get yourself so wrought up! Let me help you unwind.' And he'd give me a back rub and I'd calm down a bit—until the next day when the crunch would start all over again. The stress was mounting.

"By summer, Michael's book was finished and accepted by a publisher, and we began house-hunting. We spent many weekends looking, often having dinner afterward with my sister and her family. Michael really enjoyed being with Anne's children—making up little songs and reading to them for hours. He was so relaxed with the kids, I (continued

NEW

STRIDE

$1 LESS A CARTON.* ALWAYS.



Stride is the first new name-brand cigarette to promise what no other brand can. Rich taste and the highest quality tobaccos at a price that will always be less. 10¢ less a pack.* $1 less a carton.* New Stride is available in Filter Kings and 100's, and Menthol 100's. Look for new Stride in its own special display. You will never pay full price for a name-brand cigarette again.



WHERE TASTE RUNS RICH

*Mfg. suggested retail price is $1.00 less a carton than full-priced brands.

© 1985 Liggett Group Inc.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 14 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC Method.
100's: 14 mg. "tar", 1.2 mg. nicotine av. per cigarette by FTC Method.



CAN THIS MARRIAGE

continued

could tell he'd make a wonderful father.

"After several months we found a Dutch Colonial house with apple trees in the backyard. It was old and a bit run-down, but we both fell in love with it. The day our mortgage application was approved, Michael picked me up at work, and we went out to celebrate. 'Our first house!' he said exultantly, raising his glass of champagne.

"I felt terrific, too. I'd worked very hard for eight years, and I desperately wanted to change the pattern of my life. I dreamed about fixing up our home, of painting clouds on the nursery ceiling, planting a garden, baking bread.

"I don't remember exactly what happened, but in the middle of our celebration, I must have said something about having a baby because Michael just stared and said quite angrily, 'Whoa! Who said anything about a kid?'

"I was stunned. I had assumed that house meant baby . . . but Michael obviously had very different ideas. That's what hurt so much, I guess. We had always been so attuned to each other's dreams and desires, and now, suddenly, we were miles apart.

"I became very upset. Michael had *never* told me he didn't want children! In fact, he always said he enjoyed being with kids. I was devastated. We started arguing—something we rarely do—and it got pretty nasty. Finally, I couldn't bear to sit in that restaurant another minute, so I grabbed my bag and ran out. I walked a few blocks and finally ducked into a movie theater to take my mind off what was happening. When the movie was over I walked home, but Michael wasn't there. Convinced that he had left for good, I started to cry, but a moment later the phone rang. It was Michael. He had gone to my office to look for me, and when he saw I hadn't been there, he tried calling home. We were so sorry for what we'd said, we both started crying and begged each other's forgiveness.

"But our life has been pretty terrible ever since. This baby issue has colored everything—Michael and I are bickering constantly, and I'm afraid the crisis is going to flare up again. It seems like Michael will be miserable if we have a baby, and I'll be miserable if we don't. Doesn't that sound pretty hopeless?"

Michael's turn

"I can't stand all this fighting, either," said Michael, a tall blond man of thirty-one, "but I'll be damned if I can see a solution. We can't seem to get beyond the baby issue.

"Wendy has always been so high-powered. If she wants something, she wants it *now*! She doesn't care if I'm ready or not. She's always been the one to make the move. The night we met, I liked her, but she was so perfectly groomed, so chic, I was intimidated and probably wouldn't have called if she hadn't given me her number.

"We didn't plan to get involved, but right away, we found it impossible to stay apart. I was very busy writing a book when I wasn't working at the hospital. And my music and karate took up much of my spare time. But Wendy is so tenacious; she kept the relationship going. She even got me out of the rut I was in, working for the state hospital, where paperwork was more important than healing.

"My dad had been a civil servant, working for the state government, and I suppose I grew up thinking it was important to have that nine-to-five job security, even though it was a boring life. So after I received my certification I took the first position offered. The work was pretty unfulfilling—but to be honest, until I met Wendy, I just didn't care. I was immediately attracted to this woman who was so very different from my own mother. Mom always complied with my father's wishes, seemed depressed much of the time and never really initiated *anything* on her own.

"Typically, Wendy was the one who suggested we get married. And even though our schedules were crazy, married life was super! But after a while Wendy started to get more and more anxious about everything. She would complain about the mess in the apartment, and say that if she wasn't working, she'd really be able to fix it up nicely. I kept telling her to relax and reminded her how miserable my mother had been, moping around in an apron and slippers because my dad wouldn't let her get a job. But nothing I said really seemed to make much of a dent.

"Now that we're homeowners, it's even more important for Wendy to keep working. When you take out a thirty-year mortgage, you don't just decide to throw away sixty-five percent of the family income! I've never owned a house—and suddenly she's telling me I have to support a house and a wife and a kid so she can refinish furniture, plant vegetables and feel fulfilled? I just don't get it.

"Besides, I know Wendy and I know that she needs to work. She's very goal-oriented and energetic. If she quits to lead the life she *thinks* she wants, she'll be bored in a week. Then she'll complain that she's trapped in the house with a new baby, and we'll wind up fighting even more than we're doing right now.

"Wendy is being unrealistic and, as far as I am

(continued on page 1

What Has This Toothpaste Got Against Plaque?



Plaque is the number one cause of adult oral health problems. And like it or not, plaque is attacking your teeth right now.

Check·Up® Toothpaste has an ingredient that works against plaque. It's called Microsil,™ a special form of hydrated silica, clinically proven to remove plaque safely and effectively everywhere you brush.

Try Check·Up paste or gel in the convenient pump dispenser or the new flip-top tube. It's got a lot against plaque. And that's good news for you.

Check·Up® The Plaque Attacker

STYLE IT!



A COOL ALTERNATIVE

A straighter approach that can be as forward looking as you like. Just eliminate the hot roller step from "HOT LOOKS THAT LAST."

SHORT CUTS

(When you're short on top and even shorter on time.)

STEP ONE

Shampoo.
Towel it dry.
Spray with Final Net.
Then finger it through.

STEP TWO

Drop head forward.
Hang hair down.
Blow dry.
Finger combing as you do.

STEP THREE

Brush sides back and up.
Direct the spray.
For sides that stay.
(A slightly damp brush adds sleek for nighttime chic.)

STEP FOUR

Finger comb the top straight up.
Hold and spray.
Don't let go 'til dry.
(For an even spikier look—spray fingers and twist the ends.)

STEP FIVE

Curl back under with brush.
Spray.

STEP SIX

Step out.
(15 minutes from start to Final Net finish—short on time, long on style.)





A LITTLE FINAL NE

HOLD IT!

HOT LOOKS THAT LAST
(Hot blow it.
Hot roll it.
Hot curl it.
For hot looks all day.)

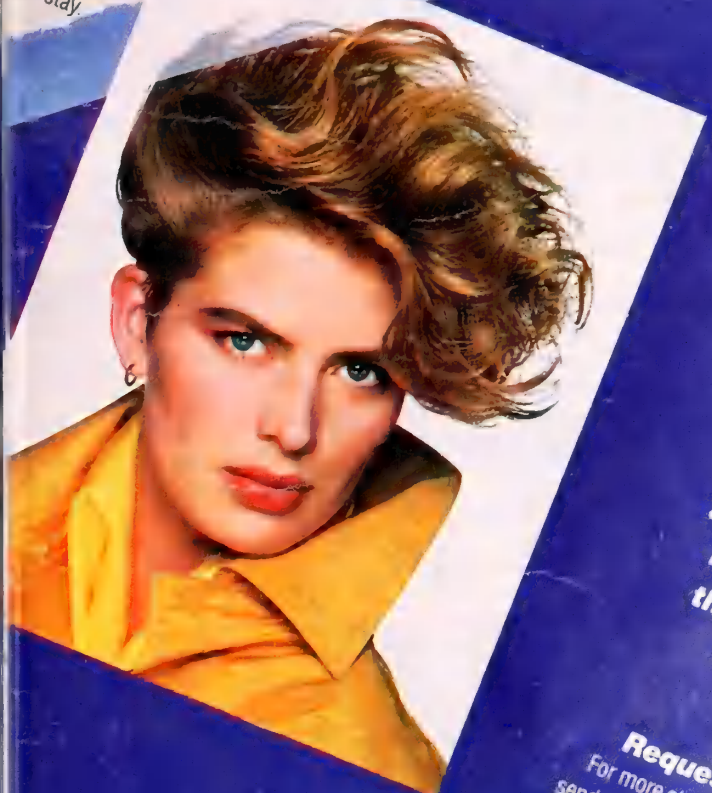
STEP ONE
Build in body. (Use Steps One and Two from "Short Cuts.")

STEP TWO
Set with hot rollers.

STEP THREE
Take out rollers.
Back comb (tease) lightly all through.

STEP FOUR
Spray with Final Net.
Draw fingers through.
Working hair into shape.
(Finger combing pulls out curl to avoid "set" look.)

STEP FIVE
sh up side.
v to stay.



sst. It sleeks.
Pssst. It sculpts.
Pssst. It shapes.
Final Net Pump.
It controls like a gel.
It styles like a mousse.
And it gives you Final Net hold.
Create any look you want.
The pump lets you direct it control it and hold it for a look that lasts all day.

Request it: *
For more styling tips, send for free booklet—
Final Net Styling Tips
P.O. Box 14207
Baltimore, MD 21266

Concentrated for longer lasting hold

CLAIROL final net

*Offer good until 12/31/85 or while supplies last. Limit one request per household

OES A LONG, LONG WAY.

Maxi-Absorbent Protection in every MAXITHINS™ *Product*



Equal amounts of blue test solution were poured on pads that were cut open. The pads were then blotted. The surface of the MAXITHINS stayed drier.

Because only MAXITHINS has the Maxi-absorbent center

The blotter test proves that MAXITHINS Maxi-absorbent center locks in fluids better than the materials in ordinary pads and panty shields.



Also available in deodorant.

Each MAXITHINS product is folded and wrapped to be fresh and clean.

Maxi-absorbent protection, from the MAXITHINS family

pads & panty shields

© TAMBRANDS INC., 1984

continued from page 12

ncerned, stubborn. Is she going to see ings sensibly—or is she going to ackmail me by being miserable until give in? It seems like whatever hap- ns, one of us has to lose."

The counselor's turn

Wendy and Michael were facing a ainful clash of expectations typical of any couples we've seen in the past w years," said the counselor. "As old ssumptions about a wife's role bump p against new choices, these couples e finding that they have to reexamine me deep-seated values as well as re- ink decisions they made at an earlier oint in their marriage.

"Interestingly, this problem—which not uncommon today—was rarely en before this generation. For years, en like Michael's father were ashamed let their wives work; now many men, ke Michael, not only expect but de- nd on a wife's paycheck to help main- in their standard of living.

"While at first an immediate compro- ise—for instance, keeping the status uo for two or three years and then aving a baby—might have seemed to ake sense, both Wendy and Michael ook their heads when I proposed it. Wendy's wish to trade her career for a aby—and Michael's frank refusal to t her—were bound together with any other feelings that needed to be rted out. Besides, when they came for unseling they were involved in a ower struggle: Each purported to have e only grown-up point of view.

"Wendy saw only two alternatives: ither be an aggressive, ambitious ca- erist like her father, or a happy home- aker, as she perceived her mother and ister to be. When she found herself urning out at work, Wendy felt she ad to shift directly from her father's tyle to her mother's without consider- ng the middle ground.

"On the other hand, Michael feared hat if Wendy stopped working, she ould automatically become idle and lum, like his nonworking, deeply frus- rated mother. He was afraid, too, of ecoming saddled, like his father, with he full burden of the family finances.

"Wendy and Michael had also been uilty of what I call partner deafness. hough both thought they were listen- ng to their spouse, in fact they were earing only what they wanted to hear. irst, I had them practice a three-step stening exercise, in which one part- er listens to the other for two minutes ithout interrupting and without tun- ng out. Then the listener repeats what e or she thinks has been said and the peaker can say, 'Yes, that's what I said' or 'No, it's a little different, what I really meant to tell you was . . .'

"This simple technique worked beautifully for Michael and Wendy. As Wend calmly described her unhappiness at wor Michael realized that all along he tried to fix her problems with s words and backrubs, and had been i ing her real wish to leave her firm find another job. At the same time, W realized that though Michael had spo disparagingly of having a baby, wrongly assumed that he meant 'ne when in fact he meant 'not just yet.'

"I also asked Wendy to talk with sister to see if Anne's day-to-day was as idyllic as Wendy imagin Much to her surprise, she discove that Anne had her share of pressu and problems; in fact, Anne actua had many agonizing afternoons of e vying Wendy's financial independenc and freedom. When I suggested tha perhaps Wendy didn't have to give u work to find happiness, she began to take a hard look at her skills and inter- ests. She discovered that she really did love her work, but perhaps her current job in such a high-powered firm was preventing her from experiencing any real and lasting satisfaction.

"During one session, Wendy sheep- ishly admitted that some of her urgen- cy to have a baby might have been an attempt to find an instant career change, and that perhaps she also would prefer to wait a year or so before plunging full-time into motherhood.

"I also suggested to Wendy that along with a new job, she needed to adopt a calmer approach to her work. At the same time, instead of putting her life on hold until she and Michael both felt ready to have a child, I urged her to find new ways to feel fulfilled. With Michael's encouragement, Wendy volunteered to spend two evenings a week playing with and reading to youngsters at a nearby shelter for vic- tims of child abuse, work that has given her a great deal of joy.

"Just last week, Wendy accepted a consulting job with a small new firm She's extremely happy with the dec sion she's made, and to celebrat Michael gave her a Siamese kitte with a card promising 'another bundle of joy when we're both ready.'

"Wendy and Michael came only for short-term therapy—ten sessions. To- day, they are happily renovating their house, and though Wendy is still a very busy woman, she's learned to trade in the old I-must-be-Superwoman ten- sions for the fun and closeness of spend- ing a whole Sunday morning in be with Michael reading the paper and *really* talking. When they do have a baby, I'm certain they will be wonder- ful, loving parents." **End**

e our eyewear
tuned watch.



Watch courtesy of Laykin et Cie, San Francisco

s in an eyeglass frame
ip our forebears in France
eyewear. The Logo
xecuted. So light, many
ey absorb impact and
d dramatically at two very
oving the way you look.

ear.

ore information.


Sophia is desire.
Sophia is mystery.
Sophia is fantasy.
SOPHIA
SOPHIA
BY COTY
Wear it with a passion.


DAZZLING COLOR THAT LASTS
WITHOUT FEATHERING?
COTY SAYS YES
COTY '24'
Luminescent Lipstick
Soft shimmery color
stays put for hours!
Won't 'feather' because
Coty's exclusive lip-lining
formula actually helps
hold color inside lip line.
Moisturizes too. Color
dazzles on and on and on.
Now that's extraordinary.
COTY 24
COTY
EXTRAORDINARY ANSWERS. COTY
© 1984 Coty, N.Y. Available in Canada. Model wearing Lilac Luminescent Lipstick. Ensemble by George Rech.



2 THE RELAXERS

These three exercises will strengthen shoulder, upper-back and neck muscles and relieve tension in those areas.

A. Stand straight, hands at your sides, with feet spread apart shoulder width. Lift shoulders toward ears and then release them downward, stretching neck up and pushing shoulders down. Do one set of ten. Rest and repeat.

B. Standing as above, raise arms straight out from sides, palms facing down. Hunch shoulders and then release them downward, so you feel chest and upper-back muscles completely expand. Do one set of ten. Rest and repeat.

C. Standing as above, lift arms overhead as if trying to touch ceiling; inhale (see photo, page 18). Exhale, pulling arms straight down, bending at elbows, until hands are level with ears. Keep spine straight. You should feel a stretching of the muscles between your shoulder blades. Do one set of ten. Rest and repeat.

Note: Once you have mastered these exercises, you can increase the toning benefits by using a pair of two-pound dumbbells or wrist weights.

3 ABDOMINAL TONERS

Strong abdominal muscles are extremely important because they are the main support of the spine and they hold your internal organs in place. These exercises will help to flatten a postpregnancy (or any) belly.

THE CRUNCH Lie on back with knees bent, feet flat, arms above head. Inhale. As you exhale, bring arms forward very slowly and curl up—first your head, then your shoulders, then your upper back (as shown on page 18). Hands should touch thighs just above knees. Press belly flat as if trying to meet the floor. Lower yourself slowly back into starting position. Inhale. Repeat ten times, working up to twenty-five.

FULL SIT-UP Lie on floor as above. Inhale and then exhale slowly as you curl up to a full sitting position (see photo, above right), keeping spine straight, belly in. (Do not jerk your body; that defeats the purpose of the exercise and can hurt your back.) Inhale; then, while exhaling, curl down slowly, pushing your lower back into the floor. Keep your belly pressed flat against your spine as you lower yourself, vertebra by vertebra, until you are lying flat. Repeat ten times, working up to twenty-five.

Note: When you can do twenty-five of both exercises, you may then use a set of two-pound hand weights.



4 SQUATS

Squats are terrific hip and thigh toners—hard to do at first but worth it.

Stand straight with feet spread apart shoulder width, heels perched on a two-inch book or mat (see photo below). You may hold onto a doorknob for balance. Bend knees and slowly lower yourself, tucking pelvis in under you, so lower back stretches and lower abdomen contracts. Maintain as straight a line as possible until you are in a full squat, keeping heels down. Then push from your center (abdomen) through thighs and rise. Repeat twenty-five times.



Makeup trends in the eighties

We interviewed color experts at several major cosmetics companies to find out what's passé, what's in and what's to come. One hint: The future looks clearer, sheerer, softer . . . but jazzed up with some definite bright spots.



EYES First we flirted with mauve, violet, smoky plum, then heather. Now we've moved to toast, tobacco and gray. Next in line: a daring leap to yellow, lime, cobalt blue, orange.

LIPS Early on, lips blushed fuchsia, mauve, then silvery hot pink. Now brash forties-style reds are all over town. Coming up: shades of shy see-throughs in pale coral, peach and nude.

NAILS After a brush with silvery pink came violet and amethyst. Now we're seeing a show of hands in classic reds. Soon we'll be waving in sheer pastel pink and peach.

A slew of celebrities have been helping us get fit in the eighties. Among the most talked-about efforts:

Diet books

● *The Complete Scarsdale Medical Diet*, by Herman Tarnower and Samm Sinclair Baker; Bantam, 1980 (high protein, quick but questionable) ● *The Beverly Hills Diet*, by Judy Mazel; Macmillan, 1981 (too fruity, said some experts) ● *The Pritikin Program for Diet and Exercise*, by Nathan Pritikin and Patrick McGrady; Bantam, 1980 (spare the fat, save the heart) ● *The F-Plan Diet*, by Audrey Eyton; Crown, 1983 (fiber fills you up, not out).

Exercise videos

● The leaders of the panting pack: Jane Fonda, with *Workout* (ouch!) and *Prime Time Workout* (easier does it) ● Debbie Reynolds's *Do It Debbie's Way* (with laughs) ● Raquel Welch's *Total Beauty and Fitness* (with yoga).

George Barkentin

IF YOU WANT TO KEEP YOUR SKIN LOOKING YOUNG, STOP BABYING IT.



t's time you got
ough. With Aapri
Facial Scrub. It's
brown. It's rough. Its
coarse granules of crushed
apricot seeds are more concen-
trated, more abrasive than any
other scrub. So it works harder
than any other scrub to remove
the dull dead
skin cell layer
that keeps
your fresher, younger,
babysoft skin from seeing the light
of day. Don't keep your youth un-
der cover. Get a little tougher with
Aapri. And keep bringing out that
babyface of yours.

© 1985 Aapri Cosmetics, Inc.

Aapri® Because staying young is a tough job.

Introducing...



POLAND
Sophie

SCOTLAND
Suisan

Dolls of the World

A fascinating collection of porcelain collector dolls, each portraying the traditional dress of a different country of the world.

FRANCE
Brigitte

Shown actual size.

©DM



UNITED STATES
Abigail

IRELAND
Aileen

SPAIN
Carmen

ITALY
Luisa

Shown smaller than actual size of 8½" in height.

nagine a collection of porcelain dolls, each one authentically ortraying the traditional dress of a different country. Picture a ollection in which each porcelain doll is unique, not only in ress but also in facial appearance. Imagine a collection you an buy today that is crafted with the same care that the great 9th century dollmakers lavished on their creations.

An impossible dream? No! The Danbury Mint proudly presents *)olls of the World.*

Hand-painted bisque porcelain... like the legendary dolls of old

o collectors of antique dolls, doll-making reached its peak in 9th century France. Some of the great French dolls of the 1800's ave sold for thousands of dollars.

Dolls of the World will be crafted with the same care as those egendary dolls of long ago. Head, arms, and legs will be made of nported bisque porcelain. Facial features will be sculptured for delicate look and feel, and painted by hand. What's more, *each doll's head will be a different original sculpture*—the facial appearance of each will capture the special personality of its homeland.

Each doll's costume individually hand-tailored

Each young girl's costume will be individually hand-tailored. As appropriate, costumes will feature elegant embroidery, exquisite lacework, and fascinating fabrics with different weaves, extures and colors. Each doll will be distinctively dressed from head to toe – in a generous eight and one-half inch size. Each young girl will have a personality of her own, which reflects the country she represents.

There's *Brigitte,* of France, attired in traditional dress that features a ruffled bonnet, lovely pinafore and a dress with elegant lacework. *Carmen,* of Spain, will wear a bright red dress with ruffled flounces as well as a matching *serape.*

Suisan, of Scotland, will be clad in a traditional tartan kilt and Highland hat. *Abigail,* of the United States, will be dressed in the Colonial style: a bright red bonnet with matching apron, and a flowered dress which she would probably have sewn herself.

Each doll will be accompanied by a display stand

The display stand will allow you to display each lovely doll wherever you wish – on a table or a shelf, on a mantle, or in a cabinet with other prized collectibles.

Each doll will also come with a Certificate of Authenticity bearing your personal serial number – establishing each doll as part of your registered collection.

A remarkable value

These dolls can be obtained only from the Danbury Mint. When you can find dolls of comparable quality and size in stores, you can expect to pay up to $50 each. But the Danbury Mint is able to offer each doll in *Dolls of the World* for only $24.50 – with no extra charge for the stand.

To acquire your collection, simply complete the Reservation Application and return it promptly. You will receive your dolls at the rate of one every month and will be billed separately for each shipment. You may charge each doll to VISA or MasterCard.

Your satisfaction is guaranteed. If you receive a doll you are not satisfied with, you may return it within 30 days for a replacement or refund. You may cancel your subscription at any time.

Act now

Dolls of the World is an incomparable collection which combines everything you could desire: authenticity, exclusivity, meaning, beauty and craftsmanship. Do reserve your collection today!

RESERVATION APPLICATION

X54

The Danbury Mint
47 Richards Avenue
P.O. Box 5260
Norwalk, Conn. 06857

Dolls of the World

Please return promptly.

Please accept my reservation to *Dolls of the World,* a collection of dolls portraying the native dress of different countries around the world. Each doll will have a unique hand-painted porcelain head, porcelain hands and feet, and authentic hand-tailored costume. Each doll will be accompanied by a display stand at no extra charge.

I need send no money now. The collection will be issued at the rate of one doll every month at a cost of $24.50 per doll (plus $2.00 for shipping and handling). Any doll I am not satisfied with may be returned within 30 days for a replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
(PLEASE PRINT CLEARLY)

Address _____

City/State/Zip _____

☐ Check here if you want each doll charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.



WOMEN IN THE '80s

How to look, feel, be younger

A leading physician reveals startling good news from the frontiers of modern medicine

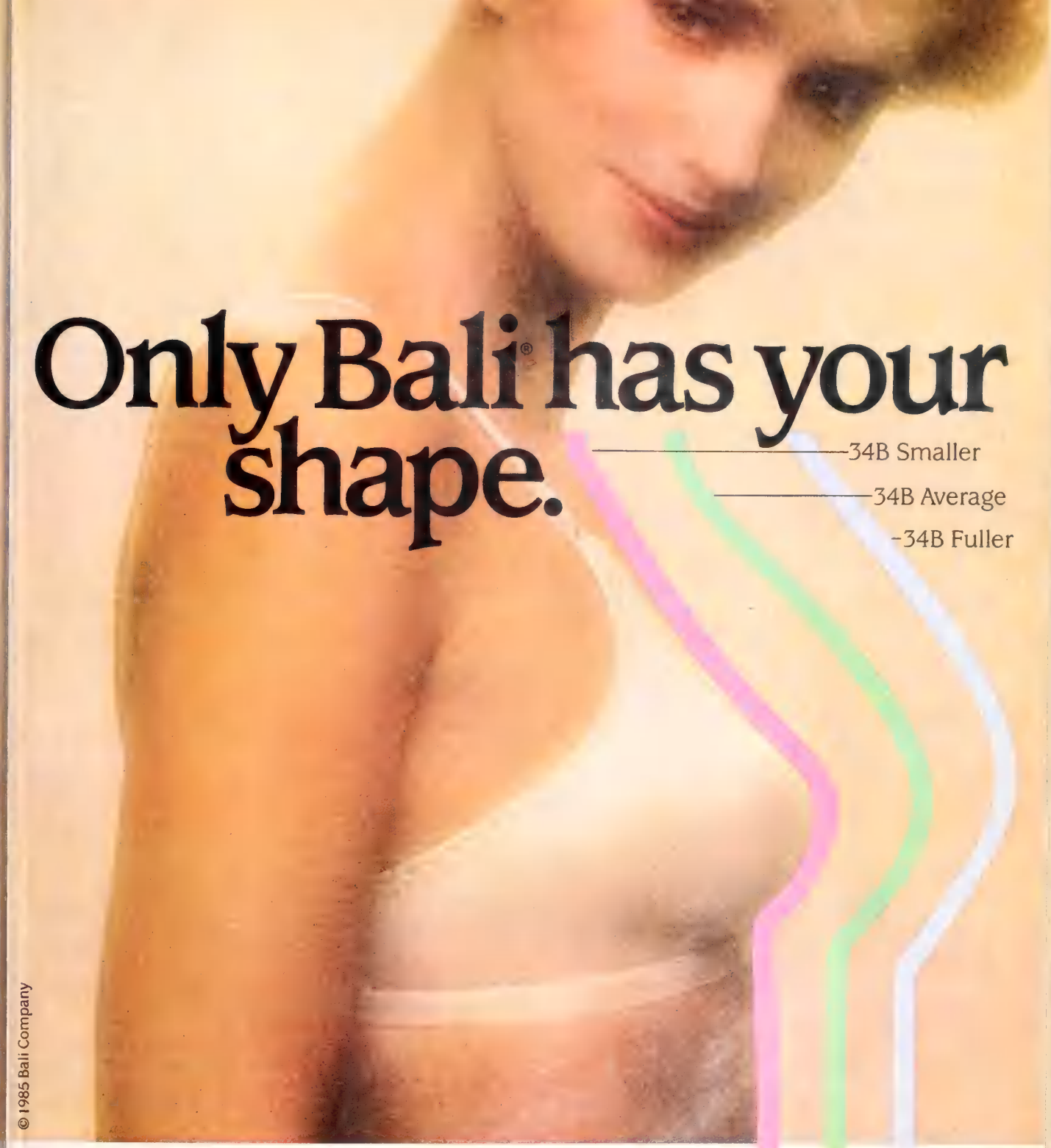
By Barbara Edelstein, M.D.

Can medical science help women stay young longer? The answer is an emphatic *yes*. We now know that most of the changes associated with aging are not inevitable results of passing years. They are simply biological responses to prolonged stress—physical or mental, internal or external, natural (our own hormones) or unnatural (dangerous drugs). And so every time research discovers ways to decrease stress, prevent or cure disease and relieve mental or physical pain, it is truly keeping women younger. And modern science has taken great strides in the last two decades, so that today's woman doesn't have to watch helplessly while the ravages of time destroy her radiance and vigor. She can take advantage of eight freedoms—the new female bill of rights.

Freedom from physical pain

Seventeen percent of all menstruating women have severe cramps, and 10 percent have pain on ovulation. Forty percent experience chronic back pain. Women *(continued)*

Tom Arma



Only Bali® has your shape.

34B Smaller

34B Average

34B Fuller

© 1985 Bali Company

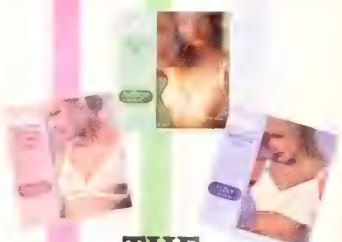
Other bras fit just your size.
Bali knows it takes more than size to fit a woman's breasts. It also takes shape. The fact is, women who wear the same size bra can have different breast shapes, from smaller to fuller.

Bali fits your size and breast shape.
Bali adds a whole new dimension to the way a bra fits. Because Bali bras are designed to fit your size and unique breast shape.

The Bali Fit Dimension.
Here's how it works. Bali bras come in Smaller, Average and Fuller shapes. This means if you're a 34B, you can choose 34B Smaller. Or 34B Average. Or 34B Fuller.

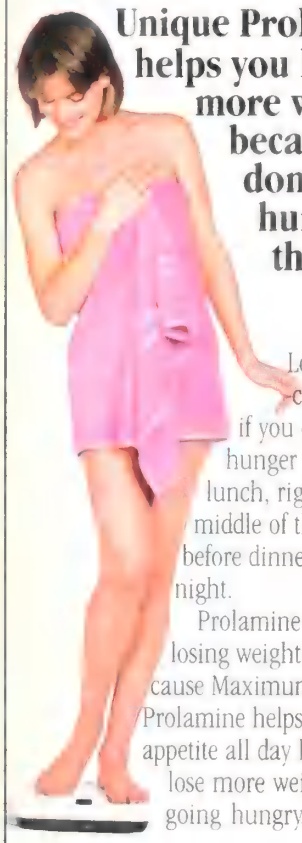
Every Bali package is color-coded.
Pink for Smaller shapes, green for Average shapes and blue for Fuller shapes.

Find the Bali shape that's right for you.
You'll discover the fit dimension no other bra even mentions. Shape. Because only Bali has your shape.



THE FIT DIMENSION BY BALI.

Lose More Weight On Your Next Diet!



Unique Prolamine helps you lose more weight because you don't feel hungry all the time!

Losing weight could be easy, if you didn't have hunger pangs before lunch, right in the middle of the afternoon, before dinner, or late at night.

Prolamine makes losing weight easier because Maximum Strength Prolamine helps control your appetite all day long so you lose more weight without going hungry.

Unlike other appetite suppressants, Prolamine has a unique two capsule a day formulation. Each capsule is timed to work for six full hours so you can take it before you feel the most hungry.

And because you're not hungry, you eat less and lose more weight.

Prolamine. Lose more weight on your next diet!! Gives you appetite control when you need it most.



© 1985 Thompson Medical Company, Inc.

outnumber men as headache sufferers by ten to one. The list goes on and on: Women have more joint pain, more muscle pain and more stomach pain. And yet all this pain never leads to the diagnosis of a specific disease. So male physicians have tended to label women hysterical or neurotic.

Today, scientists can account for some of that pain. They have isolated a chemical called prostaglandin, which seems to be responsible for much of the cramping and other discomfort of the menstrual cycle. Prostaglandin is a hormone-like substance that is sometimes released from the uterine wall when there is a drop in progesterone levels. This results in spasms and intense pelvic pain. In fact, prostaglandin can cause cramps, headaches, allergic reactions and inflammation.

Aspirin offers some relief because it inhibits prostaglandin production or release. But it is a weak inhibitor. We now have about a dozen prostaglandin inhibitors on the market: nonsteroidal anti-inflammatory drugs (NSAIDs) such as Naprosyn, Motrin and Ponstel. Highly effective for pain, they don't sedate the user the way the old pills, such as codeine and Percodan—which were essentially narcotics—did. And because they provide such extensive relief, they prove that prostaglandin is the organic cause of the syndrome doctors once ascribed to women's emotional instability.

Freedom from mental stress

Fear is a normal human emotion. But when it becomes so overwhelming that it interferes with the ability to function, it is called anxiety. When anxiety is sudden, pervasive and severe enough to disrupt someone's life, it's called panic. Both anxiety and panic are common female problems. Anxiety has made women prisoners in their homes, afraid to travel, terrified of crowded places. Panic has brought them into hospital emergency rooms in the middle of the night, with sensations of lightheadedness and tingling, their hearts pounding rapidly.

Once again, doctors used to label these women hysterical or neurotic. They often overloaded them with tranquilizers and sent them for psychotherapy—to find out what repressed sexual or aggressive urge was causing all the hullabaloo.

Many doctors now believe that most anxiety and panic are biologically induced. New research suggests that a lack of certain peptide chains—compounds that yield two or more amino acids and form the basis for proteins in the brain—might cause the brain to overrespond to fear. Eventually, this fear response can be triggered without direct provocation. In these cases, a new drug called alprazolam (its trade name is Xanax) works extremely well.

Even more common than anxiety and panic, however, is depression. Thirty percent of the population will have at least one episode of true depression in their lifetimes, and 77 percent of those sufferers will be female.

Why is depression more common in women? Psychiatrists used to make gender role the culprit—poor self-image of females, repressed anger and so on. The treatment for "involutional melancholia," as depression was called in those days, was electric shock therapy. And no one back then seemed to notice the clear hormonal trigger: Depression occurred most frequently before periods, after childbirth, during menopause, and in the course of taking contraceptive drugs. All these times, we now know, are marked by an estrogen-progesterone imbalance.

Today, in addition to changing one's lifestyle and entering psychotherapy, there is another alternative: a group of medications called antidepressants. These drugs have proven remarkably effective, and their side effects (such as sleepiness and cardiac irregularities), while undeniable, are usually less of a hassle than the disease being treated.

Freedom from late diagnosis

Nothing causes the breakdown of cells or organ systems more rapidly than the physical trauma of serious disease. So early detection of disease is crucial to living for a long time. In no other area have greater strides been made.

Diagnostic radiology has had perhaps the most impact on female health, with mammography—a low-dose X-ray of the breast—leading the way. While 90 percent of all breast tumors are still detected by self-examination, breast cancer can be present for years before a lump can be felt. So it's essential to screen for cancer in the pre-lump stage, especially since the chance for cure is strongly related to the size of the tumor and whether the cancer has spread to the lymph nodes.

Mammography is a must for all females, with frequency determined by a woman's age and other risk factors. (A family history of breast cancer is one indication for yearly mammography.) And yet I see women every day who have been told by their doctors that manual examination of the breast is sufficient to detect cancer. Are there really physicians whose hands are so sensitive that they can locate a tiny tumor in a large breast?

Meanwhile, the use of *(continued)*

Beauty and Softness go hand in hand.



New *very* Softsoap™ with a patented organic moisturizer.

Softsoap™

Liquid soap

INNETONKA, INC. Minnetonka, MN 55343 USA

Relieve Bloat Now!



No more bloating.



No more puffiness.



No more swelling.

Aqua·Ban is an effective, scientifically formulated diuretic *(water pill)* that helps eliminate the bloating and discomfort that comes from pre-menstrual water retention. The next time you experience temporary water weight gain which makes you feel uncomfortable every month, get Aqua·Ban. Get rid of bloat and feel good all month long.



Aqua·Ban.
The bloat remedy.

© 1985 Thompson Medical Company, Inc.

ultrasound waves to delineate the contents of the pelvis is nothing short of astonishing. No longer will women who suffer from lower abdominal pain require exploratory surgery. The pelvic ultrasound, a machine that uses sound waves instead of X-rays, can differentiate cysts from tumors. And there's yet another amazing diagnostic tool just now available called nuclear magnetic resonance, which uses magnetic fields to take internal body pictures of tissues, unlike traditional X-rays, which essentially take pictures of bones.

Freedom to participate in your own good health

In the areas of nutrition, physical fitness and prevention of unnecessary surgery, women should be able to direct their own destinies. This means that they need a working knowledge of their own bodies in order to make intelligent choices.

In the last decade, scientists have learned a lot about female nutrition. And it's no surprise that being significantly overweight poses a health hazard. If a woman is more than thirty pounds overweight, she has a far greater chance of suffering embolisms, strokes, diabetes, gallbladder disease, high blood pressure and serious joint diseases. In addition, "over-nutrition"—eating too much, particularly fat—is linked to the development of two common female cancers: breast and intestinal.

On the other hand, research has also suggested that being too thin poses its own set of risks. Nature always intended women to have a little extra adipose tissue; fat provides padding, which may act as part of your immune system and a reservoir for the fat-soluble vitamins (A, D, E and K), and later in life serves as a kind of conversion depot for waning estrogen.

Also, we're beginning to question the adage that a well-balanced diet gives you all the vitamins and minerals you need, particularly since most women decrease their calorie intake, and therefore their vitamin intake, as they grow older. Vitamins and minerals are now prescribed in therapeutic doses, which are designed to treat, prevent or cure deficiencies. For instance, calcium in doses of 1,000 milligrams or more is crucial in preventing bone loss in women over forty, even if they are on estrogen replacement therapy. Vitamin E, an antioxidant, helps prevent "nocturnal aching leg syndrome," and it might even play a role in preventing certain kinds of cancer in women—particularly breast and lung cancer. Vitamin A in doses of 800 IUs might encourage skin elasticity, healing ability and increase the body's resistance to disease.

We have also learned the truth about the sun: Continued exposure irreversibly ruptures the second layer of the skin, the dermis, and causes wrinkles. It can also affect the first layer of the skin, the epidermis, and encourage growth of precancerous lesions and brown spots. But the sun is also a source of vitamin D, and if you rarely go outside, you should take 200 to 400 IUs every day—this helps your body to absorb and transport calcium efficiently.

Zinc, the B vitamins and iodine are more important as you age—the Bs for a better nervous system, zinc for healing and iodine for thyroid function.

But vitamin and mineral supplements are just that—supplements to a wise eating regimen. And a healthy new kind of diet has emerged in the eighties—high in fiber and complex carbohydrates and low in fat. With an adequate amount of water (at least one quart per day), this regimen is great for clearing up common female bowel problems like irritable bowel syndrome (spastic colon), diverticulosis and constipation.

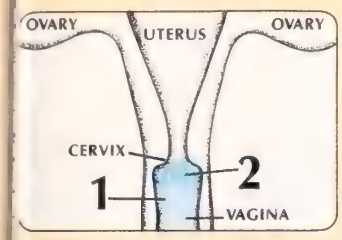
Another great change in the female health picture has been the increase of exercise and physical fitness. In fact, brisk walking is a wonderful form of exercise for cardiovascular fitness. Women should also do a lot of stretching, which helps keep them limber and prevents vertebral collapse. Simple weight lifting and aerobics are also good for building and maintaining muscle strength. And exercise helps the bones continue to manufacture calcium.

Yet another way in which women can contribute to their well-being is by using the right to decide whether to have elective (nonemergency) surgery. This is one of our newest freedoms. The uterus and gallbladder are the nondiseased organs surrendered most frequently to the surgeon's knife, and they used to be removed for the vaguest of reasons. Gallbladders have come out for symptoms such as nausea, bloating, a bad taste in the mouth and various abdominal aches and pains—all of which have nothing to do with gallbladder disease. After surgery, many women continue to have the same symptoms—or worse ones. In addition, those women have to suffer the dangers of anesthesia, the pain of surgery, and the long postoperative recovery period.

But gallbladder surgery was kindergarten stuff compared to surgery performed on the pelvis. Any unexplained pain or minor bleeding was cause for invasion, and fibroids that showed no signs of being diseased were mercilessly yanked. Even premenstrual tension and depression were at one time deemed good reasons to extract the entire contents of a woman's pelvis. *(continued on page 184)*

"I don't take the pill anymore."

"Since I started using Encare, I see no reason to go back to the pill. I mean, Encare has no hormones and that's important because my doctor told me to get off the pill for a few months to give my body a rest. On top of that, Encare's 2-way protection makes me feel safe.



1. Encare Contraceptive Inserts give you a precise dose of the spermicide doctors recommend most.
2. Encare forms a foaming physical barrier against the cervix to help prevent pregnancy. I like that.

"Just remember, it's essential to insert Encare at least 10 minutes before intercourse and follow the package instructions. For your convenience, you can insert Encare up to 1 hour before intercourse if you choose. Some Encare users experience irritation. If you do, simply discontinue use.

"Encare is approximately as effective as vaginal foam contraceptives in actual use. It's not as effective as the pill, however no birth control method is 100% effective, so talk to your doctor. If he or she has told you not to become pregnant, ask which method including Encare is best for you and discover birth control you can trust."



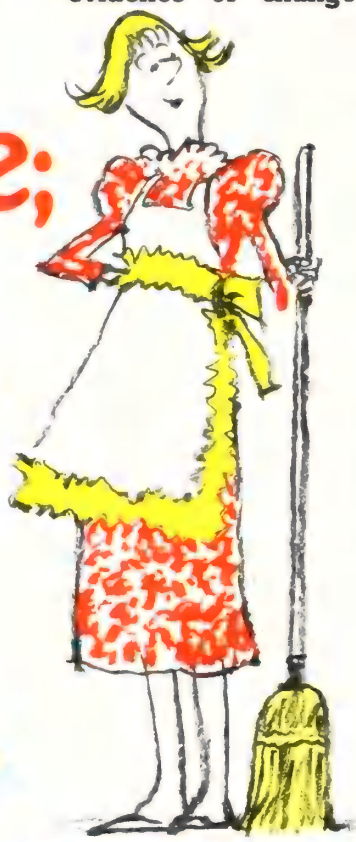


© 1985 Thompson Medical Co.

Encare
Birth control you can trust.

The way we were; the way we are now

All it takes is watching a rerun of *I Love Lucy* to see how much women's lives have changed since the Baby Boom era. But there is also evidence of change over the last three decades, in the form of hard data from the United States Census Bureau, along with the National Survey of Family Growth and the National Opinion Research Center at the University of Chicago. We asked sociologist Daphne Spain, Ph.D., co-author of the 1980 Census Bureau Monograph on Women and director of the Women's Studies Program at the University of Virginia, to give us a picture of exactly how we have evolved. She used data from the decennial censuses for 1950, 1960, 1970 and 1980, as well as the annual censuses for 1981, 1982 and occasionally 1983, to give us the most up-to-date profile possible of the way we are now.





BY DAPHNE SPAIN, PH.D.

MEDIAN AGE

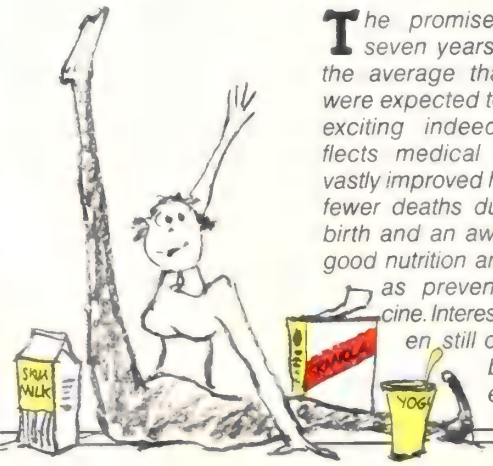
1950—30.5
1960—30.3
1970—29.2
1980—31.3
1981—31.6
1982—31.9



As the Baby Boomers grow up, the median age in this country continues to rise. Twenty years ago, when the "youthquake" rumbled across the nation, it was in to be under thirty. Now it's becoming chic to be middle-aged!

AVERAGE LIFE EXPECTANCY

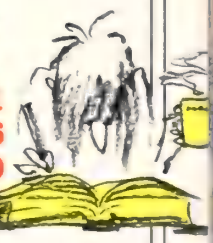
1950—71.1
1960—73.1
1970—74.8
1980—77.5
1981—77.9
1982—78.2



The promise of living seven years longer on the average than women were expected to in 1950 is exciting indeed and reflects medical advances, vastly improved health care, fewer deaths during childbirth and an awareness of good nutrition and exercise as preventive medicine. Interestingly, women still outlive men by about eight years.

WOMEN WITH ONE TO THREE YEARS OF COLLEGE

1950—7.5
1960—9.0
1970—9.7
1980—14.1
1981—14.6
1982—14.9



Not only are more women completing some college, but more are earning degrees. In 1950, the percentage of women collecting diplomas was 5.1, and by 1982 it rose to 14.0.


morning to midnight
ENJOLI
ENJOLI
MIDNIGHT
ENJOLI
The 8 hour perfume
for the 24 hour woman
ENJOLI
MIDNIGHT
The mysteriously romantic fragrance...
for the other 8 hours in your life.

MODERN ART YOU CAN HANG IN YOUR KITCHEN.



Now there are under-the-cabinet appliances so beautiful they belong on display. Black & Decker's Spacemaker™ Appliances.

The only line of space-saving appliances that are fully-coordinated. So they not only help eliminate counter clutter. They work well in any decor.

THE SPACEMAKER™ TOAST-R-OVEN™ BROILER.

Bake a 9-inch pie. Broil a steak. Toast up to 6 slices of most breads. In a space no bigger than a bread box.

THE SPACEMAKER™ DRIP COFFEEMAKER.

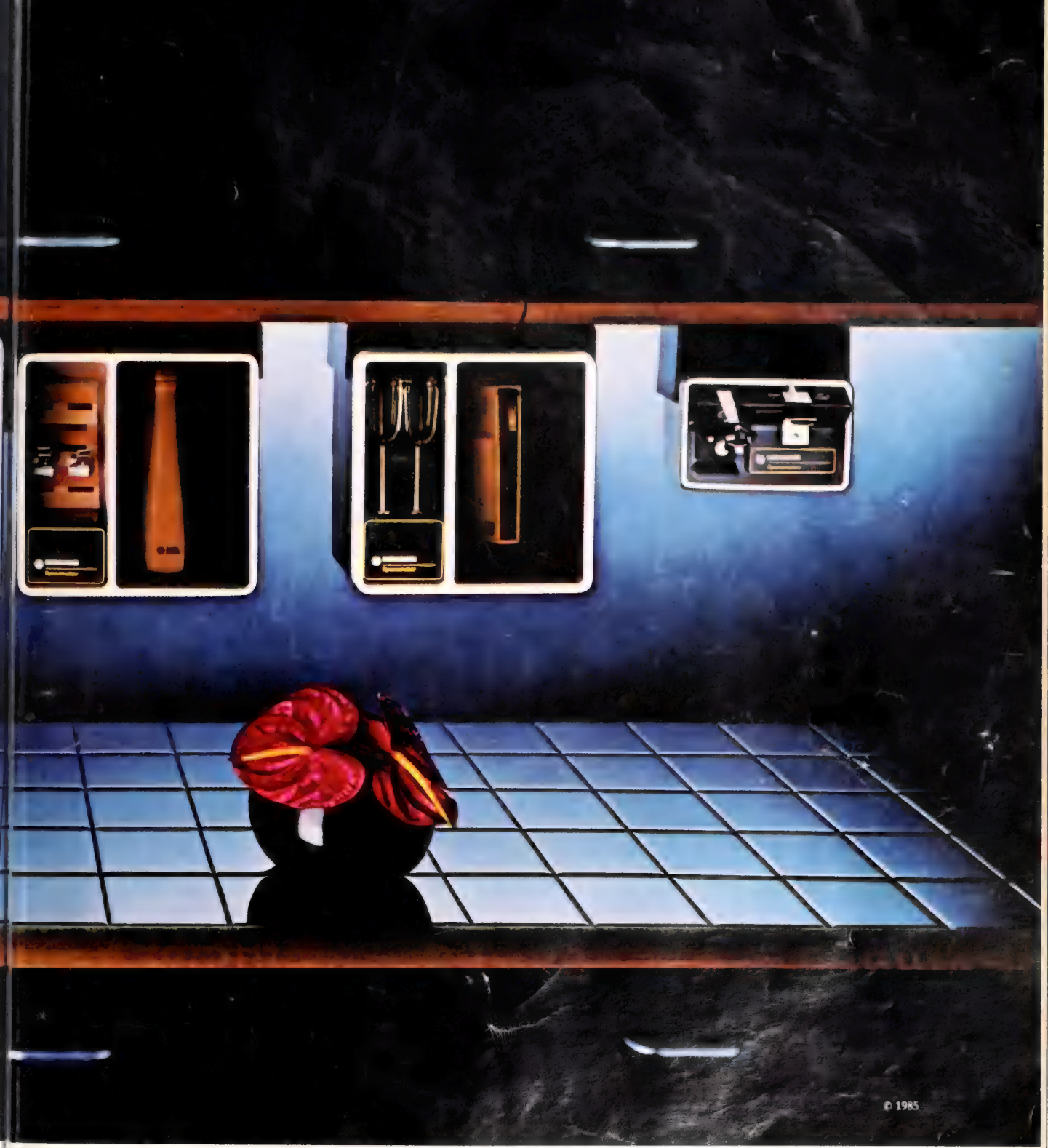
Set the timer and it will have great-tasting coffee ready for you when you wake up.

THE SPACEMAKER™ KNIFE CENTER.

It not only carves and pares with ease. It comes with two blades and its own knife-storage block.

THE SPACEMAKER™ PORTABLE MIXER.

Five-speed control with "Power Plus" makes it perfect for heavy-mixing tasks. And there's storage for mixer, beaters and cord.



THE SPACEMAKER™ CAN OPENER.

Not only does it open cans and plastic bags. For opening bottles, it's truly "pop art."

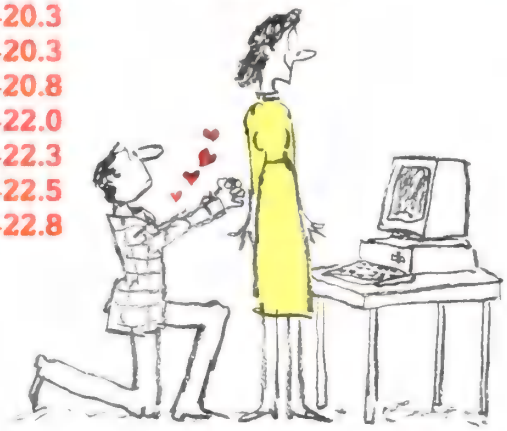
And Spacemaker™ Appliances come with our full two-year warranty. Which makes their beauty more than skin deep.

So for a totally fresh perspective in under-the-cabinet appliances, hang Black & Decker's Spacemaker™ Appliances in your kitchen. It's modern art everyone can appreciate.

BLACK & DECKER™
IDEAS AT WORK.™

MEDIAN AGE AT FIRST MARRIAGE

1950—20.3
1960—20.3
1970—20.8
1980—22.0
1981—22.3
1982—22.5
1983—22.8

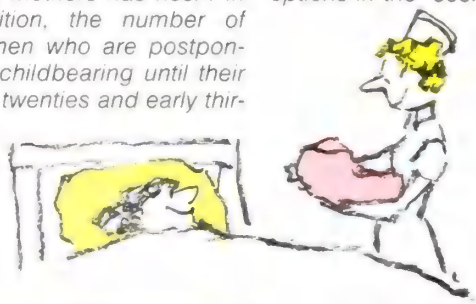


In 1950, marriage was a woman's main goal, and the sooner she became a bride, the sooner she felt like a successful adult. In fact, the college girl who wasn't sporting an engagement ring by the end of her senior year felt like an old maid. Times have changed, however. Today, women are much more self-assured and are likely to pursue an education and a career, and thus to postpone wedding plans for a few years. In 1950, 32% of women aged twenty to twenty-four had never married, but by 1983, the figure was 55.5%. Of women aged twenty-five to twenty-nine, 13% were still single in 1950, but 25% had yet to marry in 1983. Yet the divorce rate went up as well, from 4.0 for every 100 marriages in 1960 to 11 for every 100 marriages in 1983. By 1983, 15.4% of families were maintained by women, compared with 9.4% in 1950.

MEDIAN AGE AT BIRTH OF FIRST CHILD

1960—21.8
1970—22.1
1980—22.2
1982—23.2

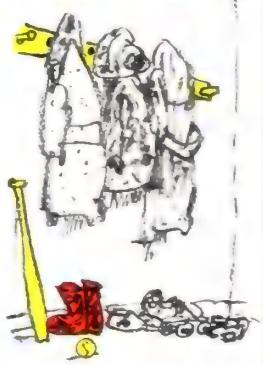
Naturally, since women are delaying marriage somewhat, the age of first-time mothers has risen. In addition, the number of women who are postponing childbearing until their late twenties and early thirties has increased 169% in the last decade alone. This trend reflects the new ambition of many women: to establish a career before starting a family. And it is an example of how women are exercising new options in the '80s.



Despite talk about the impending demise of the American family, women still marry and become mothers. They just wait a little longer than they used to.

AVERAGE NUMBER OF CHILDREN

1950—3.1
1960—3.6
1970—2.5
1980—1.8

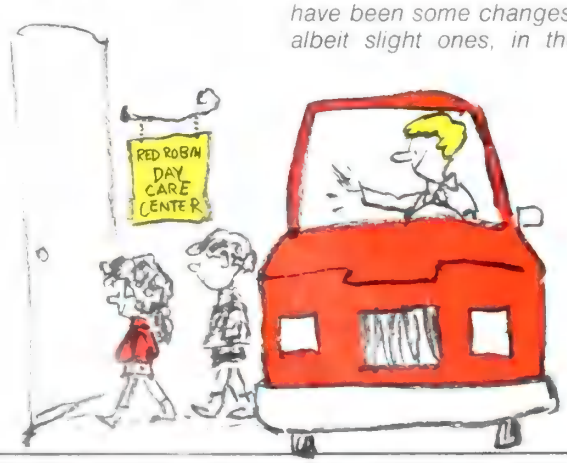


What brought the number of kids down from a brood of almost four to fewer than two? For one thing, wider use of contraceptives, including sterilization. In addition, abortion was legalized in 1973. The number of unwanted births to married women fell from 20.5% in 1965 to 6.8% in 1982. Other reasons for the decrease in family size were a slump in the economy during the seventies coupled with a vast increase in the number of women entering or re-entering the work force.

WORKING MOTHERS WITH CHILDREN UNDER EIGHTEEN

1950—18.4%
1960—27.6%
1970—39.7%
1980—54.1%

More than half of the women with children under eighteen work, but even more stunning, the number of employed mothers whose children are under six was 48.7% in 1982, compared with 11.9% in 1950. And of mothers of school-age children, nearly two thirds have jobs outside the home today, as against just over a quarter in 1950. In addition, there have been some changes, albeit slight ones, in the proportion of women in various segments of the work force. Astonishingly, out of the total of employed women, more are in clerical occupations today (33.8%) than in 1950 (27.4%) and fewer are in blue-collar jobs today (35.5%) than were in 1950 (43.9%). However, there has been a small increase in those women in managerial or administrative positions: 7.4% in 1982 compared with 4.3% in 1950. Better yet, though, is the comfortable gain in the professions. In 1950, the percentage was 12.2, and in 1982 it was 23. Half of those women are either nurses or teachers, but the rest of them are doctors, lawyers, professors and scientists—titles that were once almost solely the province of men.

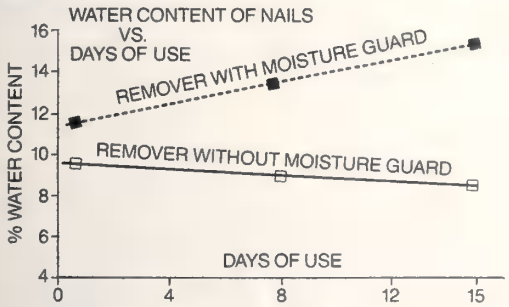


Bob Weber

15¢ OFF THE REMOVER THAT MAKES NAILS STRONGER EVERY TIME YOU USE IT.

AND WE CAN PROVE IT.

Look at how much more moisture your nails have with Cutex remover with moisture guard. And more moisture means stronger nails.





Laboratory and consumer tests prove our remover both locks in moisture and also adds moisture to your nails because of our unique moisture guard formula (see graph).

So instead of getting dry and brittle, nails get more resilient. Therefore they're less likely to break, peel or split. And that means they're stronger.

P.S. Of course Cutex Remover is as fast and effective as ever.

SAVE 15¢ ON CUTEX POLISH REMOVER

Any 4 oz. or larger size, or Cutex Instant Remover.

STORE COUPON

Dealer: Chesebrough-Pond's Inc., P.O. Box 1000, Clinton, IA 52734 will reimburse you coupon value plus 8¢ provided you comply with these terms. Coupon is nontransferable, void if you fail to show adequate product purchase substantiation or if presented through agencies, brokers or other non-retail distributors of our merchandise, or if use is prohibited, restricted or taxed. Coupon has no cash value without simultaneous purchase. Limit one coupon per purchase. Expires May 31, 1986

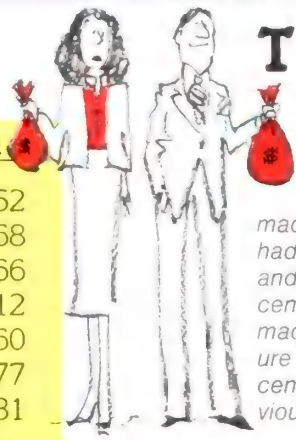
00521 105361

15¢ 15¢

EARNING POWER

Annual median earnings for full-time, year-round workers

	Women	Men
1955	$ 2,719	$ 4,252
1960	$ 3,257	$ 5,368
1970	$ 5,323	$ 8,966
1980	$11,197	$18,612
1981	$12,001	$20,260
1982	$13,014	$21,077
1983	$13,915	$21,881



The bad news is that women still earn considerably less than men. In fact, in 1955, full-time working women earned 64 cents for every dollar men made, but by 1981 women had actually lost ground, and were earning only 59 cents for every dollar men made. Fortunately, the figure crept back up to 64 cents by 1983, but obviously, no gain has been made. In fact, in 1980 a female college graduate on the average earned less than a male high school drop out. And in 1981, only 3% of women had personal incomes of $25,000 or more, compared with 21% of men. But the good news is that the proportion of elderly women living below the poverty line has declined from almost 29% of women over 65 in 1960 to about 15% in 1982.

MOTHERING

In spite of the many changes in women's lives over the years, motherhood remains both an essential and a cherished role.

BREAST-FED BABIES

1970—24.3%
1974—32.4%
1978—44.3%
1980—52.5%

While women have taken on jobs outside the home and made child-care arrangements, they have also managed to make time to nurse their babies. And as the chart at right shows, they are devoted mothers with strong opinions about what values they want to instill in their children. The data here are from the 1983 National Opinion General Social Surveys, which were made available through the Inter-University Consortium for Political and Social Research.

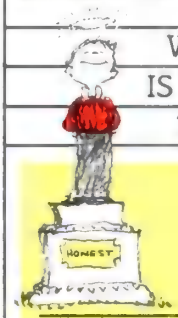


CHILD-CARE ARRANGEMENTS

	Baby-sitter in own home	Family day care	Day-care center
1958	56.6%	27.1%	4.5%
1965	47.2%	37.3%	8.2%
1977	28.6%	47.4%	14.6%
1982	25.7%	43.8%	18.8%

Most notably, by 1982 there was an increase in the number of children in group-care situations. In addition, some children are "latch-key."

WHAT MOTHERS FEEL IS THE MOST DESIRABLE TRAIT IN THEIR KIDS



	Employed mothers	Full-time homemakers
Honesty	38.8%	36.6%
Good judgment	18.4%	14.2%
Responsible	12.4%	6.5%
Obedient	11.0%	19.9%
Considerate	9.7%	6.5%
Well-mannered	3.3%	2.7%
Tries to succeed	2.0%	3.0%
Self-controlled	1.3%	3.2%
Curious	1.0%	1.6%
Gets along well with other children	0.7%	2.7%
Acts like a boy (or like a girl)	0.7%	1.1%
Studious	0.3%	0.8%
Neat and clean	0.0%	1.3%

In sum, women in the eighties are better educated, healthier, and live longer, fuller lives, although their earning power has yet to reach that of men. Women have also stretched their adult years by postponing marriage and motherhood until they get an education and a start in a career. They have managed to combine work outside the home with family life. And as women have changed, society has had to respond. Day-care centers have sprouted in suburbs and towns. Supermarkets stay open twenty-four hours a day now. Repairmen make evening calls. Best of all, husbands are helping out.

As women go, so goes the nation.





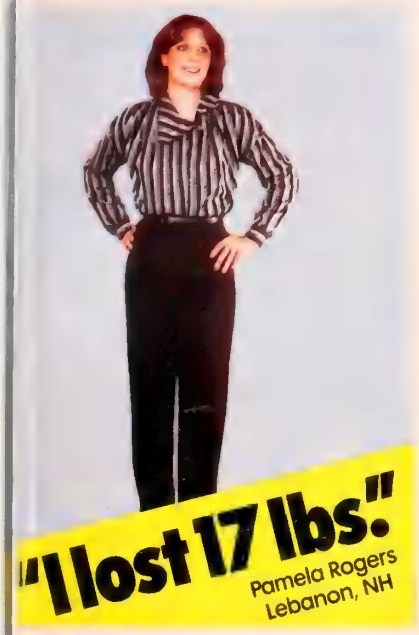
"I lost 19 lbs."
Vivian McLaughlin
New Orleans, LA



"I lost 10 lbs."
Sharon Alberico
Canyon Country, CA



"I lost 20 lbs."
Linda Garver
Richmond, VA



"I lost 17 lbs."
Pamela Rogers
Lebanon, NH



"I lost 15 lbs."
Barbara Faust
Pittsburgh, PA



"I lost 23 lbs."
Therese Hughes
Daly City, CA

LOSE WEIGHT LIKE THESE PEOPLE DID...WITH DEXATRIM

These people all lost weight with the help of Extra Strength Dexatrim.® You can, too! Just one Dexatrim capsule* controls your appetite all day to help you eat less and lose weight.

These testimonials are not necessarily typical. Weight loss ranges from no loss at all to substantial weight losses. Clinical studies show that the average loss is about one pound per week but thousands of consumers have reported substantially higher weight losses when they used Dexatrim.

So do what these people did. Try the Dexatrim Diet Plan today...and lose weight.

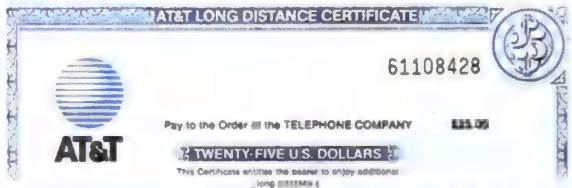
No appetite control product works harder to help you lose weight



© 1985 Thompson Medical Co., Inc. *Take as directed. Read all package statements. Also available in Regular Strength, Extra Strength plus Vitamins and Dexatrim • 15 Hour.

The gift.

"I gave this one to Grandma, and she said it was her favorite birthday gift."



"For my brother Joe in college, to bring his girlfriend close."



"To Auntie Mae so she can have some nice warm visits with Mom."



"And this card adds something special to the gift."

AT&T Long Distance Certificates.



The hero.

That's how you'll feel when you give someone you love an AT&T Long Distance Certificate. Because it brings faraway family and friends close. It says you care about keeping people in touch with the ones they love.

There's no warmer way to say "Happy Mother's Day." A thoughtful way to say "Congratulations" on birthdays, anniversaries, weddings, and graduations, too. It's the gift to give any time that's special.

The AT&T Long Distance Certificate comes with an attractive gift card and matching envelope. And there's one to fit every budget—$5, $10, $25.

The certificates can be used for payment on all AT&T Long Distance calls...any time...to anywhere in the U.S. and 250 countries and faraway locations. And they're redeemable with any local telephone company in the U.S.

To order, call **1 800 222-8555, Ext. 450,** toll free. Or tear out the reply card. We'll mail the certificates either to you or to the persons receiving the gifts. Then you'll find out how it feels to be a hero.

Reach out and touch someone

The more you hear the better we sound.℠

AT&T

© 1985 AT&T Communications

WOMEN IN THE '80s

THE LOOK OF TODAY

More powerful than words in this visual age, it's the *images* of women in the eighties that define us. A star-spangled teenager on a balance beam, willing another perfect ten; a razzle-dazzle vice-presidential candidate out on the stump; the love and determination and triumph on the faces of all the other women who have shaped the first five years of this decade...they're all here in this very special *Ladies' Home Journal* photo album.



DAVID MADISON/DUOMO

NEW ROLES



URI BETTMAN/NEWSPHOTOS

Mary Lou Retton, reaching for gold-medal excellence ... Geraldine Ferraro, reaching for the second-highest office in the land ... Anna Fisher, reaching for the stars. They're heroines of the eighties. (More about them on page 136.) Watching them, we caught a glimpse of brand-new possibilities for us all. But though Retton, Ferraro and Fisher were the most visible, they weren't the only ones who fired our imagination. Mary Lou made us aware again of what skill and courage can do. But so did those other young women from around the world who came to the Olympics and showed us how to play to win. Geraldine Ferraro demonstrated once and for all that women can be leaders as well as followers. But we were also inspired by the thousands of other women who ran for office in the eighties or called attention to the political issues of greatest concern to women. Anna Fisher in her astronaut suit, greeting her baby daughter with kisses after nine days in space, proved it's possible to combine the demands of challenging work and family life. But more and more we see other women, earthbound but equally challenged, rising to prominence in their chosen fields without sacrificing the joys of marriage and home and children. Each and every one of them reminds us what a difference a few short years can make. Now we're no longer changing with the times, we're making the times change with us!



BRYSON/SYGMA

A gallery of fabulous firsts: Justice Sandra Day O'Connor...she helps lay down the law of the land as the first woman to sit on the United States Supreme Court. Vivian Crea...the first woman Presidential military aide, she totes the famous "football"—which contains top-secret nuclear codes—for the Prez. (Wherever he goes, she goes.)





UPI/BETTMANN NEWSPHOTOS



MIMS/SYGMA

Jeane J. Kirkpatrick...as our first woman United Nations Ambassador to have cabinet-rank status, she stood up for the U.S. at the U.N. Midshipman Kristine Holderied...first woman to graduate first in her class (1984) at an American service academy, she bested all the boys at Annapolis.

COURTESY OF THE NAVAL ACADEMY, ANNAPOLIS, MD



JEANNE STRONGIN



DON CARROLL/IMAGE BANK

SETH GOLTZER/THE STOCK MARKET



JIM McHUGH/SYGMA



IMAGE BANK

More women in the work force (almost 55 percent of adult females in this country are employed now)...more women mixing it up with men in jobs they didn't believe we could do, until we actually did them. We're pulling down six-figure salaries on Wall Street, putting up skyscrapers, guiding jumbo jets through the skies, creating miracle medicines that promise to change our lives. As head of Twentieth Century Fox, Sherry Lansing (below opposite) juggled multimillion-dollar movie deals, just like a man, and guess what? She walked away from it all, just like a man. In Portland, Oregon, Penny Harrington (below) rose through the ranks from rookie to top cop; now she's the first woman to head a police department in a major American city. Hail to the Chief!

JIM VINCENT/THE OREGONIAN

LOOK OF LOVE

For a while we wondered if the winds of change had blown sweet dreams of romance out of fashion, but we needn't have worried. 'S wonderful how love *still* conquers all. We were charmed when Prince Charles courted his Lady Di. And delighted when the marriage was announced. We woke up early that morning to ooh and ah over every sumptuous detail of the royal wedding. And now we're cooing over their two adorable boys. Who says there are no fairy tales in the eighties? But if there is a difference in the look of love today, it's that unlike Di and Charles, so many of our favorite couples are middle-aged. (Hello, young lovers, wherever you are.)



TIM GRAHAM/IMAGINA

Three happily married couples, still crazy for each other after all these years (top to bottom): Phil Donahue and Marlo Thomas, Paul Newman and Joanne Woodward, Ronald and Nancy Reagan.



UPI/BETTMANN NEWSPHOTOS



DOUGLAS KIRKLAND/CONTACT



UPI/BETTMANN NEWSPHOTOS



J. BARRETT/GLOBE PHOTOS

HARRY BENSON

Love and baby, marriage optional: Ryan O'Neal and Farrah Fawcett. Executive sweets: Mary Cunningham and William Agee.



New Moisture Whip® Natural Blush brings out your natural glow.

Brush on a look that's as fresh and natural as all outdoors. New Moisture Whip Natural Blush. Rich, moisturizing colors and a natural bristle brush. It's a fresh new way to bring out your natural glow.



Moisture Whip® Maybelline®

©1983 Maybelline Co.

LOST LOVE

But if some in the eighties found their happy endings, others—just as beautiful and famous—came up empty-handed. Liz lost Richard Burton, the great love of her life, while several others who loved Liz lost her. (She also lost weight and an addiction she could do without, while gaining new popularity and respect.) An entire generation mourned when a bullet tore John Lennon from Yoko Ono forever; Yoko's loss continues to be our own. For a while it seemed that Cristina DeLorean's love for *her* John would withstand its trial by fire. She stood by her man . . . but only up to a point.



GRAHAM/LEDRU/SYGMA

RON GALELLA

UPI/BETTMANN NEWSPHOTOS


Dial-a-Lash™
Lashes the way you like them.
I dial low
for soft 'n natural"
Finally I can get just the right
amount of mascara for the natural
look I love.
"I dial higher for wow!"
I always wanted more mascara for
big beautiful lashes. And now I can
get more!
Dial-a-Lash™
Waterproof Mascara
Maybelline®
© 1984 Maybelline Co.

WINNERS & LOSERS



DIEGO GOLDBERG/SYGMA

So many reasons for women to feel proud in the eighties, so many glittering prizes. In 1983, at the age of eighty-one, Dr. Barbara McClintock (opposite), a cytogeneticist, won the Nobel Prize in medicine for her work with corn chromosomes. Even if we couldn't tell a zygote from a gamete, we were awed and grateful. She'd hung in there, worked diligently and made still another place for women in the history books. Yet the eighties has been a decade of setbacks as well. The Equal Rights Amendment failed to pass. Though a few cheered, most women were disappointed. The women's movement continues to lose momentum (although some women regret it, others say "good riddance"). And in 1983, Vanessa Williams (below) became the first black woman to win the Miss America Pageant. She was so lovely, such a perfect choice. But then those pictures came to light... this history-making winner became a beautiful loser.



A TANNENBAUM/SYGMA

Talk about winners! . . . The most glamorous awards ceremony of all is the one that takes place each spring when the Academy of Motion Pictures honors the outstanding film artists of the year. Oscar night is part hoopla, part business, part boredom, and yet it's utterly irresistible. So here's to a quartet of Hollywood's best and brightest young actresses of the eighties: Sissy Spacek, Best Actress 1980 (*Coal Miner's Daughter*). Mary Steenburgen, Best Supporting Actress 1980 (*Melvin and Howard*). Jessica Lange, Best Supporting Actress 1982 (*Tootsie*). Meryl Streep, Best Actress 1982 (*Sophie's Choice*). (Trivia buffs: Who won in '81, '83? Answers, page 187.) And talk about losers! . . . Mary Decker trained hard for the 1984 Summer Olympics; they said she was a shoo-in. But after she and Zola Budd crossed paths, Mary was down and out.



JIM McHUGH SYGMA (TOP ROW)

PHIL ROACH PHOTOREPORTERS (BOTTOM ROW)

BRUCE CHAMBERS GAMMA/LIAISON



EXPERT EYES™ SHADOW KIT

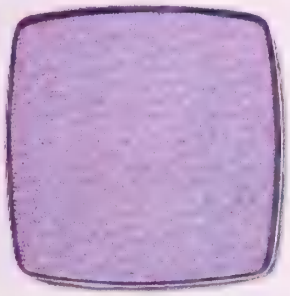
'an't-go-wrong colors in just-the-right amounts.



olors proportioned to the way you use them

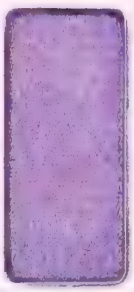
nis is the eye kit like no her. It has more of what u'll need more of, and less what you'll use less of.

But Maybelline colors e not just proportioned, ey're coordinated for n't-go-wrong application.



This is the lid color. Maybelline gives you twice as much because you need more to cover the entire lid area. Use the round end of the applicator, with light, smooth strokes.





This is your contour color. It can be used to make eyes seem wider, brighter, or bigger, depending on what you need. And instructions for the look you want are in the kit.





This is for highlighting to open up the eye area and make eyes bigger, brighter.

It covers the entire area from eyebrow to lid. Here's looking at you.





EXPERT EYES™

Guaranteed to make you an expert.

Maybelline®

© 1984 Maybelline Co.

OLDER BUT BETTER

Remember a decade or two ago when over forty was over the hill? Not anymore. Now it almost seems that you have to be forty to look your toned and terrific best. Among the middle-aged marvels who never looked better: Raquel Welch, who says she owes it all to yoga. Jane Fonda, whose total workout clearly works. Linda Evans—it's Krystle clear that she continues to bloom. Tina Turner, who could sing "What's age got to do with it?" And as for Joan Collins, it's wicked that she's getting more attractive every day. In the eighties, our perception of beauty has changed, and these women are proof positive: With a little luck and a lot of care, getting to fifty can be nifty.



GREG GORMAN/SYGMA



MARIO CASILLI

BRIAN ARIS/OUTLINE

OUTLINE

S SCHAPIRO/SYGMA

If they were wines, they'd be vintage; if they were cars, they'd be classic Rolls-Royces; if they were paintings, they'd be priceless. They've come through, they're at their peak, they're more interesting than ever. Barbara Walters . . . by now as familiar as a next-door neighbor, she's become the first lady of television (not to mention the highest-paid). She never pulls punches in an interview, and we're always glad we watched. Jacqueline Kennedy Onassis . . . a national obsession, the widow in a Greek tragedy. But that was *then*. Today, she's the ideal of single mothers, a working woman who's great at her job and has terrific kids. Carol Burnett . . . funny, yes, and these days, she's also a fine dramatic actress. She spoke out honestly about herself and her family and the new life she's making, and we loved her all the more for her candor. Lena Horne . . . from the Cotton Club in the thirties to a one-woman show on Broadway in the eighties, she has been wowing us for five decades, but the only time this gorgeous grandma rocks is when she's belting the blues. Shirley MacLaine . . . only terms of endearment will do for a star who celebrated her fiftieth birthday with an Oscar, a number-one best-selling book, and a smash Broadway hit. She says she believes in reincarnation. No wonder she's as special as a cat with nine lives!



GAMMA LIAISON

RON GALELLA (2)

FRANCESCO SCAVULLO

GORDON MUNRO/TIME MAGAZINE

THE BIG STORY

No look at women in the eighties would be complet without a look at our role in the decade's big news stories For better or worse, we've been a part of them all. Wh could forget the hostage crisis in Iran that began thi decade and plunged the country into 444 days of frustra tion and despair...or how we wept with joy when ou embassy personnel—brave men *and* women—cam home safe and sound. The death of a child is the cruele loss of all, and more recently we wept with grief for th mothers whose sons perished in Lebanon and Grenada



JP LAFFONT-SYGMA

Above: After their hostage ordeal in Iran, Kathryn Koob and Elizabeth Ann Swift return. Right: Leona Vargo with a picture of her son, who died in Lebanon.

KEN MENGAY/GAMMA-LIAISON



Babies made news...in some instances even before they were born. And what subject could matter more to women? The abortion controversy heated up, and women spoke passionately on both sides of the issue. Reproduction ceased to be an entirely private matter. There were test-tube babies (even test-tube triplets), surrogate mothers and firms that specialized in selling the sperm of men with high IQs. Even best friends clashed over Baby Doe cases—who should decide whether to treat a severely handicapped infant. The story of Baby Fae's baboon-heart transplant startled us all, made each of us wonder, "What would *I* have done if she'd been *mine*?"



LEIF SKOOGFORS/WOODFIN CAMP

JP LAFFONT/SYGMA



SYGMA

Top: Pro-life protesters. Center: Afton Blake and son, Doran, conceived with sperm from a company whose donors are certified geniuses. Bottom: Baby Fae, the day before she died.



NEW SHADE® SUNSCREENS. FOR THE BEST PROTECTION UNDER THE SUN.

No other line of sunscreens has the NEW SHADE 3-WAY PROTECTION FORMULA.

Shade Sunscreens give you a combination of unsurpassed protection against sunburn and unsurpassed protection against skin damage. In addition, you can't buy a more waterproof line of sunscreen products.

1 Nothing gives you better sunburn protection.

If you or someone in your family has the kind of skin that burns easily, new Shade Sunscreens are for you. They've been specifically developed to screen out the sun's ultraviolet B rays that can burn your sensitive skin.

2 Nothing protects better against long-term skin damage.

Shade Sunscreens not only protect against B rays, they also screen out the sun's ultraviolet A rays that can be one of the causes of premature aging of the skin. More important, liberal and regular use can even help prevent skin cancer caused by overexposure to both A and B rays.

3 The Shade Sunscreen line is even more waterproof than Sundown.

Shade Sunscreens won't swim off. You and your family can dip and dunk and dive into the water and still be protected. Even longer than you can be protected by Sundown.® registered trademark of Johnson & Johnson.

The 3-way protection Shade formula not only lets you and your family get out in the sun, it lets you enjoy it.



Some women forged the events of the eighties; their very words and deeds made headlines. Others were swept into the news by circumstances too powerful for any woman or man to control. Britain's Iron Lady, Prime Minister Margaret Thatcher (below, with troops in the Falklands), deftly guided her country through a brief but bloody conflict. She gives the lie to theories that women are too soft to wage a war. Jodie Foster (right) became an unwitting symbol of celebrity worship gone haywire; for love of her, a madman shot a President. Jean Harris (inset top) loved not wisely but too well. Her diet-doctor lover refused to be true, and now she's serving time for murder. Though it may be so that the poor are always with us (inset center), poverty was "feminized" in the eighties and became a women's issue. But famine in Africa has been the tragedy of the first half of this decade (inset bottom). The reports of starving mothers and children in Ethiopia made us sick at heart. We responded as best we could, praying it was not too little, too late.



GAMMA-LIAISON



YVONNE HEMSEY/GAMMA-LIAISON

JEAN-LOUIS ATLAN/SYGMA

W. CAMPBELL/SYGMA

WILLIAM KAREL/SYGMA

NEW LOOKS

What's the new look that made us look twice? It's definitely punky, definitely spunky. Jennifer Beals had it when she flashed a bare shoulder in *Flashdance* and made a saggy, baggy T-shirt seem like the sexiest thing a woman could wear . . . Cyndi Lauper has her own version of one-of-a-kind style. We simply can't get enough of her crazy orange hair and her clown-red mouth, her giggles and squeaks. On her, punk looks sweetly innocent, and we love it. Thanks, Cyndi, for reminding us that girls just want to have fun.



PHOTOTEQUE



HARRY BENSON



Lynda Carter, Beauty and Fashion Director, Maybelline

"Pick color so moist it licks your lips."

Drench your lips in rich, radiant color. Moisture Whip Lipstick offers you over 30 long-lasting shades. Each whipped with moisturizers and a protective sunscreen, for softer lips. Start with a splash of color. Color so moist it licks your lips.



Moisture Whip Maybelline

©1984 Maybelline Co.

LAST LOOKS

A fond farewell to three extraordinary women. We'll never see their likes again: Ingrid Bergman. Princess Grace of Monaco. Indira Gandhi, Prime Minister of India. Death that comes accidentally, violently, is always a shock. And even death that comes in the fullness of time is a sadness and a loss.



SYGMA



SOLA SICCOLA GAMMA-LIAISON



BALDEV/SYGMA

Design and Production
MANZO FINALBORGO ASSOC., INC., NYC
Text
MARGARET DANBROT
Photography Research
TINA RAGSDALE

World Book sales people. Proud of the money they earn. Prouder of the service they give.



It's the kind of work you've been looking for. Flexible hours, easy training, and that gratifying feeling of helping others.

The money's great, too! And because *World Book* is the world's best-selling encyclopedia, your job is made easy.

There's a whole new world waiting for you as a World Book sales representative. To start making good money and new friends call us toll free at 1-800-972-1000 (in Canada call collect 312-338-8700). Or just fill out and return the coupon at right.

© World Book, Inc. 1985

Yes, I'm interested in learning more about becoming a World Booker. Please contact me as shown below. I understand I am under no obligation.

Name _____

Address _____

City _____ State _____ Zip _____

Phone ( ) _____ Best time to call _____

World Book, Inc., Merchandise Mart Plaza
Station 99, Chicago, IL 60654

An Equal Opportunity Employer

WORLD BOOK

There's a world waiting just inside. 6-8

DECORATING HOTLINE

What's new in the eighties. By Deborah James

COLOR Explosion!

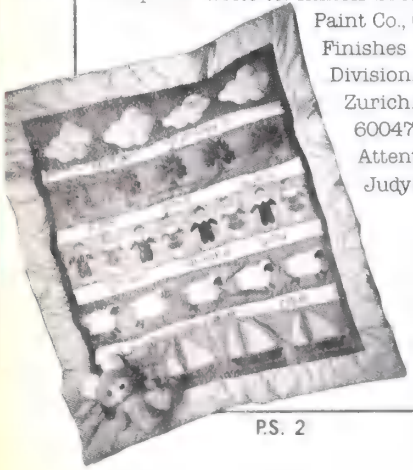
That's what's happening to the color palette, reports the Color Marketing Group. Colors in the eighties will be brighter, cleaner and more saturated. Greens and blues will take center stage while red, turquoise and yellow will be the accent colors. Forget beige and earth tones, gray—yes, gray—will be the neutral color for the next decade. It's the perfect foil for any color and the perfect background for luscious but hard to use pastels like lilac. Add texture to your new colors. Try a metallic or pearlescent finish for a special look on a coffee table, kitchen cabinets or windows shades.

CRAFTS

The revival of traditional American crafts will continue with vigor into the next decade. Just when it seems there are no more crafts to be rediscovered, the really adventurous are combining one or two traditional crafts. Illinois Bronze, a major paint company specializing in craft finishes, and Erica Wilson, the doyenne of American crafts, have teamed up to present StencilStitch Kits.

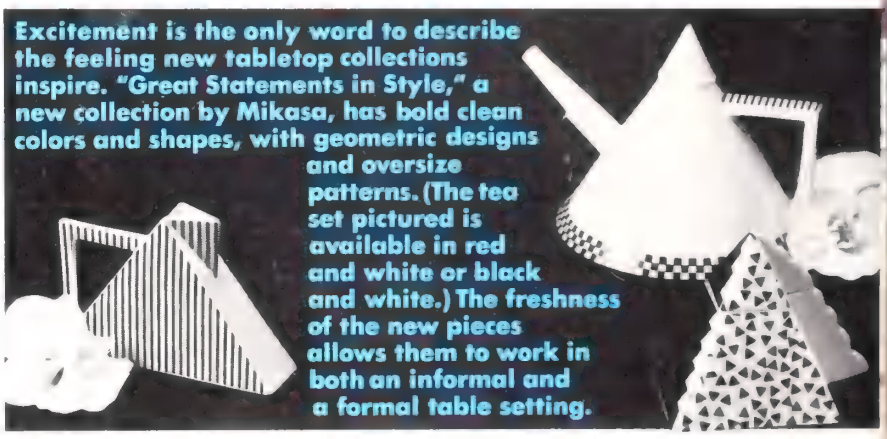
StencilStitch marries stenciling and stitchery. Using the elements of basic design, you can create a pillow or a quilt, arranging your own motifs using the patterns and colors supplied.

Kits come complete with stencils, paints, brush, fabric, floss, needles and easy-to-follow instructions. Check with local craft and needleworks shops or write to: Illinois Bronze Paint Co., Craft Finishes Division, Lake Zurich, IL 60047, Attention Judy Martin.



P.S. 2

TABLE FASHIONS

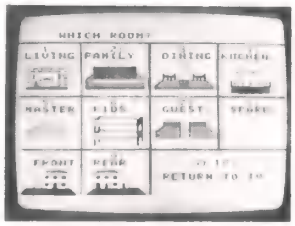


Excitement is the only word to describe the feeling new tabletop collections inspire. "Great Statements in Style," a new collection by Mikasa, has bold clean colors and shapes, with geometric designs and oversize patterns. (The tea set pictured is available in red and white or black and white.) The freshness of the new pieces allows them to work in both an informal and a formal table setting.

ELECTRONICS

A fully automated home? Maybe not quite yet—but we're almost there, thanks to the "HomeMinder," General Electric's electronic system that uses the television set as "mission control" for regulating household lights, appliances, heating, etc.

The HomeMinder home control system's design offers the convenience of in-home remote control.



control away from home and a memory that takes care of things the user might forget—like turning on the electric coffee maker at 7:15—all in one simple, easy-to-use package. The system works through existing wiring, and TV-screen visuals guide the user step-by-step.

This system can even store important messages and appointments.

HomeMinder can turn on the coffee or dim lights



A Wear-Dated® carpet covers more than your floors.



Wear-Dated carpet covers
oil and stain resistance.
very Wear-Dated carpet is made with
ecial fibers that resist stain. And
rt particles can't cling as tightly, so
cuuming is more effective. Your
rpeting keeps its original beauty longer.



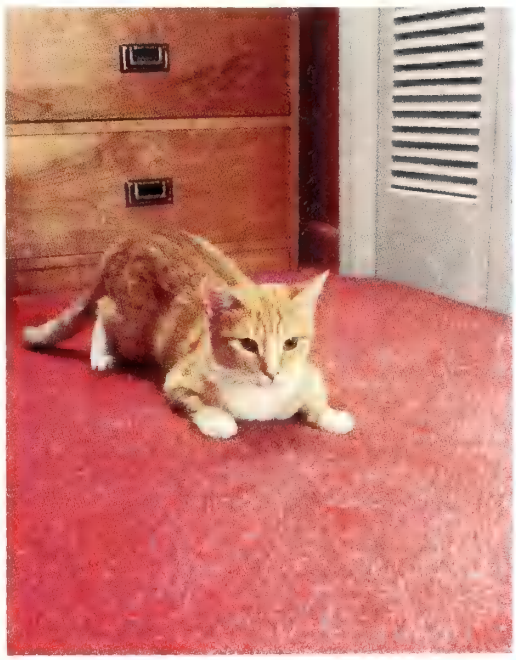
A Wear-Dated carpet covers resistance to matting.
Every Wear-Dated carpet is 100% Ultron Nylon to resist crushing and matting even in high traffic areas. As a result, your carpeting keeps a uniform, plush appearance longer.



A Wear-Dated carpet covers resistance to fading.
Every Wear-Dated carpet is colorfast to resist the ravages of sunlight, ozone, and everyday wear and cleaning. Your carpeting will keep its beautiful color far longer.



Wear-Dated carpet covers
tatic control.
very Wear-Dated carpet is made with
patented conductive element which
revents the build up of static electricity
r the life of the carpet. Annoying
atic shock is virtually eliminated.



A Wear-Dated carpet covers durability.
A carpet's tendency to resist pulling is determined by how well the pile is secured into the carpet backing. Every Wear-Dated carpet offers superb construction that resists snags and pulls.



A Wear-Dated carpet covers all this for 5 full years.
We know how well Wear-Dated carpets will perform because we've tested them more than you ever can. Look for the most thoroughly tested carpet you can buy. Wear-Dated carpet.

Now! Get "wall-to-wall" credit with the new credit card for Wear-Dated carpet!
Ask your dealer about our Instant Credit Plan.

WOMEN GETTING AHEAD

Here are the answers to some of your most pertinent questions about working in the eighties. By Shirley Sloan Fader

SOCIAL RELATIONSHIPS AT THE CLUB

Q Some women in our town are trying to force a local country club to admit women members. What difference does it make? There's a fine public golf course.

A As more women add jobs to their lives, men-only community clubs become an increasingly serious problem in towns across the country. It may look like just a social matter—the guys won't let the women join. But, in fact, all-male clubs hinder every woman who wants to find a job or change jobs, who runs a small business, or who is an executive, a professional or in sales. All these women lose many business opportunities and contacts.

Jobs are found, clients are acquired and a good deal of business is conducted while dining, relaxing and playing tennis or golf (or at any similar community "social" organization). When women are barred from membership, they are consequently barred from all the business opportunities they might have had if they permitted to be members.

There's another hidden problem. Employers know that women will not be allowed to represent the company at an all-male club and may therefore hesitate to promote women to positions where access to club activities is useful in carrying out business.

Shirley Sloan Fader is a job/career specialist who writes, lectures and consults on workplace problems and solutions. She is the author of three recent career guide books.

A study by the National Science Foundation revealed that women who "have it all"—good jobs, marriage and motherhood, were the happiest group among adult women.



Michael Kevin Daly The Stock Market

MORE '80s JOB MONEY FOR YOU

Q On TV news and in my local paper I've seen stories about comparabl pay for women. What exactly does that mean?

A In the eighties, comparab pay (sometimes known a comparable worth) will probably be the goal that working women will strive for.

The explanation is simple: Usually typical women's occupations, such a teaching and office work, have relatively low pay rates—considering the skill, education, stress and responsibility involved—while many typical men's jobs, such as factory technician and auto mechanic, have significantly higher salaries.

The concept of comparable worth means that an employer would have compare the skills, responsibilities a training of all the jobs in the organization and pay comparable wages for jobs with comparable requirements. That means that when secretarial job is found to demand th same amount of training and skill as that of a mechanic, the office work wages would be raised to match t mechanic's wages.

This is different from our curren equal-pay laws, which merely sa men and women must be paid equally when they're doing precisely the same job.

Comparable worth has al had legal and union-contra negotiation victories, most involving government job Approximately thirty stat have either enacted comparable worth wor laws for their state employees or begun studying the possibilit

continued



Lejon Cellars, Asti, CA

LEJON. YOU'LL KNOW WHO TO SHARE IT WITH.

TWO-CAREER AND CHILD-CARE TAX SAVINGS

Q Are there any special tax breaks for us 1980s working wives and mothers?

Yes, there's a marriage deduction for working couples and tax credits for child-care costs. In his very useful and easy-to-understand book, Julian Block's Guide to Year-Round Tax Savings, 1985 ($9.95, Dow Jones-Irwin), Block indicates that where both spouses work they're entitled to a 10 percent tax deduction of the salary of the lower-paid spouse. (It doesn't matter whether the husband or wife has the lower income.) For example, if your husband makes $24,000 and you make $18,000, then you could take a 10 percent deduction of the smaller amount—the $18,000. That would give you a $1,800 tax deduction. However, there's a $3,000 maximum. Even if the lower-paid spouse earns more than $30,000, all you can claim is the $3,000. You take this working couple deduction on Schedule W of the 1040 form.

For child care, says Julian Block, there's a sliding scale of tax credits available to you. If you have child care for one child only, your credit is a percentage of the first $2,400 of your child-care costs. If you have two or more children who require care, your credit is a percentage of the first $4,800 of your child-care costs. The percentage you're allowed varies between 20 and 30 percent. Apply for this tax credit on form 2441, which goes with the 1040.

WOMEN AND WORK—FACTS YOU SHOULD KNOW

- Forty-four percent of all workers in the U.S. civilian labor force are women. (In numbers that's 48.5 million women 16 years and older.)
- Traditional women's jobs will increase during the 1980s. There will be 719,000 new jobs for secretaries, 642,000 for registered nurses, 511,000 for kindergarten and elementary-school teachers.
- Women now hold nearly one-third of America's management positions. That translates into about 3.1 million women bosses.
- We may have a woman president sooner than you think. A 1983 survey by the National Opinion Research Center found that a whopping 80.3 percent of those polled were willing to consider voting for a female presidential candidate.

INVESTING IN THE EIGHTIES

Many women are taking over the family's financial planning. Here are some important investment terms savvy women should know. By Katherine Barrett and Richard Green

Capital gains Investments held for more than six months before they are sold at a profit are eligible for long-term capital gains treatment; that is, they are taxed at only 40 percent of the ordinary rate.

Commodities A commodity is really any item that can be bought or sold. A number of very basic commodities, such as wheat, silver, sugar and hogs, are traded on organized markets that are open to investors.

Common stock Shares, issued by corporations, which represent partial ownership in the corporations. You can make money from common stock in one of two ways: either from regular payouts of cash from the company (dividends) or by sale of the stock at a profit at some point in the future.

Ginnie Mae investment trust A type of bond, backed by government-guaranteed mortgages, which pays back both interest and principal to investors as it matures. With this investment, you receive all your money back—in regular increments—by the maturity date. For this reason, it's best for investors who are interested in income.

Individual Retirement Accounts Money placed into an IRA is not taxed in the year it is earned, nor is the income that accumulates in such an account. Individuals are allowed to put $2,000 annually in an IRA, and married couples with only one partner working are allowed to put in $2,250. Removing the money before age 59½ results in a penalty.

Leverage Simply, leverage represents the ability of an investor to borrow money in order to maximize the return. By going into debt in order to invest, the theory goes, you can "leverage" yourself.

Municipal bonds Bonds that are backed by cities, states or other government entities. They are generally free from federal (and possibly state and local) taxes as well.

Mutual funds An investment company that places investors' money into one of a whole range of vehicles (bonds, stocks, certificates of deposit) or a combination of investments. Investors in the fund can presumably benefit from diversification and professional management of their money.

Preferred stock Like common stock, this represents an investment in a company. In the event the company is liquidated, the preferred stockholders will be ahead of the common stockholders in getting their money back. Their dividends are paid ahead of those common stockholders, too.

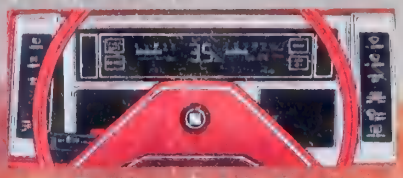
Stripped zero-coupon bonds Bonds backed by the U.S. government, which automatically reinvest your interest. The profit on such bonds comes only when they reach maturity, although taxes on the reinvested interest must be paid along the way. Maturity dates can be set at virtually any time.

Ride off into the Somerset.

It could be the ride of your life.

For the Buick Somerset is truly a very personal driver's car — a light, agile, front-wheel-drive coupe.

The Somerset's graceful appearance is enhanced by its graceful performance, owing in part to power-assisted rack-and-pinion steering, a highly capable 2.5-litre, four-cylinder engine and an array of driver controls and electronic digital readouts that are placed exactly where they belong — right in front of you, as you can see:



Being a Buick, the very unconventional Somerset also offers all the traditional amenities.

Visit your Buick dealer, buckle yourself in — and ride off into the Somerset.

To ask any questions, request a brochure or test drive, call the Buick Product Information Center 9 a.m. to 8 p.m. Eastern time, weekdays: 1-800-[illegible] (1-800-[illegible]).

Wouldn't you really rather have a Buick?

Buick Somerset

We combed through the leading health- and diet-conscious cookbooks of the eighties—and found that what's good for you doesn't have to taste that way. In fact, these internationally inspired gourmet dishes are even fit for company, simply because they're so sumptuous and scrumptious!



Tom Arma

CHILI CON CARNE

1 tablespoon corn oil
1½ cups finely chopped onions
1 cup chopped green or red pepper
1¼ pounds ground veal, beef or pork
2 tablespoons minced garlic
3 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon crumbled oregano
1 bay leaf
½ teaspoon freshly ground pepper
4 cups fresh or canned unsalted tomatoes
1 tablespoon red wine vinegar
¼ teaspoon or more dried crushed red pepper flakes

In deep skillet heat oil. Add onions and green or red pepper; saute until onion is translucent. Add meat; stir and chop with spoon to break up any lumps. Sprinkle in garlic, chili powder, cumin and oregano. Stir to blend. Add bay leaf, pepper, tomatoes, vinegar and pepper flakes. Bring to a boil; reduce heat and cook 1 hour, stirring occasionally. Remove bay leaf. Makes 4 servings, about 5½ cups, about 445 calories per serving.

From CRAIG CLAIBORNE'S GOURMET DIET Copyright © 1980 by Craig Claiborne and Pierre Franey. Reprinted by permission of Times Books.

SHRIMP SCAMPI

1¼ pounds shelled and deveined shrimp
3 tablespoons lemon juice
1 tablespoon plus 1 teaspoon margarine, melted
2 large garlic cloves mashed
½ teaspoon salt
½ teaspoon pepper
½ teaspoon paprika
Parsley sprigs

Preheat broiler. Divide shrimp into 4 individual ovenproof casseroles. In small bowl combine remaining ingredients except parsley. Pour ¼ of mixture over each portion shrimp; toss to coat. Broil 4 inches from heat source until shrimp are golden brown, 1 to 2 minutes. Garnish with parsley. Makes 4 servings, 170 calories each.

From WEIGHT WATCHERS® QUICK START® PROGRAM COOKBOOK Copyright © 1984 by Weight Watchers International, Inc. Reprinted by arrangement with New American Library, New York, NY. Weight Watchers and Quick Start are registered trademarks of Weight Watchers International, Inc., New York.





No presents please. You've already given M.I. Hummel figurines 50 incredible years.

Think about it.

You know these youngsters. You have a cousin who collects them. A neighbor who brought a few back from Germany in '49. A mother who always warned you not to break them. One of your own posing next to the kids' sixth grade photographs.

They're M.I. Hummel figurines from Goebel of West Germany. And since 1935 everyone who loves children has been an honorary member of their worldwide family.

They were born in Bavaria. But they live close to the heart.

In a quiet Bavarian convent, Sister Maria Innocentia Hummel drew the children she knew and loved. Local boys and girls in lederhosen and dirndls.

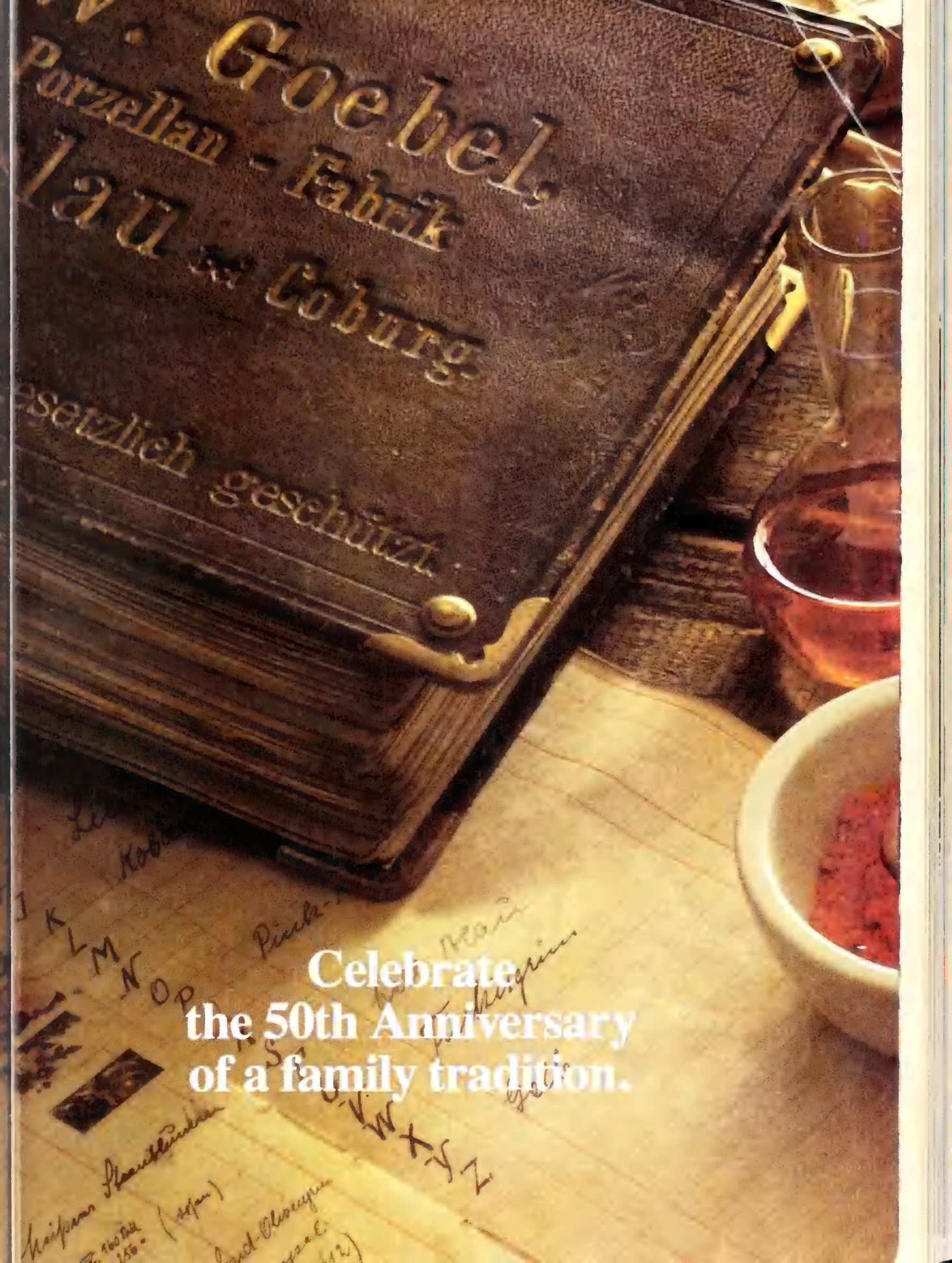
But though their dress is regional, their smiles mean the same thing in every language. Even now.

These are children *you* know. The day the new brother came home from the hospital. The week of the monster toothache. The summer when life stretched ahead like an endless promise.

The Sister's signature is incised into every figurine based on her artwork. But it's her joy you'll recognize. And cherish as your own.



Sister M.I. Hummel entered the Franciscan Order in 1931. At the age of 37, her life was cut short by tuberculosis.


Celebrate
the 50th Anniversary
of a family tradition.





The Tradition Continues with New Releases for 198

The M.I. Hummel family is growing in exciting new directions. With *Jubilee*, a special commemorative figurine produced in 1985 only. With the last issue in the Anniversary Plate series. With the 1985 annual plate and bell. The introduction of four new and ongoing figurines as well as five familiar favorites in new smaller sizes. And much more, including *M.I. Hummel: The Golden Anniversary Album*, a beautiful 320-page art book overflowing with 50 years of collecting memories. You'll find them all at fine gift and department stores. To learn more about Goebel gifts, collectibles and the Goebel Collectors' Club, send $1 to Goebel, P.O. Box 525, Dept. IN505H, Tarrytown, N.Y. 10591.



50 YEARS OF M.I. Hummel® FIGURINES

The love lives on.

Shown (left to right) *Jubilee* Anniversary Figurine, *Auf Wiedersehen* Anniversary Plate, newly sized *For Mother*, 1985 *Sweet Song* Annual Bell, 1985 *Chick Girl* Annual Plate, *M.I. Hummel: The Golden Anniversary Album*

Goebel

Bringing quality to life since 1871

SPINACH LASAGNE

¾ pound fresh spinach, washed
2 tablespoons grated Parmesan cheese
1 cup low-fat cottage cheese
¼ teaspoon nutmeg
¼ teaspoon salt
⅛ teaspoon pepper
10 lasagne noodles, cooked and drained
2 cups Tomato and Garlic Sauce (recipe follows)

Preheat oven to 350°F. In saucepan steam spinach just until limp. Chop spinach and combine with cheeses, nutmeg, salt and pepper. In 12x8-inch baking dish layer 3 noodles, ⅓ of spinach filling and ⅓ of sauce; repeat layering two more times. Bake 20 minutes. Makes 6 servings, about 435 calories each.

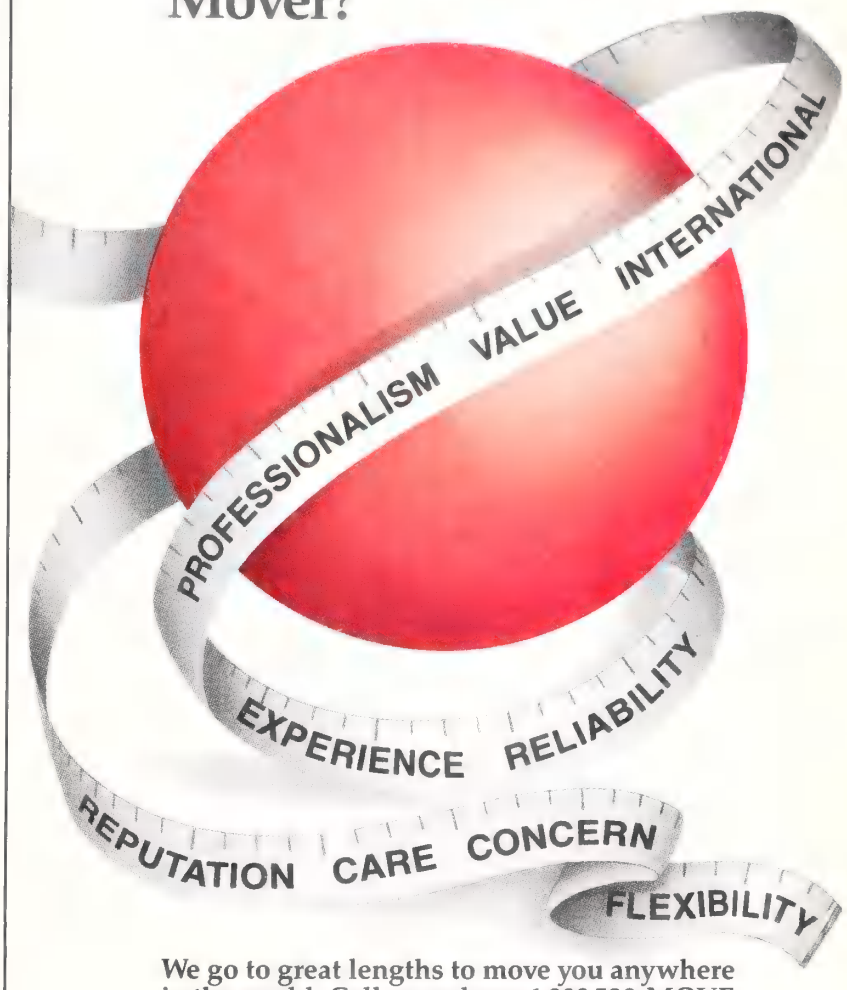
TOMATO AND GARLIC SAUCE

2 tablespoons salad oil
1 cup chopped onions
1 garlic clove, chopped
1 can (16 oz.) tomatoes
1 can (6 oz.) tomato paste
1 teaspoon basil
1 tablespoon oregano
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon sugar

In large saucepan heat oil. Add onions and garlic; saute until translucent. In blender coarsely chop tomatoes. Add to saucepan along with remaining ingredients. Simmer 30 minutes, stirring occasionally. Makes 3 cups, about 50 calories per ¼ cup.

From THE LIVING HEART DIET by Michael De Bakey, Antonio M. Gotto, Jr., Lynn W. Scott and John P. Foreyt. Copyright © 1984 by Raven Press Books, Inc. Reprinted by permission of Simon & Schuster Inc.

How Do You Measure Your Mover?



We go to great lengths to move you anywhere in the world. Call us and see. 1 800 528-MOVE. Or (317) 353-8331.

American RED BALL World Wide Movers

ICC MC#6992

APRICOT MOUSSE

2 envelopes unflavored gelatin
½ cup fresh orange juice, cold
½ cup fresh lemon juice, cold
1 can (6 oz.) frozen unsweetened apple juice concentrate
1 can (6 oz.) frozen unsweetened orange-pineapple juice concentrate
1 can (20 oz.) crushed pineapple in own juice, drained (reserve juice)
Grated peel of 2 lemons
1 egg white, unbeaten
3 tablespoons apricot brandy or orange-flavored liqueur
2 cans (20 oz. each) unsweetened apricot halves, drained, divided
1 cup nonfat evaporated milk, well chilled

Soften gelatin in cold orange juice and lemon juice. Stir over low heat until completely dissolved. Add juice concentrates, reserved pineapple juice, grated lemon peel, egg white and brandy. Mix well. Refrigerate until mixture has thickened and mounds when dropped from a spoon. Whip until doubled in bulk.

In blender or food processor puree 1 can drained apricot halves. Add to beaten mixture with drained, crushed pineapple. Beat chilled nonfat milk until stiff. Fold into fruit mixture. Spoon into a 3-quart bowl. Cover with plastic wrap and refrigerate 2 hours or overnight. Top mousse with remaining apricots. Return to refrigerator and chill. Makes 24 servings, about 70 calories per ½ cup.

From DELICIOUSLY LOW: THE GOURMET GUIDE TO LOW-SODIUM, LOW-FAT, LOW-CHOLESTEROL, LOW-SUGAR COOKING Copyright © 1983 by Harriet Roth. Reprinted by arrangement with New American Library.

Carpet that captures nature's richest tones and textures.



New

EARTH IMAGES™

Exclusively from

Evans Black

fine carpet fashions by

Armstrong

Capture the beauty in your home.



Now, the beauty of nature's richest tones and textures are right at home in your home. Introducing Earth Images, carpets so beautifully textured and rich in color, you'll think they were nature's own creation.

Sparkling ocean blues, rustic autumn naturals, exotic forest greens. Over 100 of the most beautiful carpets imaginable. All captured in rugged, performance-proven WEAR-DATED Ultron nylon.



And now, it's easier than ever before to afford the luxury of Earth Images carpet on credit! Up to $1500 credit — on the spot — if you qualify for a Wear-Dated credit card from Monsanto. Ask your retailer for details of this exciting new opportunity.

Special Introductory Savings

Right now, many Evans-Black retailers are offering special introductory savings on new Earth Images and the entire line of Evans-Black fine carpet fashions by Armstrong. Look for sale ads in this week's newspaper or call Toll-Free 1-800-233-3823 for the name of your local Earth Images retailer.

TRAVEL TALK

Women of the eighties have all the options on vacation . . . adventure, learning or just relaxing. By Margaret Zellers

ADVENTURE HOLIDAYS

Wilderness Southeast operates a year-round series of outdoor vacations where learning and new experiences are part of the plan. For the annual catalog, which comes in a newspaper format and details expeditions to islands off the Florida Keys such as the Dry Tortugas, or Pennekamp Reef, a family mountain backpack in North Carolina and other relaxed learning experiences, write to Wilderness Southeast, 711-LH Sandtown Rd., Savannah, GA 31410, or phone 912-897-5108.

The name Have Mule Will Travel Inc. hints at the far-flung ambience featured on the expeditions they arrange. For amateur archeologists and nature lovers, the nonprofit corporation offers tours of the excavations of Indian rock art at Bahia de Los Angeles in Mexico and a stay aboard a research vessel to study elephant seals off Isla de Cedros, Mexico. In addition, there are expeditions farther afield: to Nuku Hiva, French Polynesia and the North African desert. For a catalog and full details about the tax-deductible research expeditions, write Have Mule Will Travel, 787 South Grande Rd., Alpine, CA 92001, or phone 619-445-9264.

Ask your travel agent about special-interest tours. An art study tour in Europe is being offered June 16 to July 9 by Trans-Pacific Special Interest Tours, 10 E. Pueblo St., Box 30626, Santa Barbara, CA 93130, 805-682-6191. Owner Ann Sween also plans a natural-history tour of Alaska, including living in the wilderness with naturalists.

THE SMART TRAVELER

Dial 800 numbers for toll-free facts. Most airlines, many cruiselines and some tourist offices, large hotel chains and tour operators have toll-free numbers for tourist information. Before paying for a call, dial 800-555-1212. You will be asked for your area code and for the firm name. If there's an 800 number, you can make the call for free.

It pays to travel by train—especially when you buy Amtrak's "All Aboard America" fare, on sale until May 31, which gives you a variety of discounts. For information, telephone 800-USARAIL.

SPA SPECIALS

Why not combine travel with fitness and healthy living? The Holland America Westours ships Noordam and Nieuw Amsterdam each have Ocean Spa, with exercise equipment and one deck entirely devoted to sports and games. For information call 800-426-0327. And now the beautiful oceanliner QEII houses the exclusive Golden Door Spa. For information in New York call 212-661-7777. Outside of New York call 800-221-4770.



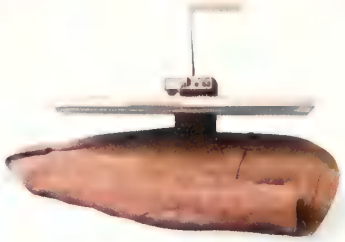
THE ALPS—ON YOUR OWN

Conquering the real Alps is an attainable goal, one that doesn't necessarily require crampons and mountain guides. Visiting small villages in Austria, Italy, Germany, Switzerland or Yugoslavia, perhaps settling into a family-owned inn, can put you at the feet of this majestic mountain range.

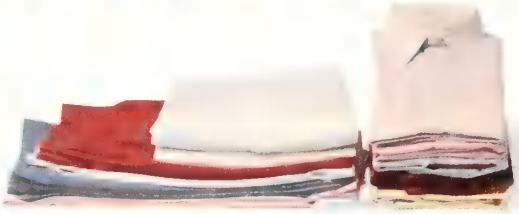
For tips on setting your own pace and seeing unique places in the Alpine region, send for the free booklet "The Alps—Europe's Top Attraction," from the Alpine Tourist Commission, Dept. A, Box 1137, Radio City Station, New York, NY 10101.

continued

You Won't Get Taken To The Cleaners With Elnapress®









Once you own an Elnapress ironer, you may never need professional pressing again. The Elnapress is the home-way to use pressure and steam to iron your clothes better, faster and with less effort. Press a complete shirt in minutes. Freshen up a wrinkled suit or dress without the wear and shine that a sliding iron creates. Pressing large jobs, such as tablecloths, is easier and quicker with the Elnapress ironer, because it has ten times the surface of an ordinary iron. Tackle other hard-to-iron items such as pleated skirts, curtains, velvets, cable knits, and appliqued items in minutes with ease on the Elnapress. And remember, the Elnapress is quality-built in Switzerland for long, faithful service. So before you make your next trip to the "cleaners" see your Elna dealer first! Listed in the Yellow Pages under sewing machines.

elnapress®

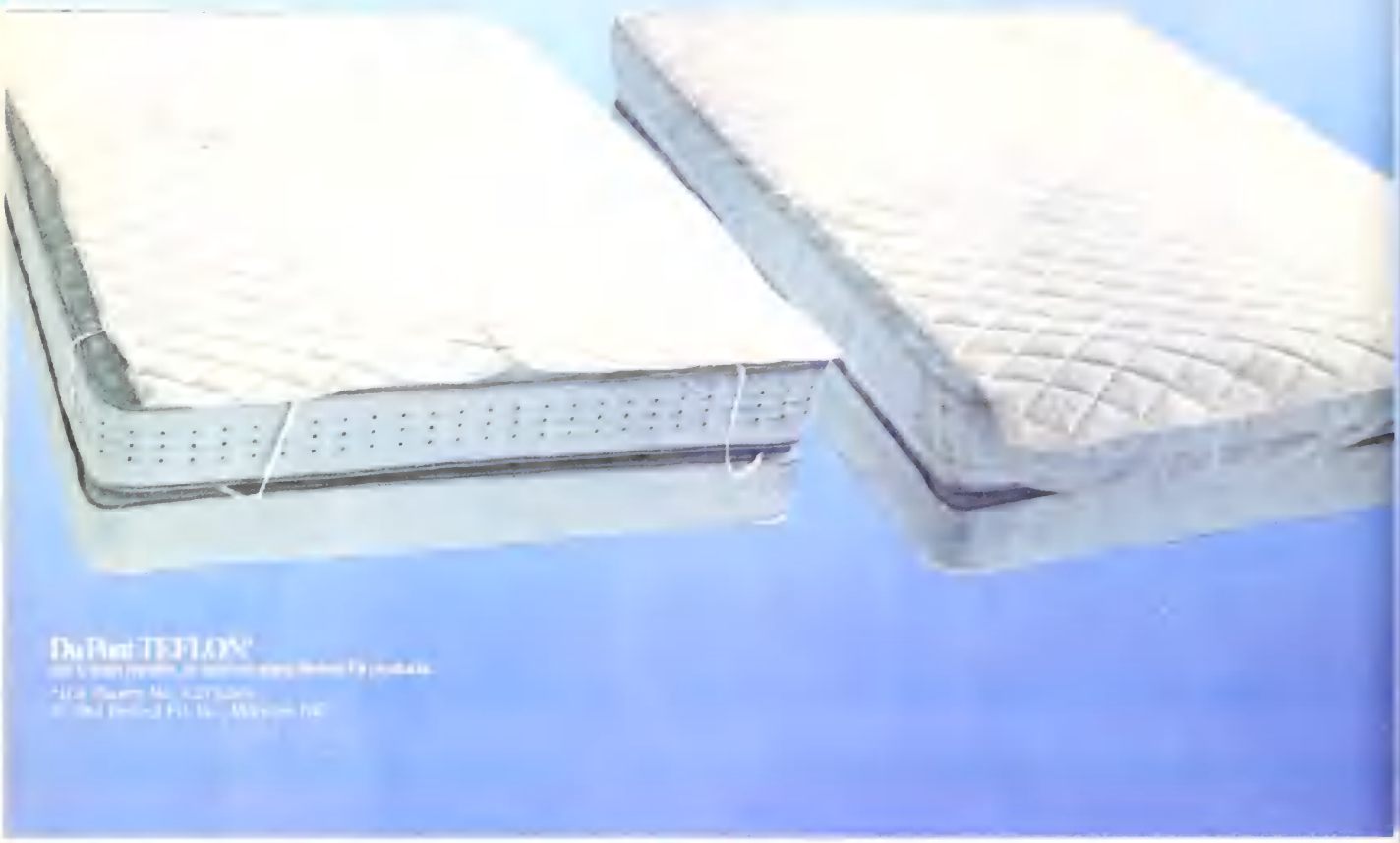
For More Information, write "Elnapress®"
11750 Berea Road, Cleveland, Ohio 44111

One of the White Consolidated Industries

WCI

©'85 WCI

Yesterday's misfits.



DuPont TEFLON®

MY BEST VACATION

Traveling with my son on a covered wagon trip, I went from Greenhorn to instant cowgirl. Move over, Annie Oakley. By Sue Huffman

'T was a "just the two of us" vacation—my fifteen-year-old son, Charley, and me. Not an easy trip to plan, what with my affinity for beaches (preferably foreign) and Charley's for video games, motorcycles and girls (mostly girls). The solution? Four days on a Prairie Schooner, or covered wagon, out of Jackson Hole, Wyoming, followed by three days of R and R at Jackson Lake Lodge, smack in the middle of the glorious Grand Tetons.



Forty hardy souls, ranging

Today's perfect fit.



There may be many mattress pads to choose from. But only one assures you perfect fit. UltraPad™ The best-fitting mattress pad with the unique, patented* Custom Corner™. Won't shift, slide or bunch. No messy sides to tuck. No loose-fitting anchor bands. Made of fine, long-lasting fabrics. UltraPad is the new, easy solution for a well-tailored bed. Machine washable, no-iron. You'll never have to settle for misfits again. UltraPad. In linens departments everywhere.

UltraPad™

The better-fitting mattress pad with the unique Custom Corner™

rom six-year-old twins to an ighty-one-year-old woman ho was game for anything, endezvoused early one Monday. harley beamingly noticed lots f young teenagers in our roup—especially some ttractive teenage girls.

ontinued on page P.S. 18



STAYING AT GRAND TETON NATIONAL PARK

After the "schooner" trip, we rented a car in Jackson and drove less than an hour up to Grand Teton National Park, one of the most magnificently breathtaking sites I've ever encountered. Managed by Rock Resorts, the three Grand Teton Lodge Company facilities include Colter Bay Village, with log cabins going for as little as $21 per day and tent cabins for a mere $15; the posh Jenny Lake Lodge, with only thirty log cabins, which run $215 per day for two; and the spectacular Jackson Lake Lodge, where doubles run from $62 to $92.

We opted for Jackson Lake Lodge and were delighted. We took a breakfast cruise, a float trip, a trail ride. We swam and rented bikes. There are also fishing, climbing and naturalist programs. For information on the three facilities, write or call the Grand Teton Lodge Company, Grand Teton National Park, P.O. Box 240, Moran, WY 83013, 307-543-2811.



Sue Huffman

LADIES' HOME JOURNAL

TRAVEL PLANNER

If you're planning a vacation, we'd like to help. Listed below are Ladies' Home Journal *advertisers offering free booklets and brochures. Simply check the travel information you'd like, and circle the corresponding numbers on the accompanying Travel Planner coupon.*

1. MASSACHUSETTS. See Massachusetts FREE when you receive the new Spirit of Massachusetts Vacation planner. It contains information to plan your vacation any time of the year. Destinations, attractions and calendar of events. Spirit of Massachusetts is the Spirit of America.

2. SANDESTIN. Nothing comes close but the Gulf. Sandestin Beach Resort offers a spectacular Gulf beach, two golf courses, 16 tennis courts, a variety of accommodations and by summer a new harbor and marina. For reservations call 800-874-3900, in Florida 900-267-8160.

3. HILTON [illegible] ISLAND. Shipyard Plantation presents 27 holes of championship golf, the internationally known Shipyard Racquet Club and white sand beaches on the Atlantic. Superb island restaurants. Rental choice of villas or luxurious private homes.

4. FONTANA VILLAGE. Get lost on a vacation at the Smokies' largest resort. Hike, swim, play tennis or just sit back and enjoy the view. Accommodations start at just $40 per night.

5. TRAVEL THE CONTINENT for less than the cost of a continental dinner. That's some food for thought. After all, who else but EURAILPASS offers you unlimited travel first class through 16 European countries for such a low fare? We'll send you a free colorful and informative EURAILPASS brochure to help you start cookin'!

6. KIAWAH ISLAND RESORT. Free, completely new 26-page magazine. Ten miles of beach, two complete resort villages, Nicklaus and Player golf courses, two world-class tennis centers, shops and boutiques, superb low-country cuisine and more. Twenty-one miles from Historic Charleston.

7. LOUISIANA. Experience the excitement of the World's Fair State. You'll find delicious food, great music. A world of sights that will touch you and live in memory forever. Louisiana—don't miss it for the world.

8. CARRIAGE HOUSE INNS of Charleston, SC. Your choice of three charming inns located in the historic and antique district. Complimentary wine and breakfast in bed. Free color brochure and packages.

9. [illegible] MAGRUDER INN, WILLIAMSBURG. An AAA, 4-diamond hotel known for its deluxe rooms, friendly service and convenient location near Colonial Williamsburg and Busch Gardens. Plus tennis, swimming, saunas and a fine restaurant and lounge; 800-446-4082; in Virginia 800-582-1010. Circle 9—for a free color brochure.

10. VALLEY [illegible] COUNTRY. Relive the nation's founding at Valley Forge National Park. Then find excitement in nearby Philadelphia, Dutch Country and 48 attractions detailed in our package of free color brochures.

11. BEST WESTERN PATRICK [illegible] INN CLOSEST HOTEL TO COLONIAL WILLIAMSBURG, just ½ block away. Two-hundred-sixty-two-room full-service hotel. Colonial dining room, remote color TV, AM-FM clock radio, game room, playground, pool, lounge, guest laundry, Busch Gardens minutes away. Meeting, banquet and conference facilities. Jamestown and Yorktown Victory Center just minutes away.

12. FROM HUNDREDS OF QUIET RETREATS to the bright lights of eight urban centers, the Ohio Getaway Travel Planner has everything you need to plan your special getaway in Ohio . . . the heart of it all.

13. ROYAL CARIBBEAN CRUISE LINE. Exciting 7-, 8-, 10- and 14-day cruises from Miami to popular ports-of-call throughout the Caribbean, Bahamas, Bermuda, South America, Mexico's Yucatan and the Gulf of Mexico.

14. WINDJAMMER BAREFOOT CRUISES. Sail a tall ship to a small island. Cast off your cares and come sailing in the exotic Caribbean. Each day . . . new landfalls, new adventures and plenty of time for shopping or just soaking up the hot sun. Call now! 800-327-2600.

15. BEST WESTERN INTL. Three-hundred-page full-color travel guide with maps, listings and information free at any Best Western Intl. Hotel or send $2.00 to cover postage and handling.

16. [illegible] ISLAND. Vacation information package contains official highway map and visitors guide listing places to stay, things to do and see. Specific information should be noted for camping, fishing and golf.

17. SELMA, ALABAMA'S historic river city, where you can lose yourself in the largest historic district on the National Register of Historic Places in Alabama. Home of the Alabama Tale Tellin' Festival. Historic Selma Pilgrimage, Riverfront Market, Water Avenue and Sturdivant Hall. Guides available through Chamber of Commerce.

18. LANCASTER COUNTY, PENNSYLVANIA is where great vacations begin. Feast on mouth-watering Pennsylvania Dutch cooking. See our beautiful countryside. Browse through our shops and farmers markets. And experience Amish history and culture. For information, 717-299-8901.

19. BOLTON VALLEY RESORT. Six-thousand-acre resort in Vermont's Green Mountains. Attractively priced packages. Children 12 and under stay in same room for free. For reservations, call 802-434-2131, or toll free in the Northeast 800-451-3220.

20. VIRGINIA. Williamsburg, Jamestown, Monticello, Mt. Vernon, Civil War battlefields, Appomattox, Skyline Drive, Busch Gardens, Kings Dominion, Virginia Beach, Blue Ridge Parkway and other attractions in a free 36-page full-color vacation guide.

21. NEW SOUTH CAROLINA VACATION GUIDE. Featuring 1,000 vacation delights—golden beaches, resort islands, historic plantations, gardens, golf, sailing and sunshine.

22. COLORADO. Above all find out why millions of people put Colorado above all others when it comes to memorable vacations. Send for our Colorado Adventure Guide, voted the best free travel literature available anywhere.

23. [illegible]. Historic Nassau, exciting Paradise Island, sophisticated Freeport and the lovely Family Islands. Golf, tennis, scuba diving, fishing, entertainment and nightlife. Ideal year-round climate.

24. THE GRAND TETONS, WYOMING. A 500-square-mile, spectacular mountain experience. Discover the wildlife of the West, lakes and streams for swimming, raft rides, golf, tennis, hiking, riding.

LHJ TRAVEL PLANNER

P.O. Box 2772
Clinton, Iowa 52735

Circle items requested: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 *15 16 17 18 19 20 21 22 23 24

*Enclose $2.00

Offer expires Aug. 1, 1985.

Name _____

Address _____

City _____ State _____ Zip _____

AN ADVENTURE IN UTAH'S CANYONLANDS

A raft trip on the Colorado River or the Green River alternates fast-paced excitement and quiet relaxation in a setting of unequaled beauty. Riding in sturdy rubber rafts, you'll be guided by strong-armed boatmen through some of the country's most exhilarating stretches of white water. In between rapids you can catch your breath, swim, work on your tan or just watch the scenery drift by. You'll pass through canyons with red cliff walls that soar hundreds of feet, you'll see



ancient Indian rock paintings and you might even spot a deer or bighorn sheep drinking at water's edge. And those who go for more than one day will discover just how peaceful a night spent in a riverbank camp can be after a full day on the water. Trips are scheduled from spring through fall. Costs range from $30 for one day to $600 for ten-day expeditions, including all meals and some equipment. For information, contact Adrift Adventures, 5620 Waterbury Way, Suite A203, Salt Lake City, UT 84121, 801-272-3442.

You can arrange package tours that include a combination of activities such as trail riding, hiking, hot-air ballooning, touring the Canyonlands in a small plane, and canoeing. For more information, contact your travel agent.

—MARK CATALANO



Introducing Waring's New Under Cabinet Blendor®/Can Opener.

Meet the most revolutionary kitchen space saver of the year! It's a ten speed Waring Vortex Blendor® that's instantly at your fingertips whenever you want it, then flips up to become a can opener . . . under your cabinet and out of your way.



You'll love the convenience.

The blender carafe has its own safe, sure storage spot hidden behind the can opener when the blender is flipped up and away.

There's also an exclusive, unique strainer lid that lets you pour and strain all at once . . . plus a special



carafe-to-base locking feature for added safety . . . All in all, unyielding quality that only Waring's 50 years of experience can provide.

Waring's new Under Cabinet Blendor®/Can Opener. It's today's revolutionary new way to free up your counter space and put two kitchen necessities in the space of one, right where they're easiest to use! Look for it now wherever fine small appliances are sold.

Fifty Years of
WARING
Quality

© WARING PRODUCTS DIVISION/DYNAMICS CORPORATION OF AMERICA • New Hartford, Connecticut 06057



The busiest little eye cream in the world.

Contour des Yeux

Here is a 24-hour almost-miracle worker. Created with sea urchin coral and Vitamin A, this luxurious gel-creme smooths and refines little lines that age eyes. Each application helps renew, firm and lubricate as it nourishes for long-term eye beauty.

But there's another reason this is the Stendhal best-seller. Unlike other eye creams, it can be worn under makeup, over makeup, or at night. And it dries to a soft light-reflective glaze that makes the eyes appear youthfully luminous, smoothly refined and years younger looking. Even if that's all it did (and it isn't) doesn't that make you want to get this busy eye cream working for you?

Stendhal
PARIS
Superior skincare
with a French accent

BONWIT TELLER

© 1985 Sanofi Beauty Products Inc.



Our initiation was typical of the days to follow. "Roll the wagons!" was the cry, as half the group rode in authentic-looking Conestoga wagons, modernized with rubber tires and padded seats, and the other half rode horseback. At noon we'd stop for lunch, and those in the wagons would saddle up. Once in camp, with the campfire lit and the cook preparing his grub right from the chuck wagon, one could take a trail ride or hike, swim, canoe or just wallow in all that delicious tranquility.

Mornings were best. The sun peeked through giant firs as I sneaked up to snitch a cup of coffee from the campfire. The fire, tended all night by the crew, warded off post-dawn chill—and we found that we were all *starving*. We ate seconds and even thirds of the delicious flapjacks, eggs, bacon and crusty fried potatoes.

Lunches were picnics snatched on the run. Dinners were a cowpoke's dream. Barbecue or chicken, beans, fresh fruit, peanut butter and jelly for the tots, always those wonderful potatoes. Banana boats or S'mores (remember those from summer-camp days—graham crackers, chocolate and marshmallows!) for dessert. After-dinner activities included songs around the campfire, Indian attacks, a visit from a mountain man, a forest ranger's discourse on what to do if attacked by a bear. (Throw something to distract the bear; climb a tree. If all else fails, assume the cannonball position.)

The last day, when Charley and I received our certificates of Teton Country Pioneer, I felt compensated for all those Brownie badges I missed out on. Now I'm even up for white-water rafting. . . .

Is a covered wagon trip in your future? Experience certainly isn't essential. Mainly it's for those with a sense of adventure who need a touch of tranquility and back-to-nature in their lives.

The four-day, three-night trip is $360 per person ($325 for kids four to fourteen) and departs every Monday, June 17 through August 26. For information on the Teton Prairie Schooner Holiday or wilderness horseback pack trips (which are really roughing it), write owners Bill and Joyce Thomas at Bar-T-Five, Inc., P.O. Box 2140, Jackson, WY 83001, 301-733-5386. A number of airlines fly into Jackson Hole, usually with connections in Denver or Salt Lake City. But for those who have the time, driving is definitely recommended—to take in all that glorious scenery. **End**



SO FEW CALORIES. SO MUCH TASTE. NEW GOOD SEASONS® LITE.

w you can splurge with a thick, rich, zesty salad dressing.
w Good Seasons® Lite, with only ½ the calories.
ur special new blend of garden herbs and spices
s you rich taste using just 3 tablespoons
il. Mix it fresh and pour it on.
you'll miss is the calories.
ood Seasons® Lite Mix For Reduced
orie Salad Dressing. In Italian,
ty Italian and Cheese Italian.



LL THAT ZEST.
THE CALORIES.

GENERAL FOODS

General Foods Corporation

LOOKING GOOD

Every savvy eighties woman will want to know about these new fashion and beauty trends. By Constance Leisure

QUESTION TO A BEAUTY EDITOR

How do I keep my skin looking young?

Now that the baby boomers are entering their thirties and forties, this is the question everyone wants the answer to. Here are some important tips for maintaining beautiful skin.

Exercise Being fit is the greatest asset to skin's health. People who exercise regularly have skin that is younger looking than those who don't. Why? Because when you exercise, the cells responsible for the skin's elasticity renew themselves with greater efficiency, leaving you with smoother, more resilient skin.

Sun Stay out of it! Always use sunscreen, even if you're just going out for a springtime stroll, and get in the habit of stroking sunscreen onto the backs of your hands, too. Hands have very delicate skin and show signs of age quicker than almost any part of the body.

To protect your complexion, Maybelline makes the Moisture Whip Collection, which includes cosmetics with built-in sunscreen. Prescriptives also makes Moisture Protective Makeup with sunscreens and a special hand smoother with an SPF of 4.

Note: Always apply sunscreen first so skin has a chance to absorb it. Then moisturize over that.

Diet Remember the old sixties' adage, "You are what you eat"? Well, it's true. Think fresh to keep skin fresh. Fresh fruits, fresh vegetables. Eating lots of these will keep your diet high in fiber, and it's been proven that fiber helps rid the body of toxins that can harm your beautiful complexion.

Hydration Some people spritz their faces with water. That's okay, but to really put water into the skin and plump up cells, drink at least eight glasses of water a day.

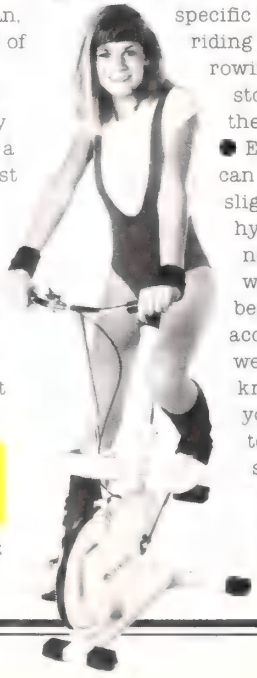


WHAT TO WEAR WHEN . . . YOU'RE GOING ON A JOB INTERVIEW

No matter what kind of job you're applying for, a suit still wins hands down as the very best thing to wear. According to counselors at Career Blazers, a large Manhattan personnel agency, a suit says "corporate," meaning you can fit in anywhere. A well-coordinated look with a conservative blouse, closed-toe shoes and toned-down makeup tell an interviewer that you know what's appropriate.

FITNESS EQUIPMENT ALERT

The sale of at-home fitness equipment is booming—everything from exercise mats to home fitness gyms. Barbara Pearlman, national director of exercise for Elizabeth Arden, says she has seen a lot of new equipment that she's been very impressed with. "But I've seen a lot of injuries, too. The very best thing a woman can do before investing in at-home equipment is to invest first in a class in which she will get individual attention." Barbara stresses the importance of working with a trainer so you will learn to use the equipment for maximum benefit.



Tips for at-home equipment

- Always warm up beforehand; do exercises specifically designed to stretch out muscles in your arms, legs, torso.
- When doing aerobic exercise, concentrate on form, because in addition to cardiovascular benefits you can tone specific muscles. For example, when riding a stationary bike or using a rowing machine, pull in your stomach muscles; this will tone them—and also protect your back.
- Even three-pound hand weights can cause major injuries if you're slightly off balance or you hyperextend arms, ribcage or neck. There is one safe position which you should use until you become stronger and more accustomed to working out with weights: Lie on your back with knees bent, stomach in. Then you can do basic arm and chest toning exercises without straining your back.
- Don't use any equipment until you understand the dynamics of the exercise or motion you will be performing.

continue

JOCKEY®

For Her



Look who's wearing Jockey now. She's looking for comfort.

She's **Rebecca Machan.** Top fashion model, needlepoint artist, weekend camper, and loving mother of daughter Tessa.

Jockey For Her full brief with camisole is made to fit her. Comfortable, durable, feminine, in absorbent 100% soft, combed cotton. So lightweight, it breathes. And there's no problem with shrinkage.

Look for Jockey For Her in all your favorite colors. Also available in bikini and hipster styles.

Jockey For Her. May be the most comfortable panty you'll ever wear.

A COMMITMENT TO QUALITY AND VALUE.

UNDERWEAR · SPORTSWEAR · HOSIERY · SLEEPWEAR

ebecca Machan: Zoli Management Inc., New York

© 1984 Jockey International Inc., Kenosha, WI 53140



Wheaton

The mover to call to move the things you love.

At Wheaton, we treasure your treasures. Because you love them, we handle and pack and pad them very carefully.

Did you know that nearly everyone we've ever moved is emphatic about wanting to move with us again? It's true. Which is just what you might expect from the long distance mover that has earned the Good Housekeeping Seal.

Better call "The mover people talk about. Nicely." Your Wheaton agent. He knows a treasure when he sees one.

Wheaton Van Lines Inc

WORLD-WIDE MOVING

Corporate Headquarters, P.O. Box 50800
Indianapolis, Indiana 46250. 317 849-7900

Good Housekeeping

I.C.C. No. MC-R7113

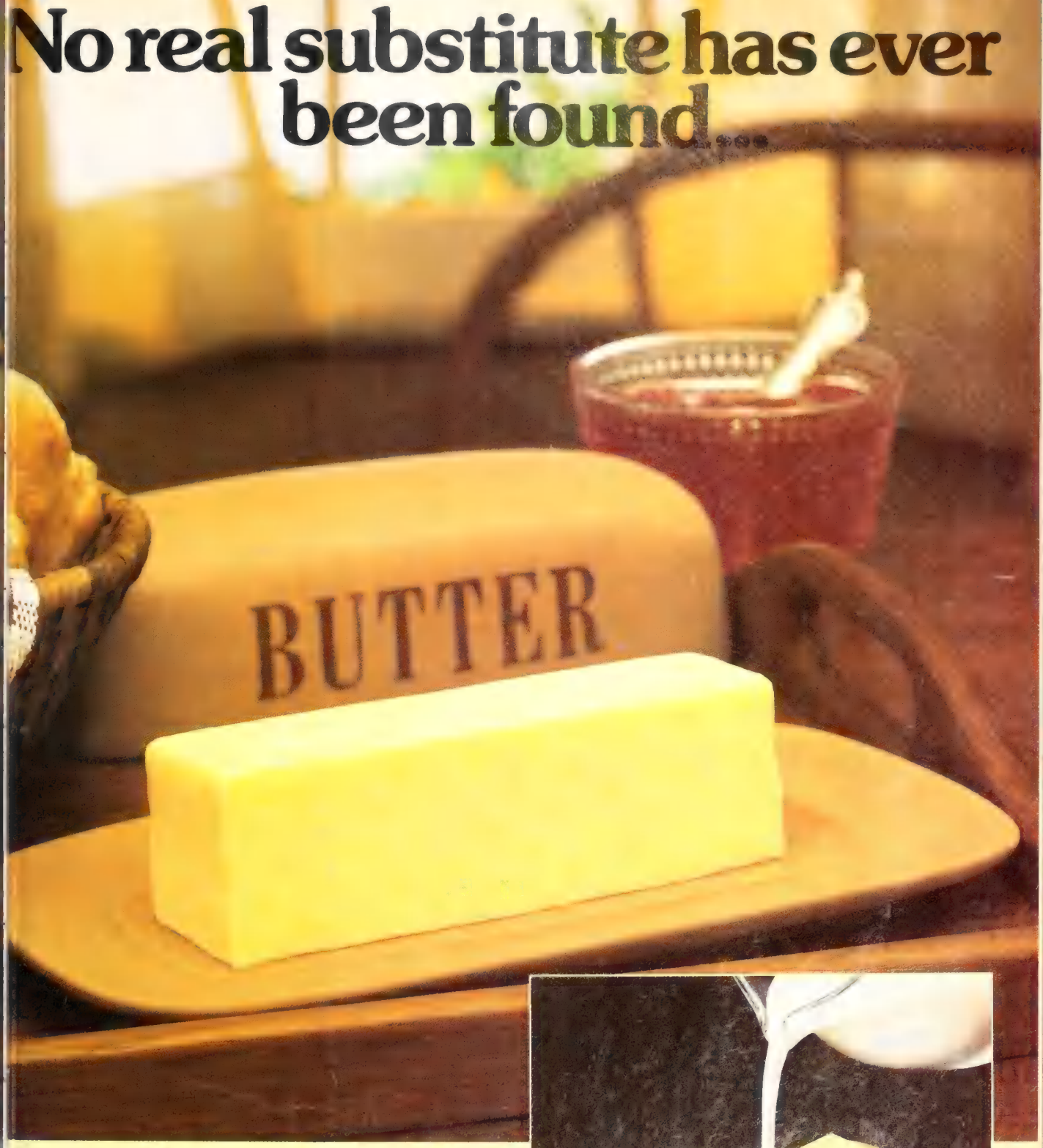
RATING YOUR WARDROBE FOR THE '80s

Study the old vs. eighties list below to find out how to make your wardrobe current and chic! By Mary Clarke

OLD	'80s
Jackets ● Traditional three-button blazers with nipped-in waists ● jackets with puffed sleeves ● jackets without shoulder pads ● jackets that don't skim over the hips	● Longer, fingertip-length jackets ● jackets that fall straight from the shoulders ● knitted cardigan jackets ● strong-shouldered jackets ● jackets with single-button closure
Skirts ● Dirndls ● prairie skirts ● wraparounds ● pleated skirts that stop at mid-knee	● Tube skirts or slim knit pull-on skirts ● longer, knife-pleated skirts ● easy skirts with "trouser" details such as soft pleats ● sarong skirts
Shirts, blouses, sweaters ● Fussy, young-looking details such as puffed sleeves ● skimpily fitting sweaters ● sweaters that stop right at the waist	● Easy T-shapes in silk or cotton ● pared-down boatnecks and crewnecks ● generously cut shirts with deep armholes ● long, lean cardigans
Pants ● Pants with too-wide (over 1½") cuffs ● pants with a visible flare at the hem ● pants that hang over heels of shoes ● pants with tricky details (too many pockets, snaps, wide belt loops) ● tight, trendy designer jeans (unless you're a teenager)	● Cropped pants ● knitted pull-on pants (long or cropped) ● pleated menswear trousers ● classic jeans
Shoes, boots ● Ankle-strapped shoes ● sky-high heels ● high-heeled knee-high boots	● Flats ● low boots ● "masculine" touches such as perforations, tassels ● sleek pumps with delicate low heels ● textured leather: faux alligator, crocodile
Jewelry ● "Timid" jewelry, i.e., thin gold chains worn singly ● one strand of pearls	● Bolder jewelry, worn in quantity, i.e., masses of chains and/or pearls ● colorful faux jewels ● bold brooches in new shapes: crowns, hearts, fleurs-de-lis
How to update an old suit look	
● Suit worn with a prim, light-colored blouse, bow-tied ribbon, neutral hose, plain pumps	● A clean-lined silk or linen tee or silk or cotton sweater for the blouse, bold accessories (a cuff bracelet, large clip-on "jewel" earrings), colored hose, sleek pumps toned to hose color, a narrow leather belt

continue

No real substitute has ever been found...





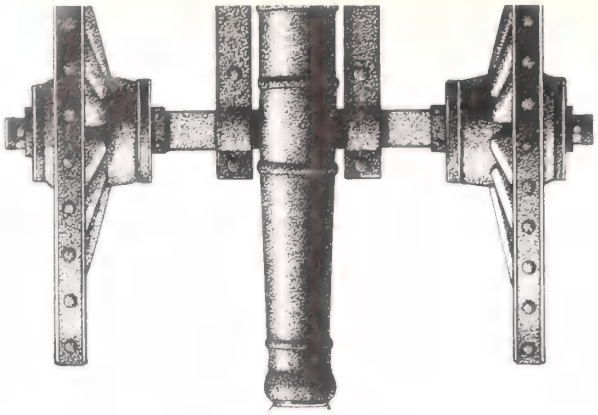
When it comes right down to it, no real substitute has ever been found for the pure, natural, wholesome taste of real butter. Or for bringing out the very best flavor in foods.

So come on home to the good taste of real butter.

Come home to the good taste of real butter.

REAL

National Dairy Board



TODAY'S VALLEY FORGE

YOU WON'T FIND IT IN THE HISTORY BOOKS

If you visit Valley Forge expecting history, you'll find it. But that's not all you'll find!

Today's Valley Forge is also night club revues and dinners-for-two. It's blooming flowers and Bloomingdale's. It's an Amish fair and a Music Fair.

Great Old Cannons, Too.

No stay in Valley Forge is complete without a visit to our historic national park. See, we haven't forgotten what made us great. We just want you to know that now, we're even better.

Today's Valley Forge is city sizzle at country prices. And it's smack in the middle of everything! For complete vacation information about Today's Valley Forge, call anytime, day or night:

1-800-841-8000, Ext. 23. (in PA or out of state)

Or write:

Valley Forge Country

Convention and Visitors Bureau
P.O. Box 311
Norristown, PA 19404

You've got a friend in Pennsylvania

WORKING WOMEN'S WEEKEND WARDROBE

Even if you dress for success all week long, you can break out of your conservative mold with stylish casual weekend clothes.

Esprit, a leader for several years in good quality but affordable clothes, now has a new line that's even less expensive, Esprit Sport. ● Put a lavender plaid shirt over a pink solid and wear leggings, pants or a narrow longish skirt below. Use a belt at hips to pull it all together. ● Tank tops and cardigans add new dimensions. Even miniskirts are appropriate this summer. ● You have your choice of patterns, too: Stick with small plaids and grids or use wild graphic prints.

Perry Ellis, in conjunction with Levi Strauss, has created the America line for the active woman. A sample: ● Boxy, oversize signature shirts, perfect over jeans or baggy pants. ● Billowing skirts in gorgeous pastels can be topped with a light cotton shirt or a canvas linen blazer for a more formal look. ● Wear a white pleated skirt with his Montana jacket—an oversize denim car coat that you can wear with anything.



FREEDOM OF CHIP CHOICE



NABISCO HAS A CHOCOLATE CHIP COOKIE FOR EVERY TASTE.

Whether you like it crispy or chewy, fudge or coconut, Nabisco's got everybody's favorite chocolate chip cookie.

So, stop by the Nabisco Chip Stop at your local grocer. And exercise your freedom of chip choice.

NABISCO BRANDS INC.

© 1985 Nabisco Brands, Inc.

Easy Make–No Bake

BERRIES 'n' BITS PUDDING

with Eagle® Brand Sweetened Condensed Milk

Nestle® Little Bits™ Semi-Sweet Chocolate

and

Nabisco NILLA® Wafers

Berries 'n' Bits Pudding... Delicious, Easy to Make and No baking!

Pour in the Eagle® Brand for the magic that makes delicious desserts easy.

Add delicious Nabisco NILLA® Wafers for that crispy fresh taste.

Layer with Nestle® Little Bits™ —the perfect way to add rich, creamy Nestle chocolate to your favorite treats.

Put it all together for a delicious treat your family will love!



BERRIES 'N' BITS PUDDING

Makes 8 to 10 servings

- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1½ cups cold water
- 1 (4-serving size) package *instant* vanilla flavor pudding and pie filling mix
- 2 cups (1 pint) whipping or heavy cream, whipped
- 36 Nabisco NILLA® Wafers
- 1 quart fresh strawberries, sliced or halved
- ¾ cup Nestle® Little Bits™ Semi-Sweet Chocolate
- Additional Little Bits, NILLA Wafers and strawberries, optional

In large bowl, combine Eagle Brand and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon 2 cups pudding into 3-quart glass serving bowl; top with half of each of the NILLA Wafers, strawberries, Nestle Little Bits Semi-Sweet Chocolate and remaining pudding. Repeat layering. Garnish with additional Little Bits, NILLA Wafers and strawberries if desired. Chill thoroughly. Refrigerate leftovers.







Light Delight

Hormel Chunk Chicken and Borden Lite-line® Slices Lighten Up a Tossed Salad



LIGHT SPINACH CHICKEN SALAD

(Makes 3 servings; 225 calories per serving)

6 cups torn fresh spinach
1 (6¾-ounce) can Hormel Chunk Breast of Chicken, drained
2 medium oranges, peeled and sectioned
¾ cup sliced fresh mushrooms
1 small red onion, sliced and separated into rings
4 slices Lite-line® Process Cheese Product,* any flavor, cut into strips

In large bowl, combine all ingredients except cheese product; chill. Just before serving, add cheese product and toss with your favorite low calorie dressing.

* *"½ the calories"—8% milkfat version*

Caloric values by product analyses and recipe calculation.



WHERE THERE'S SMOKE, THERE'S FLAVOR.

Introducing Old Smokehouse,™ the new hickory smoked barbecue sauce from Hormel.

Old Smokehouse is sooo thick and rich, it'll stick to your ribs. Savor Old Smokehouse™ on chicken, burgers, chops—

Hormel

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

Old package.



New package.



Now in your grocer's refrigerated section.

The taste of fresh lemon juice is taking a great new shape. Because now, there's ReaLemon 100% Pure Lemon Juice from Concentrate. It's refrigerated right from the start, so it tastes just as good as the juice you used to squeeze from lemons. Fresh and natural.

Now in your grocer's refrigerated section.

THE 70 CALORIE SHAKE THAT TASTES LIKE A MILLION





Alba '77 Fit 'n Frosty shakes are so delicious, so sweet, so satisfying, it's hard to believe a big, 12-ounce serving has just 70 calories. Even better, it provides all the calcium of a 5-ounce glass of milk.

What's even better than that, it's now 25¢ off!

Heinz

1985 H. J. Heinz Co.

Nobody treats America like Brach's.™



SAVE 12¢ on any bag of delicious Brach's candy.

BRACH'S

Bring your dull no-wax floor out of the dark.



Turn on a Brite shine

Unlike the leading Mop 'N Shine, Brite goes on clear, not cloudy. It never looks dull. Never builds up. You get the same beautiful shine no matter how often you use it.



"Stand-Out Insert" is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253



TRY
New Improved "Love My Carpet"
RUG AND ROOM DEODORIZER

Now Contains Actalid

- Eliminates the toughest odors better than ever before.
- Available in a choice of scents.

SAVE 35¢ NOW.

EXPIRES OCTOBER 31, 1985

New Improved Love My Carpet® is now more effective than ever at eliminating the toughest odors like pet, cooking, smoking, even damp, musty odors. That's because Love My Carpet now contains Actalid, a proven malodor counteractant. Love My Carpet is available in 4 great scents and leaves your room smelling fresh and clean.

thrive! for life!
Indoor CAT FOOD



Thrive gives your cat all the energy and nutrition he needs to play his best.

Purina

Helping pets live longer, healthier lives

© Ralston Purina Company 1985



NOW SAVE 50% ON ROYAL ALBERT ENGLISH BONE CHINA DINNERWARE

From now until December 31, 1985 you can buy Royal Albert, the world's largest selling bone china, at remarkable savings. Royal Albert represents the highest standards of quality as well as the best traditions of English craftsmanship. Beautiful, graceful and designed with a sense of timeless charm, it is pure white, highly translucent and exceptionally strong.
The price of each 5 piece setting, consisting of a dinner plate, bread and butter, salad, tea cup and saucer, has been reduced by 50%. A place setting normally selling for $70 can now be yours for only $35. A service for eight (40-piece set) regularly selling for $560 is now $279.

SAVE 25% ON ROYAL ALBERT SERVING PIECES
Complete your Royal Albert table setting with matching serving pieces, at 25% less than regular price.

ROYAL ALBERT
Is a member of the Royal Doulton Group.

ITEM	Code	Qty.	Code	Qty.	Mem. Lane Moss Rose Val D'Or Code A Code B Code C Reg. Price	Sale Price	Old Country Roses Code D Reg. Price	Sale Price	Total
ece Set					$560.00	**$279.00**	$632.00	**$299.00**	
Place Setting					$ 70.00	**$ 35.00**	$ 79.00	**$ 39.50**	
Completer Set					$188.00	**$ 141.00**	$222.00	**$166.50**	
red Sugar					$ 46.00	**$ 34.50**	$ 53.00	**$ 39.75**	
mer					$ 22.00	**$ 16.50**	$ 27.00	**$ 20.25**	
a Vegetable Bowl					$ 60.00	**$ 45.00**	$ 70.00	**$ 52.50**	
um Size Platter					$ 60.00	**$ 45.00**	$ 72.00	**$ 54.00**	

Credit-Card holders, phone toll-free
1-800-243-2535.
Connecticut residents, call collect:
(203) 237-0692.
Allow 4 to 6 weeks for delivery.
Satisfaction guaranteed

Add Shipping and Handling costs: $5.00/40 Pc. Service $1.00/5 Pc. P/S $1.00/Comp. Set/Pc	
SUB TOTAL	
Conn. Residents 7½% Sales Tax	
GRAND TOTAL	

☐ Check enclosed Charge full amount to: ☐ American Express
☐ VISA ☐ MasterCard Exp. Date_____

Card No.

Signature_____

Name_____

Address_____

City_____ State_____ Zip_____

Phone_____

MAIL TO:
LAWLEYS OF LONDON
P.O. Box 3175, Wallingford, Connecticut 06494

Careers of the '80s

Whether you want a high-paying position or one that's flexible enough to wrap around a varied schedule, we predict a fascinating job in your future!

By Anita Gates



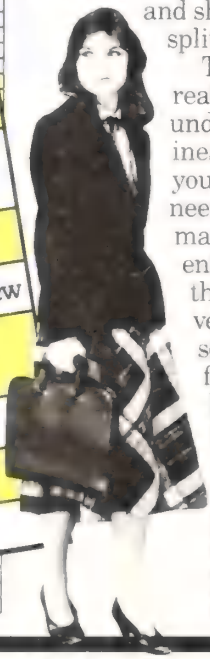
Why, in the eighties, is the idea of working so exciting? Because the options for women today are so numerous, so varied. If you want to work part-time, you can. If you want a job flexible enough to wrap around your own busy schedule, you can find one. And if you want to make lots of money—without spending years in postgraduate study—you can do that, too. Here's how you can make work work for you.

Do you want to make $50,000 or more?

Everyone knows doctors and lawyers make a lot of money, but there are high-salary jobs that demand far less training.

Commercial real-estate sales Today, almost half of all real-estate salespeople are women, and the Bureau of Labor Statistics predicts a growth of 33 percent (about 112,000 new jobs) between now and 1995. But if you want to get ahead and make money in the field, sell and lease office space and shopping malls, not split-levels.

To be a success in real estate, you must understand local business trends as well as your clients' location needs. This career demands not only a talent for selling but also the persistence to develop client contacts, sometimes long before you actually start making money. *(continued)*



Photos, clockwise from top left: Ted Kawalerski/Image Bank; Robin Forbes/Image Bank; Charles Dupton/Stock Market; Tom Martin/Stock Market; Bottom right: Ken Baumel/Stock Market

PAYCHECKS FOR THE '80s

Job description	National average	Top people
Adult-education instructor	$120 per class	—
Auctioneer	$40,000–$50,000	$100,000+
Commercial real-estate sales	$34,000	$200,000+
Fitness technician	$4–$7 per hour	$75+ per hour
Insurance sales	$35,000	$100,000+
Legal assistant (paralegal)	$21,000	$30,000+
Manufacturers' rep	$50,000	$94,000+
Market research	Varies	$18 per interview
Media escort/ Publicity liaison	$125 per day	—
Medical-records clerk	$10,000 to start	—
Securities analyst	$40,000–$45,000	$100,000+
Travel agent	$14,000	—



Why it's more tasteful to let the Butler serve coffee.

To serve great-tasting coffee, you have to keep it hot *and* fresh. Unfortunately, leaving it in your coffee maker can overheat it, ruining the flavor. But Thermos® has solved that bitter problem, beautifully. With Coffee Butler.®

Only Coffee Butler has the famous Thermos insulation to keep coffee hot and flavorful for over eight hours. And only Coffee Butler has 13 elegant designs to cater to any taste, any decor.



So get the genuine Coffee Butler from Thermos. It's your guarantee of good taste.

Coffee Butler®
ONLY FROM THERMOS®

Thermos is a registered trademark of Thermos, a Household International Company, © 1985 Thermos, Norwich, CT 06360. Coffee Butler is a registered trademark of Coffee Butler Services, Inc., Fairfax, VA.

© 1983 Chesebrough-Pond's Inc.



CAREERS OF THE '80s
continued

Brokers average $34,000 a year. In large cities, top people earn $200,000-plus.

To become a broker, you must first get your license to be a real estate agent. (Contact your state licensing office for requirements.) Agents work for a broker, showing properties and arranging sales; they cannot close deals (though brokers can). With three years of agenting experience and ninety hours of additional training, you can get a broker's license. For more information: National Association of Realtors, 430 North Michigan Ave., Chicago, IL 60611. This organization will also send you a list of colleges that offer real estate courses.

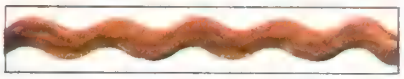
Auctioneer Most people don't realize it, but auctioneers bring home an average salary of $40,000 to $50,000 a year, making this field the eleventh highest-paid in the country. Though auctioneers in big-city art galleries can earn $100,000 and up, today's best opportunities (especially for entry-level positions) lie in auctioning industrial and commercial property.

To be a good auctioneer, you must be able to convince buyers that a particular item is worth buying. A certain amount of showmanship is helpful, too. Because competition can be stiff, experts advise some formal training (you'll find auctioneering-training programs across the country). Then take any job—even as a clerk-typist or unpaid volunteer—with an auction house, liquidator or gallery. Learn e erything you can about the work a make your career ambitions know For more information: National Au tioneers Association, 8800 Ballentir Overland Park, KS 66214.

Securities analyst The securities ar lyst is mainly a researcher, focusing several companies within an indu try—say, media and publishing, oil a gas, or computers. The daily work i volves meticulously studying tra journals and company financial r ports, investigating a firm's current a tivities and prospects, then analyzi the findings and drafting reports whether the company's stock is a go buy. Analysts work for investme banks or independent research firms

An attention to detail coupled wi

What a way to get even.
New improved Rave® Soft Perm.
Its new "even waving" formula means even curl all over. No more drooping tops. No more lopsided sides. Just soft all over curl from crown to ends!
So go on, get even.



New even waving formula means an even wave pattern from roots to ends!



No odor.
And, definitely no frizz.

New improved Rave® Soft Perm.

ood research skills is essential for this eld, as is an understanding of how ompanies finance themselves. Though ıany analysts have MBAs or under- raduate training in business or eco- omics, some of those entering the field ome from the occupations on which ıey plan to concentrate. (For example, loan officer in a bank might become n analyst for the banking industry.) he average income for analysts: 40,000 to $45,000, though senior ana- ysts can earn $100,000 or more. "Sell ide" analysts, those whose companies ell their research to institutional in- estors—that is, pension fund managers t large corporations—make the most: 150,000 to $200,000.

Financial centers—especially New ork, Chicago and San Francisco—employ the greatest number of analysts, but jobs can be found in regional firms across the country. For more information: Contact individual securities firms.

Do you want a flexible schedule?

If a nine-to-five job isn't for you, don't despair. Now there are more careers than ever in which you can work when and where you want to.

Market research Before a company introduces any new product—be it a cereal or a fabric softener—it must first determine whether there's a need. Companies do this through extensive market research, often hiring interviewers to ask consumers questions in shopping malls, focus groups or over the telephone. Market research interviewers follow a set questionnaire, are usually assigned a daily quota of interviews, and turn over completed questionnaires to a supervisor. Pay varies widely, but interviewers can earn as much as $18 per interview and do as many as ten interviews a day.

Although no formal training is required, successful interviewers are friendly and have an ability to draw people out. A field researcher may be promoted to supervisor or join the firm as a full-time market research analyst, designing questionnaires and interpreting the results. (Analysts earn about $24,000 a year.) Interviewers are needed across the country. For more information: Information Center, American Marketing Association, 250 South Wacker Dr., Chicago, IL 60606. *(continued)*

"With eight brothers and sisters, birthdays used to be a problem." Now I send the Birthday Party® Bouquet from my FTD® Florist. It's more than a gift, it's a celebration.



Merlin Olsen

Send your thoughts with special care.™

®Registered trademark of Florists' Transworld Delivery Association

CAREERS OF THE '80s
continued

Adult-education instructor If you have a special talent, ability or knowledge of a subject, why not teach a course? Courses are no longer limited to traditional academic subjects—the Learning Annex, a New York-based adult-education organization, offers classes in knitting, giving great parties, Chinese cooking, or organizing your time.

Some women have started businesses as a result of their courses. You don't need formal credentials to teach these noncredit courses. Just write a course proposal and send it to an adult-education organization, the local YMCA or a local college that has a continuing-education program. You may work one or several nights a week (some programs are held during the day, though most are at night), or even full-time (perhaps teaching the same course at several places). Salaries vary widely, but some organizations pay teachers $6 per student per class. For more information: Write or call local facilities.

Insurance sales The insurance business is booming: Experts predict an increase of 25 percent in the number of job opportunities in the next ten years.

If sales is your forte, consider becoming an agent. A liberal arts background or in many cases just a high school diploma is the only formal education you'll need. The company you represent will probably offer the training and licensing programs you need. You can do as much work as you like, perhaps scheduling calls only in the morning or on weekends. Of course, like any salesperson, insurance agents must be self-motivated and well-organized. Call a local insurance company sales office and tell them you're interested in a job. Your best bet is to become a "multiline" salesperson, offering life, property-liability and health policies.

Full-time insurance agents with five or more years' experience working a full forty-hour week average upwards of $35,000 a year. Top people make over $100,000. For more information: Insurance Information Institute, 110 William St., New York, NY 10038.

For first-time or returning job hunters

Good news! Economists predict the greatest number of job opportunities will be entry-level spots in companies with twenty or fewer employees. And these small companies are more likely to take a chance on hiring a relatively inexperienced employee.

Legal assistant (paralegal) Legal assistants usually work for law firms, though there are also positions in th legal departments of real estate an accounting firms, banks and corpora tions. A one- or two-year course at vocational school or junior college qual fies you for the position, though som law firms prefer to give paralegals or the-job training. Good organizationa and investigative skills are an asset.

A legal assistant cannot give lega advice, set fees, accept clients of he own or present a case in court, but sh is qualified to research laws and opin ions, prepare legal arguments, obtai affidavits and draft contracts, mor gages and other legal papers. Legal a sistants average $21,000 a year; on out of ten earns $30,000 or more. Fo more information: National Associa tion of Legal Assistants, 1420 Sout Utica, Tulsa, OK 74104.

Medical-records clerk This is a job yo can get with only a high school d ploma. And the job market is exceller because third-party payers (such a medical insurance companies) nee more information than ever.

Whenever a patient goes to the hosp tal, a medical record, including conser forms and past medical history, is kep Record clerks make sure all necessar signatures and forms are properly file answer hospital staff requests for pa tient information and compile stati tics on medical trends, treatments an drugs for government health depar ments. Most record clerks work in ho pitals, though there are positions wit the state and federal governments, to Take the home-study certificatio course offered by the American Med cal Record Association. Then, once yo have a job, enroll in the courses offere by hospitals or vocational schools fo the more responsible position of med cal-record technician. Or consid working toward certification in medica records administration.

The average starting salary fo clerks is $10,000. Technicians averag $16,500. Administrators average $23,60 and usually earn $30,000-plus in larg hospitals. For more information: Ame ican Medical Record Association, Joh Hancock Center, 875 North Michiga Ave., Chicago, IL 60611.

Fitness technician Unless you've bee in a time capsule for the past decad your life has been touched in some wa by the fitness craze. And as healt clubs proliferate, as more compani open their own fitness centers, there a growing need for technicians to dra up fitness profiles, conduct routi medical tests (for muscular strengt agility, vision, hearing), record puls and so on. Background in health care helpful, but not necessary. Salaries f fitness technicians range from $14,0 to $22,000. If you return to school for



Put your clothes on a starch-free diet.

Magic Sizing puts the original body and shape back into your clothes, without the starchy coating that can make them feel so stiff and uncomfortable.

That's because Magic Sizing lightly penetrates the fabric's weave to restore its natural shape.

So your clothes drape softly and comfortably, without crinkling. And your collars hold their crisp clean look—without that prickly cardboard feeling.

Give Magic Sizing a try.

And say goodbye to the stiff, heavy feeling of starch.



Magic® Sizing makes clothes look fresh. Not stiff.

©1985, Armour-Dial, Inc

aster's degree in exercise physiology, ou could use your experience to be- ome a fitness manager and direct a ealth club or establish corporate fit- ess programs. Salaries for fitness anagers range from $25,000 to 100,000. For more information: Con- act local clubs.

Want to start your own business?

merican companies owned by women lready account for $40 billion in sales. nd the number of women starting bus- nesses of their own increased by 10 per- ent in the first two years of this decade lone. Consider:

ravel agent A career as a travel agent ometimes sounds too good to be true, et it's one of the ten fastest-growing oc- upations in the country.

How can you begin? Sign up for a ourse in travel and tourism at a local ocational school or junior college or ake the correspondence course offered y The American Society of Travel gents. Then take a clerical job with a ocal agent to learn the field. Of course, s with any entrepreneurial venture, run- ing a successful agency calls for sales bility: You must know your subject horoughly and be able to describe des- inations accurately and convincingly.

Salaried agents earn about $14,000 per year, but about 25 percent of all agents are self-employed, and their earnings are limited only by the amount of work they handle. Agents don't charge their clients directly but work on commission (usually 5 to 10 percent) from the airlines and hotels they book. Three states (Ohio, Hawaii and Rhode Island) require that travel agents be licensed. For more information: American Society of Travel Agents, 4400 MacArthur Blvd., NW, Washington, DC 20007.

Media escort/Publicity liaison When book publishers, magazine companies or professional groups want publicity, they often send their authors or spokespeople on cross-country tours to talk with local newspapers and radio and TV stations. The media escort/publicity liaison helps make the trip run smoothly by doing everything from chauffeuring visitors around town and taking them to restaurants for dinner to providing introductions to the right local contacts.

Escorts are most often hired by New York publishers and public relations firms. Many got their start by writing directly to the potential client's publicity department and volunteering their services. Pay averages $125 a day plus expenses. If your city isn't a major media market, you could still provide the same kind of services for other business visitors. For more information: Contact book publishers or public relations firms directly.

Manufacturers' representative If a manufacturing company is small or simply doesn't want to hire a full-time national sales force, it may hire independent salespeople to represent its product line in a certain geographical area—one major city or a multistate area. Reps contact buyers from local stores. They are paid on commission for the sales they make and depending on their time and energy could represent one company or a dozen—selling everything from toys and gift items to cosmetics. Some representatives work out of their homes, others pile wares in their cars and travel from store to store. The average salary for a rep working an eight-hour day is $50,000 a year.

Some past sales experience, especially in manufacturers' sales, is essential. Most companies offer on-the-job training. Get started by attending national and regional trade shows to find companies you might like to represent. Your first job is to sell your abilities to them. For more information: Manufacturers' Agents National Association, P.O. Box 16878, Irvine, CA 92713. **End**

PSYCHOLOGIST'S JOURNAL

Women today have more decisions than ever to make, and it's never been more difficult. By Sonya Friedman, Ph.D.

Q I'm twenty-five, and I don't know what to do with my life. My boyfriend wants to get married, and I know I'd like to have children someday. But I'm doing well at my job and don't think I want to give it up. My mother tells me how lucky I am to be able to choose marriage, a family, a career or a combination of all three. But I get so anxious thinking about trying to juggle it all that I can't seem to move in any direction.

A It's never easy to make life choices. Like so many young women today, you have a relationship and a job, and now you're considering marriage and a family. You may feel you must eventually decide whether to stop working or turn the care of your young ones over to a relative, a day-care center or a sitter. Either way, you fear you'll end up deprived: You think that by staying home, you'll lose your paycheck as well as the social and psychological rewards of working; if you return to work, you risk missing that constant daily intimacy with your children.

You can do much to allay your fears by recognizing that "having it all" does not mean experiencing every life satisfaction simultaneously; rather, women today can enjoy marriage, family and career—or multiple careers—in sequence. Remember also that success on any level demands commitment and dedication, and no matter how complete or full a person's life seems, it always involves choice and compromise.

Perhaps, in your particular situation, you'll be able to work part-time during the early years of your child's life, thus ensuring that you're still keeping your hand in and generating income, while having four or five days a week at home with your child. Or you may decide to spend a few years at home full-time before returning to the job market. The point is to pick the solution that works best for *you*.

As you ponder your options, be sure to discuss your thoughts and fears with your boyfriend. He may have his own doubts and ideas, and the two of you must learn to communicate and work together to solve your life dilemmas.

I sympathize with the difficulty of making such important choices, yet I also find it ironic that so many other women in their mid-twenties to mid-thirties have trouble understanding how terrible the *lack of choice* most women faced thirty years ago really was. When my generation was growing up, career options were limited, and a woman's real mission in life was to get married. The social philosophy of the fifties was that a man was who he became; a woman was who she married. And if she hadn't snagged a husband by age twenty-one, she was as good as doomed—to being an old maid.

Now, three decades later, we have seen the rewards of choice and independence in our daughters' lives, if not always in our own. My own daughter, Sharon, is a tall, elegant brunet who, at twenty-six, seems to have the world at her feet. She's single and educated and has already realized her goal of becoming an attorney—a woman in what was once a man's arena.

Still, many tough choices lie ahead for Sharon. She has the freedom to pursue even greater career success, to move to another city if she wishes, to find a man to love and marry, to have—or not to have—children, to divorce and remarry. Yet each of these choices has its price, just as the marital security of the fifties had its price.

My friend's daughter, Sylvia, for example, did not want to climb into what she thought of as a marital straitjacket at twenty-one, as her mother had. Instead, she chose to spend her young adulthood pursuing career advancement in a large accounting firm. She succeeded brilliantly, but now, as she approaches her thirtieth birthday, she realizes that her career is all she has. She doesn't want to push aside everything she's worked for to find a man, yet she does want someone in her life. Her mother, who encouraged her daughter's independence, is now asking her, "Is it worth it?" Sylvia doesn't know what to answer.

In a sense, women today are pioneers. Their newfound options are a loosely sketched route into unfamiliar terrain, and there are no guarantees. The thirty-five-year-old who put her career before children is now ready to be a mother—but she may discover she is no longer fertile due to some previously undetected infection. Another may marry early to start a family only to find out she does not particularly enjoy being a full-time homemaker. Life is a matter of constant trial and error. Sometimes the payoffs are terrifically satisfying; sometimes it seems there's no payoff at all.

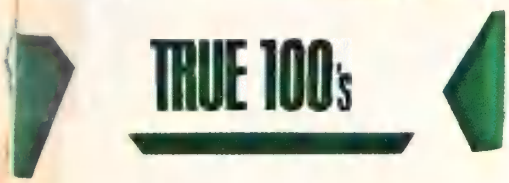
Put in these terms, making a decision can create tremendous anxiety, and this is the source of the temporary paralysis you're experiencing. But there is a solution. The key is to see your options as a challenge rather than a crisis. If you're afraid of being locked into an unpleasant pattern, remember that no situation lasts forever. Circumstances will continue to change, and so will your choices. What's important is that you make a choice now, then another one later, and so on. The more opportunities you give yourself to make and test decisions, the greater chance you have of knowing yourself and what works best for you.

Think they're the lowest?

Think again.



5mg



8mg



4mg

3mg



Now is lowest.

By U.S. Gov't. testing method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Competitive tar levels reflect the Feb '84 FTC Report

NOW THE LOWEST OF ALL BRANDS.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

© 1985 R. J. REYNOLDS TOBACCO CO

The new sexual balance

By Philip Blumstein, Ph.D., and Pepper Schwartz, Ph.D.

Lately, sex has gotten a very bad reputation. During the last two decades, as women marched out of the bedroom and into part-time or full-time jobs, their relationships with the men in their lives began to change. Suddenly, women had more clout outside the home. And they wanted an equal voice inside, too.

Now, twenty years after the first rumblings of the women's movement, we're hearing a lot of talk about how men are increasingly turned off by this newly self-confident woman. Women are warned that if they want to keep their husbands interested in them as bed partners, they had better stop being so aggressive. And they mustn't have a better job or make more money than he does, either, because *that's* a turnoff, too. In fact, the sexual revolution notwithstanding, the prevailing wisdom seems to hold that sex for the new woman in the eighties is not so hot.

Well, we don't agree. While researching our book, *American Couples: Money, Work and Sex* (William Morrow and Company, 1983), we gathered more than 12,000 questionnaires and spoke with 600 people across the country to find out how men and women really feel about sex. While we certainly don't deny the existence of sexual problems triggered by men's mixed feelings about women's independence and self-esteem, we strongly believe that the social changes of the last two decades have also created the possibility of greater sexual pleasure.

As the balance of power between the sexes continues to shift, however, our concern focuses on what we *(continued)*

Most couples today consider marriage a partnership of equals. But does that much-touted equality extend into the bedroom, too?



Tom Arma

Blue Diamond® Almonds

a natural for salads℠



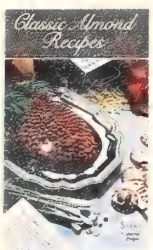
The secret of an interesting salad? A handful of crisp, crunchy almonds. Toast them first. Then toss in. The best California almonds come in handy cello bags marked Blue Diamond.® Ready-to-go in five different forms: whole natural, blanched whole, slivered, sliced natural and chopped. Keep them handy.

ALMOND PAPAYA SALAD WITH GOAT CHEESE

- 3 tablespoons white wine vinegar
- 1/4 teaspoon salt
- Pinch black pepper
- 6 tablespoons olive oil
- 4 bunches watercress, tough stems removed
- 1 papaya, peeled and sliced
- 4 ounces goat cheese, crumbled
- 2/3 cup Blue Diamond® Sliced Natural Almonds, toasted



Combine vinegar, salt, and pepper; beat in oil. Toss watercress with 6 tablespoons of dressing and divide among 4 plates. Place one-fourth each papaya, goat cheese, and almonds on each plate. Drizzle with remaining dressing. Makes 4 servings.



For a copy of "Classic Almond Recipes" (over 50 of our greatest recipes), send $1.00 to P.O. Box 42577, San Francisco, CA 94142.

the Almond People®
California Almond Growers Exchange
P.O. Box 1768, Sacramento, CA 95808

call *sexual tipping points*, those very sensitive boundaries between male and female territory that exist in every aspect of a couple's sexual life. If these boundaries are crossed—and they can be quite easily—the greater sexual pleasure that men and women seek is in jeopardy. We have found that a couple's erotic life is enhanced when men and women are equal partners in bed. But unfortunately, we have not yet reached a point where it doesn't matter if the woman takes the lead more than the man. Indeed, if the woman takes the lead too often, if the man feels a loss of control or senses that his wife is encroaching too much on his territory, the balance in a relationship can tip. Quickly, sometimes painfully, equality dissolves into anger, hostility and indifference.

The equality factor

In general, when a woman feels that she and her partner have an equal say about their sexual relationship, she is likely to have sex more often and be happy with her sex life. And a woman is more likely to say that she and her husband are equal partners if she is employed.

Unfortunately, a terrific job can't have aphrodisiac qualities if a man really doesn't approve of his wife's working. What's more, the working woman must be aware of an additional pitfall: Success is sexy, we have found, as long as there is some balance between the partners. But there is a tipping point here: A man may try to compete with a working partner when she starts to surpass him, either when she makes more money than he does or if she has a more prestigious job. Only a minority of wives today earn more money than their husbands do—but this problem can emerge for any couple when a man loses his job. At such times, a man's self-esteem is already low, and the fact that his wife is assuming the role of the family breadwinner comes as a double blow. Furthermore, we have seen that many men like their partners to make money and get promoted until the woman starts to inch past them up the ladder of success. Then a man's sexual interest may start to dwindle.

Robert, a sales representative for a clothing manufacturer, was at first delighted when his wife, Eileen, announced she wanted to get a job once their youngest son was in school. Eileen found a position as secretary to the vice-president of a mid-size retail store that was just embarking on a national expansion.

"My boss suggested that I take the buyer-trainee program," Eileen recalls, "and Robert couldn't have been more encouraging. He kept saying how proud he was of me. I worked very hard and received several promotions—all of which meant more money and prestige. Then I noticed that Robert's interest in sex had almost disappeared."

Although Robert denied that his attitude had anything to do with Eileen's success, he was becoming increasingly dissatisfied with his own work at about the *(continued on page 172)*

"I want to be wanted," one man said. "I like to have her suggest sex sometimes." Said another, "I like being seduced."



Tom Arma

Enhance Your Home with a Lovely Iris... Portrayed in Beautiful Hand-Painted Porcelain

- *Strictly limited to 15,000 worldwide*
- *Created by the internationally renowned Maruri Studio*
- *Portraying all the beauty of one of the world's most legendary flowers in hand-painted porcelain.*



Shown actual size

All over the world, nature lovers consider the graceful Iris among the loveliest flower varieties. Each spring they wait anxiously for these lush, purple-blue blooms to appear—so they can admire them in the garden and in their homes before they fade.

Now the stunning beauty of the Iris bloom can grace your home year-round—in a hand-painted, porcelain masterwork that will endure for years to come.

A Flower Rich in Heritage

The Iris has always been a favorite of royalty: poets call it the "fleur de Louis" or *fleur-de-lis* after French King Louis VII. Edward VII added this Iris-like image to the English coat of arms. In the Orient, art masterworks from every dynasty pay tribute to the Iris flower—a traditional symbol of shyness and modesty.

Because of its rich, historical legacy and its exquisite beauty, The Hamilton Collection chose the "Iris" as the premiere offering in an important, new collection of limited edition sculptures created to honor legendary flowers.

The original sculpture for "Iris" represents the work of The Maruri Studio, which boasts a centuries-old heritage of excellent craftsmanship. This outstanding studio earned the coveted commission for "Iris" because of its artisans' demonstrated skill in naturalist art.

To create a limited edition which is totally faithful to nature, Maruri crafted 12 separate molds for the "Iris" sculpture. After casting in Taiwan under Maruri's supervision, each piece was fired and then carefully hand-painted in eight separate colors. The resulting "Iris" sculpture bears a descriptive bottomstamp with the hallmark of Maruri, and will be accompanied by a numbered Certificate of Authenticity, attesting to its status as part of the limited edition of 15,000.

"Iris" premieres a collection of hand-painted figurines that includes the "Lily," "Orchid," "Lotus," "Poppy," "Cherry Blossom," "Wisteria," and "Chinese Peony." Subscribers to "Iris" will receive the succeeding seven issues in the collection at intervals of approximately two months.

Iris

Furthermore, the guaranteed issue price for each sculpture is just $45.00—less than half the $100 that such masterworks would likely cost in retail stores. This price is payable in two convenient installments, with the first due prior to shipment, and an invoice for the second installment accompanying shipment.

Better yet, you may order "Iris" and each succeeding sculpture *at no risk* under the terms of The Hamilton Collection 100% Buy-Back Guarantee. Enjoy each for up to 30 days before deciding whether to keep it. If you should return one, you will receive a full refund of all you have paid for it, releasing your series rights for availability to another collector.

Because of the elegance of this original "Iris" art masterwork, the superb reputation of Maruri and the figurine's exceedingly affordable price, a sell-out for this first issue could occur relatively quickly. Therefore, we cannot guarantee this offer after the final date shown in the Reservation Form. To avoid disappointment, *order today.*

FINAL POSTMARK DATE:

May 31, 1985

Limit: One collection per subscriber.

Please enter my subscription reservation for the *Legendary Flowers* Figurine Collection, beginning with "Iris," and comprising eight hand-painted, porcelain figurines—each strictly limited to 15,000 worldwide. The original issue price for each is $45.00 (plus $2.14 postage and handling) payable in two equal installments. Sculptures will become available for shipment every two months.

I prefer to pay my initial installment for "Iris" as follows: **54726**

☐ **With this form.** I enclose my initial payment of $23.57* by check or money order.

☐ **By credit card.** Charge $23.57* to my credit card as follows (check one only):

☐ MasterCard ☐ Diners Club ☐ Visa
☐ American Express Exp. Date_____

Account No._____

Signature_____

(Charge card reservations must be signed.)

Name_____

Address_____

City_____

State_____ Zip_____

*Florida residents add $1.18 sales tax. Illinois residents add $1.65 state and local tax.

Please allow 6 to 8 weeks for delivery. Orders shipped only to U.S. and its territories. All reservations are subject to acceptance.

© 1985HC

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 2567
Jacksonville, FL 32232



Jackie Collins



Judy Blume



Janet Dailey

THE SUPER-WRITERS

The story behind the best-sellers

According to an LHJ poll, many women dream of being a best-selling novelist. Here's a look at three of your favorites and their unique lifestyles.

By Carol Eisen Rinzler

The fantasy of half the people who ever got an *A* on a high school English paper is that if they'd only tried, they could have been successful writers. But very few people become best-selling authors, and good grades have little to do with their success.

Three women whose dreams *have* come true are Jackie Collins, Janet Dailey and Judy Blume. The subjects these women write about could not be more different. Jackie Collins specializes in stories of power and lust among the Beautiful People. Janet Dailey's métier is lush romance featuring virile men and sensuous women. Judy Blume, in her adult fiction, writes about women with contemporary problems—straying husbands, fractious children, nervous breakdowns. But in spite of their different subjects and writing styles, these three superwriters share such attributes of successful women as intelligence, discipline and awesome professionalism. Together they are responsible for the sales of approximately two hundred million books.

The slender, sloe-eyed woman unlocked the iron-grilled gate that led to her rambling, whitewashed adobe house. From that million-dollar-plus piece of prime Beverly Hills real estate, you were less than a mile from the Polo Lounge, less than two miles from Rodeo Drive, where she could buy, if she wanted to—and God knows her books had made her rich enough to afford to—Maud Frizon shoes, Louis Vuitton bags, a little something from Gucci or Giorgio. Sometimes *(continued on page 96)*

Picky Picky Picky



CHICKEN

POT ROAST CHICKEN, CHINESE STYLE Makes 4 to 6 servings

3 pounds frying chicken pieces
¼ cup Kikkoman Soy Sauce
2 Tbsp. vegetable oil
1 Tbsp. dry sherry
1 large clove garlic, minced
2 stalks celery, cut diagonally into ¼-inch thick slices
2 green onions & tops, cut in 1-inch pieces
1 Tbsp. cornstarch
2 Tbsp. Kikkoman Soy Sauce
1 tsp. sugar

Rub chicken pieces thoroughly with ¼ cup Kikkoman soy sauce; let stand 15 minutes. Brown slowly in hot oil. Add sherry & garlic. Cover & simmer 30 minutes, or until tender. Remove chicken; keep warm. Add celery & green onions to pan; cook 1 to 2 minutes. Combine remaining ingredients with ¾ cup water; stir into pan & cook until thickened. Serve sauce & vegetables with chicken.

Good cooks are notoriously picky about their ingredients. So, when the recipe calls for soy sauce, Kikkoman is usually the one they pick.

Probably because we're so picky ourselves. From the soybeans, wheat, and water we select. To the months of slow, natural brewing we traditionally put them through.

Granted, there are faster, less expensive ways to manufacture soy sauce. But if quality's the thing you're pickiest about, you'll make Kikkoman your pick every time.

Add the Kikkoman touch to your table tonight.

Box 100's: 20 mg. "tar", 1.4 mg. nicotine av. per cigarette by FTC method.
100's: 20 mg. "tar", 1.4 mg. nicotine av. per cigarette, FTC Report March 1984.

© Lorillard, U.S.A., 1985



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Newport 100's



After all,
if smoking isn't a pleasure,
why bother?



Alive with pleasure!

THE SUPERWRITERS

continued from page 92

Jackie lunched on Rodeo with her sister Joan, superstar bitch of Dynasty. *Jackie smoothed her glossy black hair with her neatly manicured hand. Her eye makeup had been applied with the hand of an artist. "I'm the only woman in Beverly Hills who doesn't exercise," she said, smiling. Her lithe body, poured into black gabardine pants, made the statement almost unbelievable. Jackie leaned forward on the plush white sofa; her beautifully shod foot trailed across the thick white carpeting; the light glinted off the antique sterling silver picture frames scattered about the enormous living room. "I always wanted to be a writer," she said, her clipped English accent softened by the laid-back vowels of sinful Southern California.*

Jackie Collins, charming, vibrant and stunningly attractive, could serve as at least a minor character in one of her sex-and-shopping-among-the-rich-and-famous page-turners. The daughter of a London theatrical agent, she was booted out of her proper English girls' school at fifteen for "misbehaving." (Among the infractions, the budding writer hawked selections from her diary for six cents a page.) Her parents, apparently throwing in the towel, shipped Jackie off to California to stay with her sister, Joan, then a Hollywood starlet. "She tossed me the keys to her apartment when I arrived, then she dashed off to go on location," Collins remembers. " 'Learn to drive immediately' were her parting words."

Jackie learned to drive, and before long she was a starlet herself. She stayed around town long enough to realize that "Hollywood treats women like cattle" and to make some friends among the young and hustling, who twenty years later metamorphosed into characters in her novels. A brief marriage produced a daughter and a return to London. Some featured roles in English movies followed, and, soon, a happy second marriage, still going strong after eighteen years.

Forty-three-year-old Collins credits her husband, entrepreneur and film producer Oscar Lerman, with turning her into a successful author. "I'd always written," Collins recalls, "but I'd never finished a book." She showed Oscar the unfinished novel, already titled with a line a friend tossed off at a London cocktail party. Lerman read the pages that were to become *The World Is Full of Married Men* and pronounced them "wonderful." That, Collins says, provided her with the encouragement she needed to finish the book.

In 1968, twenty-seven years old, a sometime actress and the mother of two young daughters, Collins sent the manuscript to a London publisher she chose because she enjoyed their books. "I thought, If I like what they publish, maybe they'll like what I write."

Her instincts were sound. *The World Is Full of Married Men* shot to the top of the British best-seller lists. "Of course," says Collins, "that's being a big fish in a small pond. I didn't really feel I'd made it until I got onto the U.S. best-seller lists." Scribbling away in flamboyant script, Collins has written, over the last fifteen years, ten novels and three screenplays (sister Joan starred in one of them).

For the last ten years, Collins and her family have divided their time between New York, California and London, where Lerman is part owner of a chic private club.

> **"I know that I'm not Tolstoy," says Jackie Collins. "I'm happy to be able to entertain."**

Her shrewd observations of the California social scene were published in 1983 as *Hollywood Wives*. Despite the fact that knowledgeable readers swear they recognize at least some of Jackie's characters, Collins claims she avoids using much of any one real person; she prefers to "invent and combine." Unlike many other writers, Collins works without detailed plans, notes or charts. "I never know what's going to happen next exactly. About a hundred pages from the end, I think about the ending." Once a week her husband reads her output and makes suggestions.

Is Collins like her characters? "The Hollywood wife," says Collins, "gets up in the morning, has her session with the exercise coach, has the massage, gets the nails fixed, the face fixed, the hair fixed. Then she eats a lettuce leaf at Ma Maison, where she pays a fortune for it." Not Collins, who says she lunches out barely once a month and sticks to a rigid writing schedule. "I get up at seven and make lunch for the kids to take to school. I'm at my desk at nine, and I stay there till two." After a swim in her pool, Collins is back at work, this time poolside.

Collins's values are far removed from those of her tantalizing fictional creations, but she does manage to conduct research into the glamorous, seamy world about which she writes. The walls of her study are covered with photographs of movie-star friends, among them Sean Connery, Michael Caine, and of course, Joan. Nighttime in Beverly Hills is likely to find Collins at a dressed-to-the-teeth party with Beautiful People like Stefanie Powers, one of the stars of the TV mini-series based on *Hollywood Wives*.

"I know that I'm not Tolstoy," Collins says wryly. "I'm happy to be able to entertain." That she has done, to the tune of sixty or seventy million copies. From a big fish in a small pond, Collins has become the shark of the U.S. best-seller lists, gobbling up her competition. At one point in early 1984 three of her books (two of them reissues of older titles) were on the best-seller lists here simultaneously. That pleases Collins, who also is tickled that celebrities like Henry Kissinger, Barbara Walters and a few of the Kennedys are among her fans.

What Collins particularly treasures, though, are letters from readers who say they've changed their lives for the better after reading one of her books. She does, she believes, preach a message in her fiction—that women can do anything. "I like to write about women who can be seen as role models," she says, "who take charge of their lives, who play the game a man's way."

Deep in the Ozark Mountains of Missouri, there is an aquamarine lake, Lake Taneycomo. Centuries ago, Indians must have roamed its shores, lusty braves, nubile maidens. Then came the White Man, destroying the verdant wilderness, corrupting the noble savage with glass beads and firewater. But now at least part of these shores are reclaimed to a wilder time. On them stands a stately brick house. Inside lives a woman—dark, sensual, her liddec eyes regarding the world knowingly, as if they could see into the future, deep into the past, into lives she herself may have lived. Beneath the demurely tailored blue pantsuit is a perfect feminine body, beneath the intelligent brow a parade of fantasies, a well of abandon. And what of him, her husband, her mentor, her partner, wiry but strong, sixteen years her senior but still so fit looking, his eyes sparkling with adm

ıtion for her but also with desire? Together all day, they ork side by side. And at night—do his lips leave a trail of olden fire down the smooth column of her neck? Does he ush her soft feminine peaks to his manly chest? Do they cry ut in mingled ecstasy, the sound carrying across the lake to ıe opposite shore, where the Indians lived?

ınet Dailey's all-American success story starts in a perfect lace—Storm Lake, Iowa, population five hundred. "They ılled it the crossroads of the nation," laughs Dailey, a etite, olive-skinned woman with wide green eyes. She's ıst turned forty, which doesn't bother her much. "That very eek I dropped four pounds without even trying—not a bad nsolation prize."

Currently the fifth-best-selling author in the world, with ales of more than a hundred million copies in ninety coun-ies, Dailey didn't write her first book until 1975; in the ıst decade she has produced more than eighty. In fact, ailey didn't even start reading romances until shortly efore she started writing them. "I was visiting my sister nd I was looking for something to read. All she had were mances. I got hooked; they were great escape reading, xcept for the bad ones. Whenever I picked up a bad one I ıought, I can do better than this." She said that often ıough to annoy her husband. "He said I should get off my uff and write one," remembers Dailey. "So I did."

Bill Dailey was used to gently bossing his wife around. fter high school, Janet moved to Omaha, Nebraska, where ıe got a job as a secretary in a construction firm. At ineteen, she married the boss, himself married three times efore and the father of five. Dailey might have taken the ıding from one of her own novels where the heroine is ung, pretty and innocent; the hero is powerful, worldly ıd older. ("In every one of my books," admits Dailey, "I've played my own courtship.") The couple worked together so ffectively that in 1974, when Bill was forty-five and Janet as twenty-nine, they retired and set off to see the country ı a thirty-three-and-a-half-foot Silver Streak house trailer. ınet's restlessness and Bill's prodding resulted in her first ovel, *No Quarter Asked.*

It took Dailey six months to write that first book. She ıipped it off to Harlequin Books ("I figured I might as well et rejected by the biggest and the best"), where a reader scued the manuscript from the slush pile. It went on to ll more than a million copies. "I never dreamed past the st book," says Dailey. "I was shocked to see the language the contract about the option on my next one." But the cond romance took her only three or four months to write, ıe third even fewer; she now manages to dash off one of her ıort romances in eight or nine days.

Some of Dailey's efficiency, and a lot of her subsequent ıccess, was engineered by her husband. Bored with retire-ent, Bill asked Janet, "Do you want to be the number-one st-selling novelist in the world?" "Sure," answered Janet. ll started out by streamlining Janet's writing life. "I dn't like research. Bill said he'd take care of that. He ganized my time so I could write. He took over everything lidn't like doing."

At the same time, Bill Dailey began to show his flair for omotion. "You're a romance writer, and we have a very ro-antic lifestyle," he told Janet. "You're going to write a ok in every one of the fifty states and set it in the state u're writing in." (Eventually Dailey did, a gimmick that nded her in the *Guinness Book of World Records.*)

Today there is a battalion of assistants, researchers, sec-taries, agents and lawyers to assist her and market the oduct, which sells at a combined rate of an estimated forty ousand copies a day. (None of her paperbacks has sold wer than a million.) As for the money, it's as awesome as r sales. "She's into seven figures a year *(continued)*

THINK THIS IS WHITE? TURN THE PAGE.



THE SUPERWRITERS
continued

now," says Bill proudly. Her latest contract, currently being negotiated, calls for an advance of at least $10 million for her next five books.

The money that pours in is invested in new businesses: An entertainment park, a horse farm, real-estate deals, even designer jeans, are on the drawing board. "Our biggest thrill is creating things," says Janet, "whether it's a book or developing a piece of land."

Janet does most of her creating in her pine-paneled office off her kitchen. She fills the pages with assembly-line efficiency. "I make myself write fifteen pages a day, five days a week. I'm up at four in the morning." Where do the ideas keep coming from? "I'm never conscious of getting them," says Dailey. "I just become intrigued with something, and before I know it, there's a book. I figure if I'm intrigued by an idea, readers will be, too."

Now, however, the undisputed American queen of the romance novels has started to branch out. Dailey's first hardcover novel, *Silver Wings, Santiago Blue*, is about a group of women army flyers during World War II. So far it's sold more than 125,000 copies, a healthy figure for a hardcover debut, and garnered some positive reviews. "As a writer I'm growing," says Dailey. "I don't want to be pigeonholed anymore." Her newest book, *The Glory Game*, is a sophisticated novel featuring an older heroine. [For a special excerpt, see page 104.] Still, Dailey isn't about to give up romance novels, a genre she defends. "My heroines say no to men; they have careers. Women read my books and see an unhappy character become better off because she is willing to change." Dailey admits it will be a long while, though, before any of her heroines reaches the end of a novel without finding happiness with a man.

As for romance in her own life, Dailey strives to keep it alive. "When we were married, the justice of the peace told us to forget we'd ever been to see him. He said we should lock up the marriage license and pretend we didn't have one. That's just what we've done."

You couldn't call it a large apartment. I mean, the terrace was huge, with flowering vines, clematis. I think, but I've never been good at remembering the names of dumb flowers, at least not since I was a tiny kid and we lived in a big house with lots of flowers, but that was before Mom and Dad split. Anyway. But it was sort of a neat apartment—big white couches that you felt like Mrs. Blume wouldn't yell at you you spilled something on them accidentally, and lots of American Indian kin of rugs and decorations because sh spends half the year in New Mexico. S I guess you'd have to say—if you wer being straight with yourself about which I try to do whenever I can—that was a Manhattan penthouse. But didn't seem like a Manhattan penthouse. And Mrs. Blume didn't seem lik the kind of lady who'd live in a penthouse. She's neat, really. I mean in ever sense of the word. She's small and sh kind of bounces, except when she's bein serious, and you just know that sh means everything she says and she un derstands everything that you say, an even though she's a world-famous au thor, you keep forgetting that and thin you're having a soda with your best friend. Plus it doesn't hurt that sh looks about twelve years old and take tap-dancing lessons every afternoon. And, 'oh, I don't know, it's all kind hard to explain.

Judy Blume was raised in suburbia i the forties and fifties (her father was dentist in Elizabeth, New Jersey), ar she did what a properly raised daugh ter did in those days—attended colleg and majored in education "in case, Go forbid, you had to work someday." Sh married, had children and moved bac to suburbia (Scotch Plains, New Jersey). For Blume, however, the tradtional role was less than satisfying. tried very hard," she recalls, "but didn't fit. I was a creative person wit no outlet. It came out in stomach pain Writing cured all my ills." Not th Blume's entry into writing was the r sult of a lifelong ambition. The on reason she turned to writing, she say is that she had always loved reading.

Unlike her colleagues Jackie Collin and Janet Dailey, Blume didn't strik gold with her first book. For two years she sent her manuscripts off to publishers and got back nothing but rejetion slips. And unlike Collins an Dailey, Blume didn't get much encouagement from her husband; at best h tolerated her writing. As for h friends, one told her, "You're a nice gir Judy, but I was an English major, and can tell you don't have any talent."

One person, a writing teacher in a adult-education course Blume a tended, did encourage her, and she pe severed, following her professor's advic that "your realistic children's stories ar your best." Finally, in 1968, she sold he first book for a $350 advance. Toda Blume is far and away the best-sellin author of children's books (a 1982 surve of children across the country place seven of Blume's titles among their fift favorite books; she swept slots one, tw

and three with *Superfudge*, *Tales of a Fourth Grade Nothing* and *Are You There God? It's Me, Margaret.*) And with *Wifey* in 1978 and *Smart Women* in 1984, Blume moved easily into writing best-selling adult fiction.

Once she sold her first book, Blume had no trouble getting the others published, but her following was relatively small, her reviews from librarians and teachers lukewarm. The big break came in 1972, when *Are You There, God?* was reissued in paperback, and Blume's adolescent audience suddenly and resoundingly found her. As one reviewer put it: "News that a book describing the ordeal of puberty without mincing words could be had for seventy-five cents spread through every sixth grade in the land." Her current volume of sales approaches thirty million copies.

Today Blume looks back and smiles. "I learned so much from rejection. And it was a very healthy kind of success, very sweet and very slow. It was as much of a surprise to me as to anyone else." One of its side effects was the wherewithal it gave her to make changes, notably a divorce. An almost immediate remarriage followed and a second divorce some three years later. For the last five years, though, she appears to have found outside marriage what she didn't find inside, with a Columbia Law School professor whom Blume calls "the most wonderful man. It's funny we haven't gone through a legal ceremony. I think of us absolutely as married."

Unlike her methodically driven colleagues, Blume isn't always in a writing mode. When she is, she writes every day, sitting at her typewriter from nine until noon. "My books deal with situations that are familiar to me. I can tell a story by putting myself in the character's shoes and asking myself how I would feel, or what I would do if this happened to me." Of her children's books she says, "I don't have a teenage audience in mind when I write. I try to get inside the mind and skin of a kid and let the book find its own audience." Her adult books have presented her with a different challenge, "bringing together for the first time the adult in me and the child in me."

Blume is currently working on a collection of letters to her from children—she receives some five hundred a week. From a twelve-year-old: "Do you write your books in your mind or do you use a kit?"; from a nine-year-old: "Please tell me the facts of life in number order." What astonishes her about the letters, she says, is the "painfully wrong information" kids have picked up. Also on the drawing board is another novel, about which Blume says, "I know it's there, but I don't know very much. With a novel, I know where I start and where it's going. I just don't know what's happening in between. My characters always surprise me."

Creativity for Blume applies to more than writing, and she is investing a considerable amount of her energy these days in a nonprofit organization called The Kids' Fund, which she established with the proceeds of *The Judy Blume Calendar*. The organization makes small grants to schools and parent groups that come up with projects to bridge the generation gap.

Blume experiences little generation gap with her own children, now twenty-one and twenty-four. "Being Judy Blume's kids didn't really affect them," she says. "Most of the media hype came when they were pretty well grown." Her son, a filmmaker, is following at least partially in his mother's footsteps: "We have endless talks about creativity and how we see books as films," she says.

As with Collins and Dailey, the success Blume's books have brought her hasn't been transformed into a lavish way of life. What characterizes all of these women is comfort, both in the way they live and in the way they feel about themselves, pleasantly secure in the knowledge that they do exceptionally well what few people can do at all, which is to transport readers from their own lives into worlds more glittering, more romantic, more compassionate. **End**

People simulation of lab tests where socks were muddied and washed three times.
YOU KNOW IT'S WHITE WHEN IT'S Oxydol® WHITE.
"Whites washed in liquid detergents can fool you and look dingy next to Oxydol white. Our lab tests proved it." Oxydol contains more than a detergent. It has a built-in color-safe bleach, too. See the green crystals. So don't let your whites fool you. Turn to Oxydol.
Oxydol
FOR SPARKLING WHITES
© 1985 Procter & Gamble

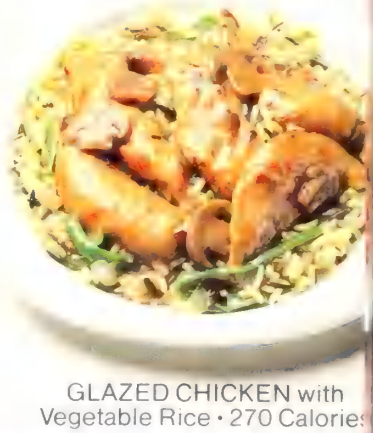

CHICKEN CHOW MEIN
with Rice • 250 Calories


ZUCCHINI LASAGNA
260 Calories


CHEESE CANNELLONI with
Tomato Sauce • 270 Calories


BEEF & PORK CANNELLONI
with Mornay Sauce •260 Calories


SPAGHETTI with Beef and
Mushroom Sauce • 280 Calories


GLAZED CHICKEN with
Vegetable Rice • 270 Calories

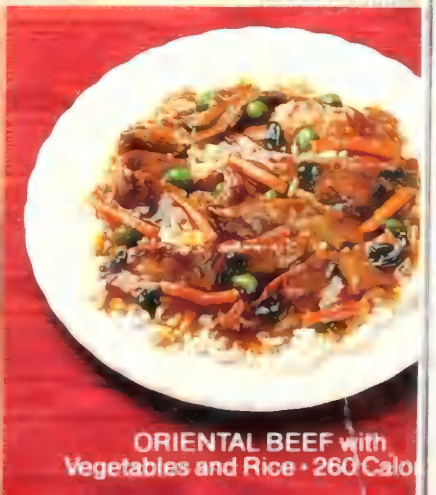

SALISBURY STEAK with Italian Style
Sauce and Vegetables • 270 Calories


CHICKEN & VEGETABLES
with Vermicelli • 260 Calories


FILET OF FISH FLORENTINE
240 Calories


LINGUINI with


MEATBALL STEW
250 Calories


ORIENTAL BEEF with
Vegetables and Rice • 260 Calo



FILET OF FISH DIVAN
270 Calories

ORIENTAL SCALLOPS AND
VEGETABLES with Rice · 220 Calories

CHICKEN à l'ORANGE with
Almond Rice · 280 Calories



CHICKEN CACCIATORE
in Vermicelli · 280 Calories

STUFFED CABBAGE with Meat
in Tomato Sauce · 210 Calories

FILET OF FISH JARDINIERE with
Soufflèed Potatoes · 280 Calories

Now there's more of us.

So there can be less of you.

Now there are **eighteen** delectable Lean Cuisine entrees. So you'll never run out of terrific-tasting things to eat. Isn't it great that each one's less than 300 calories?

Lean Cuisine® from Stouffer's®. You'll love the taste. And you'll love the way it looks on you.



Stouffer Foods Corporation



In 1903, Mr. Eaton found Mrs. Eaton sneaking a cigarette while doing the family wash. He promptly hung her out to dry.

VIRGINIA SLIMS



You've come a long way, baby.

© Philip Morris Inc. 1984

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Mar. '84

EVERY MORNING

By Alice Walker

Every morning I exercise
ıy body.
t complains
Why are you doing this to me?"
give it a plié
ı response.
heave my legs
ff the floor
nd feel my stomach muscles
ebel:
ıey are mutinous
ıere are rumblings
f dissent.

. have other things
› show,
ut mostly, my body.
Don't you see that person
taring at you?" I ask my breasts,
'hich are still capable
f staring back.
f I didn't exercise
ɔu couldn't look up
ıat far.
ɔur life would be nothing
ut shoes."
Let us at least say we're doing it
›r ourselves";
ıy fingers are eloquent;
ıey never sweat.

Alice Walker won an American Book Award and the Pulitzer Prize for her novel *The Color Purple*. Her other published work includes four volumes of poetry. Born in Eatonton, Georgia, the author now lives in San Francisco.

Excerpted from HORSES MAKE A LANDSCAPE MORE BEAUTIFUL, by Alice Walker. Copyright © 1984 by Alice Walker. Published by Harcourt Brace Jovanovich, Inc.

Create your own before and after story.





Sally Struthers
National Chairperson

"When I began sponsoring little Damiano in 1980, he was so sad looking. His eyes just seemed to be crying out for help.

"And through Christian Children's Fund, that's exactly what I've been giving Damiano—the most basic kind of caring. Nutritious food to reverse his terrible malnutrition. Medical care to prevent disease. The chance to go to school. Decent clothing.

"One look at the recent photo of Damiano shows what a tremendous improvement CCF sponsorship has made in his young life. You can do exactly what I've done—and it's so easy. Sponsorship is just $18 a month, only 60¢ a day. Yet it can provide the necessities to give a desperately poor child real hope for a better future.

"So please send in the coupon today and get all the details on how you can help. Just like me, you'll be creating a beautiful before and after story for a needy child thousands of miles away. And it's one of the best feelings I've ever had in my life!"

Send Your Love Around The World.

Dr. James MacCracken, Executive Director, Christian Children's Fund, Inc., Box 26511, Richmond, VA 23261

☐ I wish to sponsor any child who needs my help.
I prefer to sponsor a ☐ boy ☐ girl ☐ either in the country checked below:

☐ Bolivia ☐ Colombia ☐ Honduras ☐ Indonesia ☐ Mexico ☐ Thailand ☐ Uganda
☐ Brazil ☐ Guatemala ☐ India ☐ Kenya ☐ Philippines ☐ Togo ☐ Zambia

(If you would like to sponsor more than one child, please specify the number in box[es] of your choice.)

PLEASE SEND MY INFORMATION PACKAGE TODAY.

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $18 within 10 days. Or I'll return the material so you can ask someone else to help.

☐ I prefer to send my first monthly payment now; enclosed is $18 for each child.

☐ I cannot sponsor a child but I'll give $_____ to the Christian Children's Fund Growth Fund (provides expansion of services in a hungry world).

Mr. Miss
Mrs. Ms. _____

Address _____

City _____ State _____ Zip _____

OLHJ50

IN THE U.S.: CCF, Box 26511, Richmond, VA 23261
IN CANADA: CCF, 2409 Yonge St., Toronto, Ontario M4P 2E7
Gifts are tax deductible. Statement of income and expenses available upon request.

Christian Children's Fund, Inc.

The glory game

Luz had won all the prizes life could offer. But now a competitor—beautiful and young—was after the one thing she treasured most: her husband's love



The Florida sunlight glistened on the smooth surface of the swimming pool as Luz Kincaid Thomas adjusted the brace on her chaise longue. Although she had just passed her forty-second birthday, most would guess that with her youthful blond hair and lively brown eyes, she couldn't be more than thirty-five. Luz angled the chair next to her sister's so the two women could talk without effort as they concentrated on soaking up the sun.

"I can't believe how angry I was." Luz had her eyes closed behind her sunglasses as she talked to Mary. "I hated Claudia so much, I could have cheerfully clawed her eyes out. I never should have doubted Drew, but *(continued)*

Copyright © 1985 by Janet Dailey. From the forthcoming book THE GLORY GAME, by Janet Dailey. To be published by Poseidon Press, A Pocket Books Division of Simon & Schuster.

BY JANET DAILEY


LCOME ABOARD.
CATALINA®

If you call age spots freckles, the only one you're fooling is you.

It's natural to try to deny, even to yourself, that those "freckles" are age spots. But age spots simply reflect the continuous natural changes in your skin as you grow older.

You see, the coloration of your skin depends on special color producing cells deep beneath its surface. If these special cells produce too much color, areas of your skin can darken, appearing as age spots. This extra coloring tends to happen more when you're older because of changes in your body. So you suddenly see more age spots.

But age spots *can* be "faded."

Here's how: Esotérica® Medicated Fade Cream penetrates deep into your skin, directly to the special coloring cells and actually prevents them from producing too much color. At the same time, the brown cells on the surface of your skin are gradually being sloughed off as your skin renews itself naturally, and replaced by other cells from below. So in six weeks, your skin can be clearer and younger-looking.

Nothing is more effective than Esotérica Medicated Fade Cream to help fade age spots, to keep them from reappearing, and to prevent new ones from forming. Millions of women have proved Esotérica is both effective *and* safe when used as directed, a minute in the morning and a minute in the evening.

So you don't have to explain away those embarrassing age spots as "freckles." You can fade them away with Esotérica. After all, isn't it worth two minutes a day to have clearer, younger-looking skin?

ESOTÉRICA. FOR CLEARER, YOUNGER-LOOKING SKIN.



© 1984 Norcliff Thayer, Inc.

THE GLORY GAME
continued

I'm glad I did. If I hadn't told him all my nasty suspicions, none of this would have happened. These last two weeks have been like a honeymoon." She smiled. "After twenty years, I think I'm falling in love with Drew all over again."

"So what about Claudia Baines? Is she still around?" asked Mary.

"Of course. She *does* work at his law firm. But it doesn't bother me anymore."

A salty breeze fanned Luz's warm skin. It was quiet and peaceful, the only noise the rustling palm fronds stirring in the wind and the tumble of the surf rushing onto the beach on the other side of the Kincaid winter estate. Her mother's place had never seemed like home to Luz, maybe because she wasn't raised here. For Luz, Virginia was home.

Their mother, dressed in capri pants and a wide, floppy-brimmed hat, approached from the direction of the greenhouse. Moments later, Luz and Mary had joined the widowed matriarch on the sandstone deck for some iced tea. Audra insisted that her daughters come over for these weekly visits so she could remain in touch with what was happening.

"I've decided to close the house in Virginia," she said, sipping her tea. "I was hoping that you girls would supervise the packing." It was more a command than a request.

Mary glanced at her sister. "It isn't a small project. It's likely to take a couple of weeks to do it right. With my brood of kids it won't be easy to get away, but I'll work it out somehow. Luz, do you think Drew can survive without you for two weeks?" she teased.

"He has to go to New York for business in February. I had planned to go with him, but maybe I could go to Virginia instead. I'll talk to Drew and see what he thinks." Two weeks ago she would simply have gone ahead and made her plans, but things were different between them now; they were more considerate of each other. "I'll let you know next week. In the meantime, see what you can arrange."

When Luz drove into the garage that night she noticed Drew's brown Mercedes wasn't there. Frowning, she entered the house and went straight to Emma, whose many duties included overseeing the Thomases' household staff and acting as Luz's social secretary.

"Have you heard from Drew?"

"He called a half hour ago to say he'd be late and not to wait dinner."

"We had tickets to the concert tonight, and I don't really want to go by myself," Luz murmured, and sighed dejectedly. "You're welcome to use them if you like, Emma. I think I'll just spend a quiet evening at home for a change."

Luz wrote letters to her children, both of whom were away at boarding school, and suggested to her daughter Trisha that they might spend a weekend together in Virginia. All the while she listened for the sound of Drew's car coming up the driveway.

She was waiting for him when he finally came in at eleven-thirty.

"Well, hello." He smiled in surprise and bent to kiss her cheek. "I didn't expect you to still be up."

"Where have you been? I tried the office, but no one was there."

He curved his arm around her shoulders and drew her along with him. "I took Claudia to dinner. It seemed the least I could do after keeping her so late at the office."

"You two must have had an awfully late dinner."

"Not really. We got to talking and lost all track of time. I can discuss things with her that you wouldn't understand. Claudia is a lawyer, so we can converse on the same level."

"I understand." It was a part of his life she didn't share, and it left a void between them. Now another woman—beautiful and young—was filling that void. "I made coffee."

"No, thanks. I'd just as soon go to bed. I'm supposed to be on the golf course bright and early in the morning."

"But there was something I wanted to talk to you about," Luz said.

"Can it wait? I'm really beat." A minute ago when he was talking about Claudia he hadn't acted tired. He kissed her lightly. "Good night, dear."

As she watched Drew pass through the doorway and up the stairs to his bedroom, she knew he wouldn't be joining her in bed tonight. They'd begun sleeping in separate bedrooms years ago, when they realized that their sleeping habits were incompatible, but for the past few weeks, Drew had been spending nearly as much time in her bed as in his own. All honeymoons end sometime, even second ones, and Luz wondered if this was the end of hers.

Sunday evening, Drew excused himself from the dinner table to make some phone calls.

The door to the library was not tightly closed. Luz heard Drew laugh and gravitated toward the sound. She wandered into the room, thinking she'd sit and have her coffee there. The minute he saw her, Drew said into the phone, "Just a minute." Then he placed his hand over the mouthpiece of the telephone. "Did you want something, Luz?"

"No." She smiled, shaking her head.

"This is business," he said and waited, not removing his hand from the telephone to resume his (continued)

nversation. It took her a minute to alize he expected her to leave the om. As she closed the door behind r, she heard Drew say, "Sorry, audia. You were saying?"

Abruptly, Luz walked to the liquor binet in the living room, where she ured a liberal amount of whiskey to her coffee. Claudia. She was grow- g to hate that name.

What little of her drink that re- ained was cold when he joined her.

"Drew, I'm going with Mary to Vir- nia. Audra wants us to close up the use. I'll be gone about two weeks."

"When?" He appeared unconcerned at this was the first he knew of it.

"The middle of February. We leave e fourteenth."

"I leave the same day for New York. I scheduled the trip and moved the de- rture time ahead a few days. I was ing to tell you, but it slipped my ind. Could we go to the airport to- ther? It would mean only one parked r in the lot."

Luz didn't know what she expected s reaction to be, but it wasn't this difference.

Where's Drew?" Mary asked when e joined her sister at the airport. las his flight left already?"

"No. He went to the newsstand. Here comes." Luz saw him walking to- ard them carrying a package.

"What do you have there, Drew?" ary nodded at the heart-shaped red x peeking out of the plastic sack and nt a sly glance at Luz.

"Some valentine chocolates for Clau- a. I would have bought you a box, iz, but I know you don't like candy."

"No, I don't, but I suppose it's the ought that counts," she said under r breath. Why had he bought Claudia gift when he was on his way to New rk . . . why was he buying Claudia a ft at all?

"She should be here." Drew searched e throng of travelers.

Luz followed his gaze and located the vacious brunet, wearing an eye-catch- g burgundy silk blouse. A thin black iefcase swung from her hand. She ickened her step when she saw Drew. Vell, I'm all checked in, ready to go," e announced with a smile.

After they had gone, Mary said, "I ke it you didn't know she was going th Drew to New York."

"No, I didn't," Luz answered flatly.

"I guess the honeymoon is over."

"A honeymoon requires two people. aybe I was the only one on it . . . and I st didn't know." Her eyes burned with ars, and Luz quickly blinked them away.

"Luz." The pity in her sister's voice was more than she could stand.

Her chin came up sharply, and she determinedly shook off her own hurt and self-pity. "Maybe he didn't tell me she was going, but he didn't hide it either. After all, she met him here . . . with us. They wouldn't have done that if there was something to conceal."

"And the candy?"

"Stop it, Mary," Luz demanded angrily. "I don't have all the damned answers!"

On Saturday, Trisha arrived to spend the weekend with her mother in Virginia. Together they tried to talk Mary into going riding with them, but she didn't share her sister's love of horses.

After a lively canter through the fields, Luz and Trisha slowed their horses to a brisk walk.

"You really love the life here, don't you," said Trisha.

"Yes. Your father used to talk about expanding his Florida practice so he could open an office nearby, in Washington or Richmond, but he never mentions it anymore."

"Maybe he will in a few years."

"I doubt it."

"He might," Trisha insisted. "Especially when he takes on a new partner."

Luz's spine stiffened as Claudia Baines flashed through her mind.

Trisha's dark eyes were agleam with some secret knowledge when she glanced at Luz. "Me! I just received notice that I've been accepted at Harvard."

Relief followed by shock traveled through Luz.

"Trisha, I'm thrilled for you, but do you realize what it takes to become a lawyer? College is just the beginning."

"It's what I want. I can't be like you and just do nothing all the time. I want my life to have some purpose and meaning beyond planning this year's charity auction."

Luz had always wondered what Trisha thought of her. Now she knew, and that knowledge hurt, more deeply than she had ever thought it would.

After an early dinner, Luz telephoned home to talk with Drew.

"I thought he was supposed to return yesterday," Luz said after Emma told her he was still in New York.

"He called to say he had to stay another day, and the earliest flight he could get wasn't until Sunday morning. I'm sure you could reach him at the hotel."

"We'll try there." She hung up, and after dialing the hotel was connected to Drew's room. After the fourth ring, the phone was picked up. "Hello, darling. I just talked to Emma, and she told me you were still in New York. How's everything going?"

"Fine." He sounded distant, but Luz blamed that *(continued on page 188)*



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197
I enclose $1. plus $.25 postage and handling for each stainless teaspoon ordered. Offer limited up to three spoons, one spoon per pattern. Complete services and open stock are available at fine stores.

☐ ACT I
☐ AMERICAN COLONIAL
☐ CHATEAU
☐ CLASSIC SHELL
☐ DA VINCI
☐ DOVER
☐ FROSTFIRE
☐ JUILLIARD
☐ LOUISIANA
☐ MARQUETTE
☐ MICHELANGELO
☐ MONTE CARLO
☐ MOZART
☐ PAUL REVERE
☐ SATINIQUE
☐ SHERATON
☐ TENNYSON
☐ VENETIA
☐ VERMEER
☐ WILL O' WISP

Name
(Please print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/85. LJ055

ONEIDA
The silver cube. Our silversmiths' mark of excellence.

FOOD IN THE '80s

By Bert Greene

Food in the eighties reflects an American appetite that is alive to change and freshness. The hand that shakes the skillet these days is not afraid to borrow an idea (or an ingredient) from a foreign stovetop. And while the tyranny of nouvelle cuisine seems to have lifted, lightened dishes have become part and parcel of every thinking cook's repertoire.

The proof is probably in your very own refrigerator. I think you will find less red meat and a lot more fish and chicken—not to mention some vegetables and salad greens whose names or very existence you were not aware of a decade ago. But in case you've missed the newest trends, here is a fast look at what we are and what we are not consuming in 1985.

PASTA Not a passing food fad, the gastronomic craze of the seventies has become solidly entrenched in our national diet—with the blessing of "high carbohydrate" dieticians and nutritionists. But trenchermen (like you and me) do not unravel the fettuccine simply because it is *(continued)*









Treat your family to a taste of the eighties with an LHJ *sampling of the most fashionable foods of the decade. Recipes begin on the next page.*

Fettuccine Primavera—with smoked salmon, vodka, fresh peas

Constance Hansen





Maidenform Chantilly: Luscious! Luxurious! Lovely!

There I stand
in lace-covered dreams.
Chantilly by Maidenform
in rich, creamy satin
adds luxury to life.
And what color Chantilly adds!
Now that I feel this glamorous,
just imagine where
my dreams can take me!



...ervate and demi bras shown from $15. Also in softcup $11.
...g bikini $8. French pant $11. Camisole $15. Petti $14.
...the Chantilly Collection. Prices are suggested retail.
...s higher in Canada. All Antron III nylon. Lace: All polyester.
...e of decoration. Antron and DuPont registered trademarks. Dress by Lilli Ann.

The Maidenform Woman Dares to Dream.



She'll fill it with the magic moments of a lifetime and live them again and again.

Inside her Lane Cedar Chest, next to blankets and sweaters and practical things like that, she'll tuck a multitude of memories. A pressed and still faintly fragrant corsage. A scrapbook. A photograph album. The letters he wrote her. Her mother's wedding veil, which soon she'll wear. Someday, a baby's christening robe, a tiny pair of shoes, a little girl's smocked dress. Treasures that will remind her over and over of all the touching moments of her life.



There are over 100 Lane Cedar Chest styles available, priced from $250 to $500.

Choose her favorite and give her something special for her birthday, graduation, wedding or any other occasion. Then she can start filling her Lane Cedar Chest with mementos of the beautiful times.

Lane®

For a catalogue, send 50¢ to The Lane Co., Inc., Dept. T050, Altavista, VA 24517-0151. In Canada, Lane Cedar Chests are made by Kaufman of Collingw

"With New Heinz 57 Sauce, Even I Can Be A Culinary Success.

I used to be a lousy cook. Until I tried new Heinz 57 Sauce. It's great on steak. But it's terrific in recipes, too. And there's one on the back of every bottle. New Heinz 57 Sauce.

More Than A Steak Sauce. A Heckuva Lot More."



©1985 H.J. Heinz Co.



Saucy Meatballs

Combine 1 pound lean ground beef, ⅔ cup grated Parmesan cheese, ½ cup seasoned dry bread crumbs, ½ cup milk, 1 egg slightly beaten. Shape into 20 meatballs. Brown well in 2 tablespoons shortening. Drain excess fat. Sprinkle meatballs with 1 tablespoon flour; stir gently to coat. Combine 1 can (28 ounces) tomatoes, cut into bite-size pieces; ⅓ to ½ cup Heinz 57 Sauce, ½ teaspoon salt; pour over meatballs. Simmer uncovered 25 minutes or until desired consistency; stir occasionally. Serve over noodles. Makes 5 servings.



Sweet 'N Sour Pork Chops

In skillet, brown 4 rib pork chops, ¾-inch thick, in shortening; drain excess fat. Season chops with salt and pepper. Combine 1 can (8¼ ounces) pineapple chunks and juice with ⅓ cup Heinz 57 Sauce; pour over chops. Cover; simmer 45 minutes or until chops are tender. Add 1 medium green pepper, cut into strips; cover; simmer 15-20 minutes or until pepper is tender. Thicken sauce with cornstarch/water mixture, if desired. Makes 4 servings.

"Are all potatoes grown in Idaho?"

"Just the best ones."



FOOD IN THE '80S

continued

will be published by Simon & Schuster next spring.

Mayonnaise

- 2 red peppers
- 2 egg yolks
- 1 tablespoon wine vinegar
- Juice of ½ lemon
- 1½ teaspoons Dijon mustard
- ½ teaspoon soy sauce
- Pinch ground white pepper
- 1 cup salad oil
- ½ cup olive oil
- Dash red pepper sauce
- 1 shallot, finely minced
- 1 tablespoon boiling water

- 1 small garlic clove, minced
- 2 teaspoons lemon juice
- ¼ teaspoon oregano
- ⅛ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh parsley
- 1½ teaspoons anchovy paste
- 3 tablespoons unsalted butter, softened
- 2 swordfish, salmon or tuna steaks (about 2 lbs.), 1 inch thick

Mayonnaise: Using a long-handled fork, hold peppers over a gas flame, turning until charred all over, about 5 minutes. (For electric range, broil peppers as close to the heating element as possible. Turn often until charred on all sides, about 15 minutes.) Wrap in plastic bag until cool. With a sharp knife, peel peppers and remove seeds. Finely chop. Set aside.

In large bowl beat egg yolks until light. Slowly beat in vinegar, lemon juice, mustard, soy sauce and white pepper. Beat in oils a tablespoon at a time until thick. Add red pepper sauce, shallot, boiling water and chopped peppers. Refrigerate until ready to serve. Makes 2½ cups, about 75 calories per tablespoon.

In small bowl mash garlic with lemon juice. Stir in oregano, pepper, parsley and anchovy paste. Beat in butter until smooth. Spread over fish; let stand 1 hour.

Place fish steaks on a grid about 4 inches above hot coals. (Or broil 4 inches from heat source.) Grill or broil until fish flakes when pierced with a fork, about 5 minutes per side. Serve hot, at room temperature or cold with Roasted Red Pepper Mayonnaise. Makes 4 servings, about 345 calories each without mayonnaise.

WARM GOAT CHEESE SALAD

Goat cheese is one of a handful of radically new foods of the eighties. Its appearance (warm) in a salad of crisp spinach, bacon and toasted hazelnuts owes a debt to the green cuisine of Wolfgang Puck, of Spago restaurant in Los Angeles

- ½ pound fresh goat cheese (chèvre)
- ¾ cup olive oil, divided
- 1 teaspoon chopped fresh thyme or ⅛ teaspoon dried
- 1 pound fresh spinach, cleaned and trimmed
- ¼ pound radicchio (1 small head)
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped fresh tarragon or ¼ teaspoon dried
- 1 tablespoon hazelnut liqueur (optional)
- 2 teaspoons tarragon vinegar
- 1 egg yolk
- ¼ teaspoon salt
- Freshly ground pepper
- ¼ cup roughly chopped toasted hazelnuts
- 3 slices bacon, cooked and crumbled

Cut cheese into 8 equal pieces. In shallow bowl drizzle cheese with ¼ cup oil. Sprinkle with thyme. Cover; marinate in refrigerator overnight.

A Genuine Idaho® is the world's best tasting potato, because only potatoes grown in Idaho are blessed with the perfect combination of rich volcanic soil and ideal growing climate.

So look for the Grown in Idaho seal. It's your guarantee that you're not buying just any potatoes. You're buying the best ones.



Remove cheese from refrigerator 1 our before serving. Tear spinach and adicchio into bite-size pieces and place a large salad bowl.

In medium bowl whisk mustard, tarragon, liqueur, vinegar, egg yolk and alt. Slowly whisk in remaining ½ cup l. Add pepper to taste. Pour ⅔ cup ressing over greens; toss well. Divide venly onto 4 plates; set aside.

In large skillet heat 2 tablespoons arinade oil from cheese over medium eat. When hot but not smoking, add neese; saute 30 seconds. Turn with a ancake turner and cook 30 seconds. dd 2 pieces cheese to each plate. prinkle each evenly with hazelnuts nd bacon. Makes 4 servings, about 35 calories each.

DRIED TOMATO AND CHEESE STRUDEL

ltra-flaky pastry, so thin it shatters on fork end, is one of the true luxury foods fashion at the moment. Wise cooks nvert the tender leaves into towering ncheon creations and hors d'oeuvres. y favorite: a golden roll of strudel ammed with creamy cheese and sun-ried tomato slices.

strudel or filo leaves (see Editor's note)
2 tablespoons unsalted butter, melted
1 tablespoon bread crumbs
1 cup shredded mozzarella cheese
4 ounces Brillat-Savarin or any mild double-cream cheese
4 sun-dried tomatoes in oil,* cut into strips
1 tablespoon chopped fresh basil or ½ teaspoon dried, chopped with 1 tablespoon fresh parsley

Preheat oven to 375°F. Place 2 strudel or filo leaves on wax paper on a damp towel. (The long side should be parallel to edge of table.) Brush top leaf with melted butter; sprinkle with bread crumbs. Add 2 more leaves. Brush top leaf with butter.

Sprinkle bottom quarter of dough with mozzarella, leaving an inch all around edges. Dot with Brillat-Savarin, then sprinkle with tomatoes and basil. With the aid of the towel, fold side edges of dough toward the center just enough to cover the filling by ½ inch. Brush edges with butter and press lightly so they do not unfold. With the aid of the towel, roll up jelly-roll fashion away from you and onto a lightly buttered baking sheet. Brush surface of dough with butter. Bake until crisp, about 30 to 35 minutes. Slide onto wire rack to cool. Slice and serve warm or at room temperature. Makes 12 appetizer servings, 95 calories each.

Editor's note: Buy fresh strudel or filo leaves if possible. Frozen dough is often allowed to defrost on the supermarket shelf and is then refrozen, which causes the fragile leaves to shred or even disintegrate when you try to separate them.

*Sun-dried tomatoes can be ordered from Genovesi, P.O. Box 5668, Dayton, OH 45405, 513-277-2173 or Balducci's, 424 Avenue of the Americas, N.Y., NY 10011, 212-673-2600.

CHOCOLATE GRANITE

A sorbet of such startling intensity that it literally assaults the tongue, this unique dessert was created by Richard Malanga, the brilliant chef at Roxanne's restaurant in New York City. Malanga serves the granite (it means ice) on a large white plate in twin puddles of vanilla and chocolate sauce. Of course!

1 quart water
1¼ cups sugar
5 squares (1 oz. each) unsweetened chocolate, chopped *(continued)*

PLAYTEX PUTS A HOLE IN THE THEORY THAT CHEAPER IS BETTER.

ORDINARY LATEX GLOVES



PLAYTEX LIVING GLOVES





Playtex Gloves may cost a little more initially. But not necessarily in the long run. Because Playtex Gloves last longer than ordinary latex gloves for your toughest household jobs with solvents, like paint stripping. That's because Playtex Gloves are blended with neoprene to help prevent holes, cracking and splitting. Neoprene is the same tough material used in industrial gloves.

Try the comfortable taper fit, soft absorbent lining and powerful protection of Playtex Gloves. You'll love your hands for it.

Playtex® Living® Gloves

Playtex® and Living® are registered trademarks of International Playtex, Inc. © 1984 Playtex

STOP putting up with painful feet.



A highly developed medical procedure performed in your professional podiatrist's office can bring relief to foot pain you never imagined possible. Hospitalization is rare and it's doubtful you'll even have to stay off your feet for an extended period of time to recover.

It's worth checking into. When you fill out the coupon and mail it to us, we'll send you free an informative brochure on Minimal Incision Surgery published by The Academy of Ambulatory Foot Surgery.

Send us this coupon today!

LHJ-5

Name _____

Street _____

City _____

State _____ Zip _____

Mail to: The Academy of Ambulatory Foot Surgery
Post Office Box 1976, Lynnwood, Washington 98046

The Academy of Ambulatory Foot Surgery

Post Office Box 1976
Lynnwood, Washington 98046

FOOD IN THE '80S
continued

Drop-Dead Chocolate Sauce
(recipe follows)
Crème Anglaise
(recipe follows)

In medium saucepan combine water and sugar. Stir over medium-low heat until sugar dissolves. Remove from heat. Add chocolate and continue stirring until melted. Return to low heat and whisk until smooth, about 7 to 10 minutes; do not allow to boil. Cool. Pour chocolate mixture into the container of an ice cream maker and freeze according to manufacturer's directions.

To serve, spoon a small ladle of Drop-Dead Chocolate Sauce onto one side of serving plate and a small ladle of Crème Anglaise onto the other side. Place a large scoop of Chocolate Granite in center. Makes about 1¼ quarts, about 8 servings, about 225 calories per serving without sauce.

DROP-DEAD CHOCOLATE SAUCE

- 8 squares (1 oz. each) semisweet chocolate
- 4 tablespoons unsalted butter, cut into pieces
- ¼ cup milk, at room temperature
- ¼ cup heavy or whipping cream, at room temperature
- 2 tablespoons dark rum

In top of double boiler melt chocolate over hot, not boiling, water. Stir in butter by bits until melted. Stir in milk, cream and rum until smooth. Serve warm. Makes 1½ cups, about 80 calories per tablespoon.

CRÈME ANGLAISE

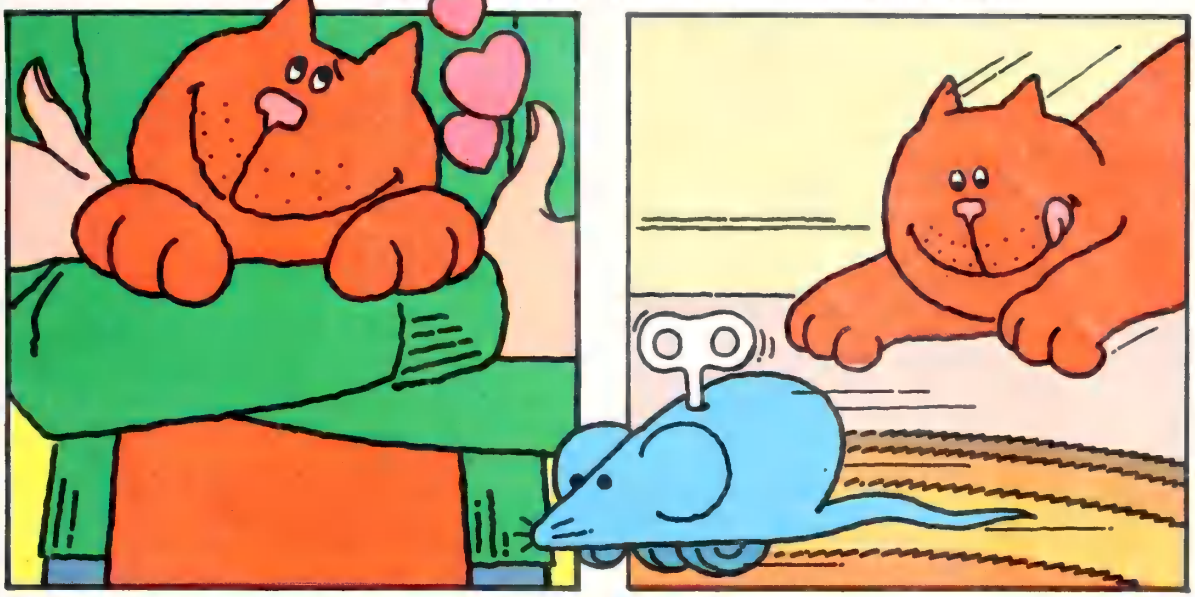
- 1 cup milk
- 1 cup heavy or whipping cream
- ⅓ cup sugar
- 1 piece vanilla bean, about 1 inch
- 6 egg yolks
- 2 teaspoons orange-flavored brandy

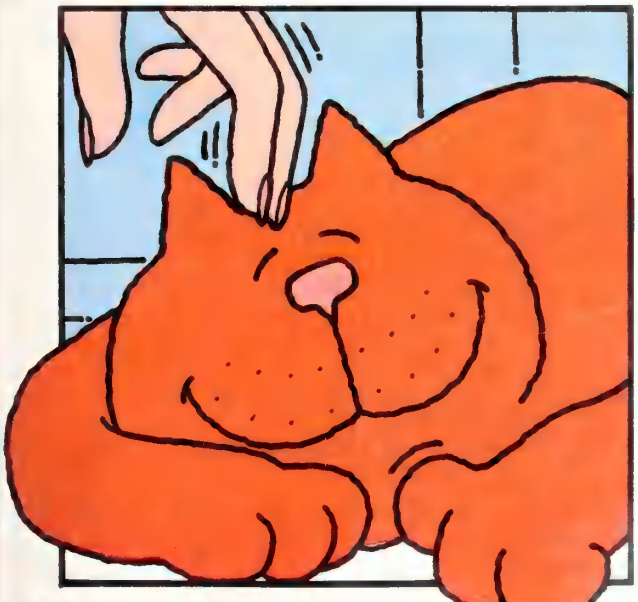
In medium saucepan combine milk, cream, sugar and vanilla bean. Heat slowly to boiling, stirring constantly. Remove from heat. Remove vanilla bean and scrape the seeds into milk mixture.

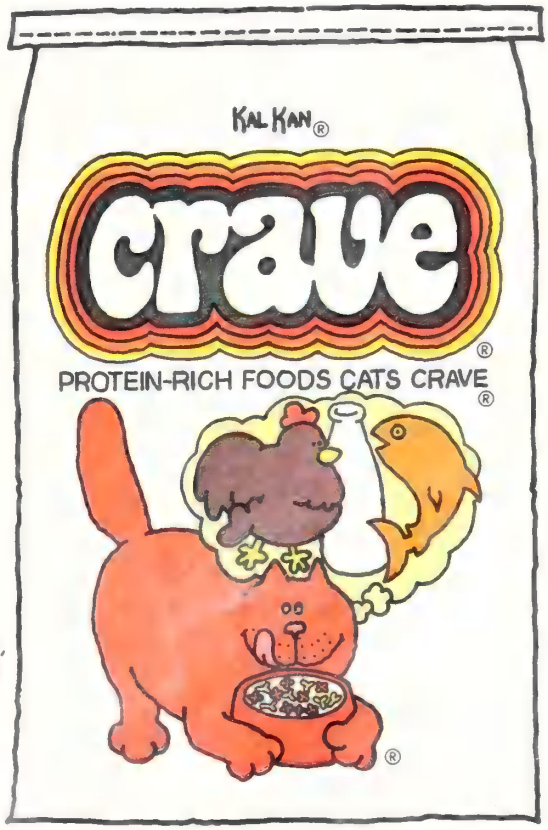
In large bowl beat egg yolks until light. Slowly whisk in hot milk mixture. Transfer to top of double boiler and cook over hot, not boiling, water, stirring occasionally, until thick enough to coat a spoon, about 10 minutes. Cool. Stir in brandy. Makes 2½ cups, about 40 calories per tablespoon. **End**

Bert Greene is a food writer living in New York City. His latest book is Greene on Greens *(Workman Publishing, 1984).*

WHAT CATS CRAVE.







A great big hug. His favorite toy. And of course, the real chicken, milk and tuna proteins he craves in CRAVE® dry cat food.

He may still love you if you lose his rubber mouse. But don't risk a single day without his CRAVE.

It's just not worth it.

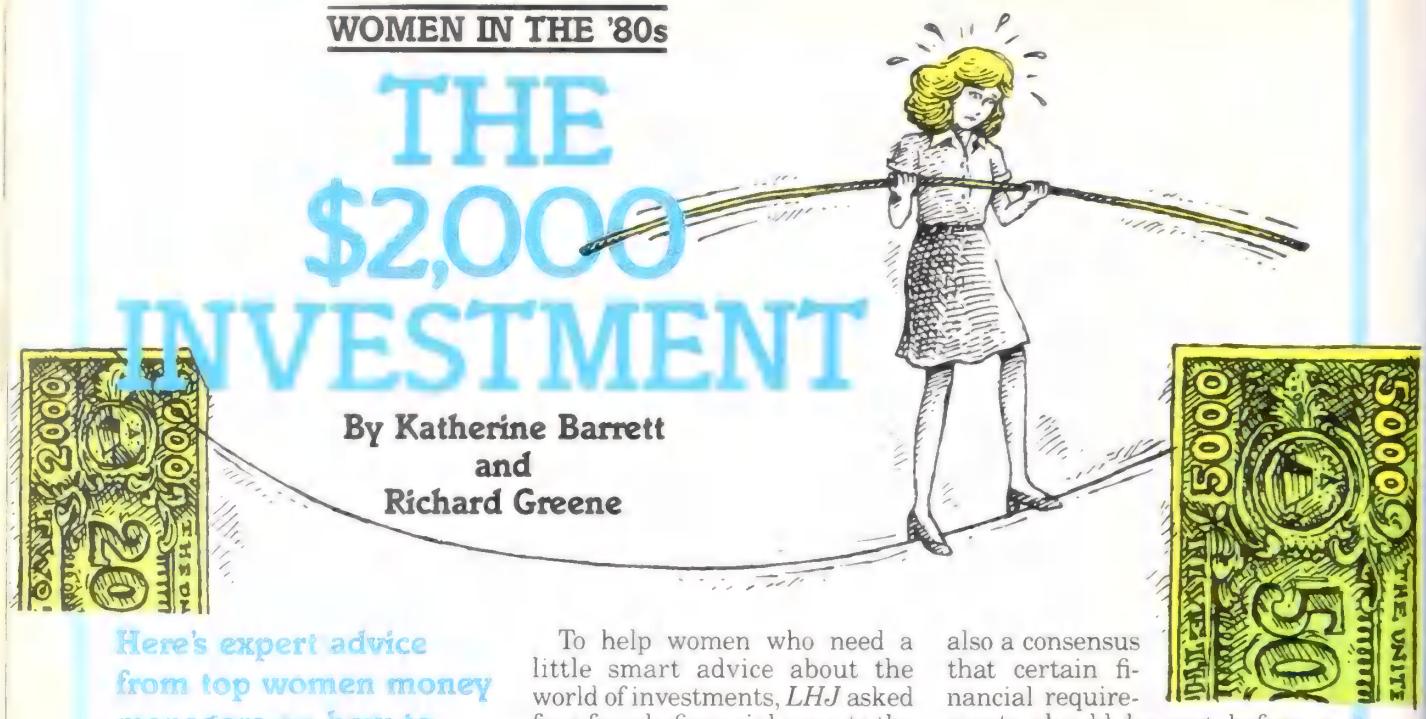
KAL KAN®

THE PROTEIN-RICH FOODS CATS CRAVE.®

©1984 Kal Kan Foods, Inc.

WOMEN IN THE '80s

THE $2,000 INVESTMENT



By Katherine Barrett
and
Richard Greene

Here's expert advice from top women money managers on how to take an investment of $2,000 and make it grow by the end of the decade

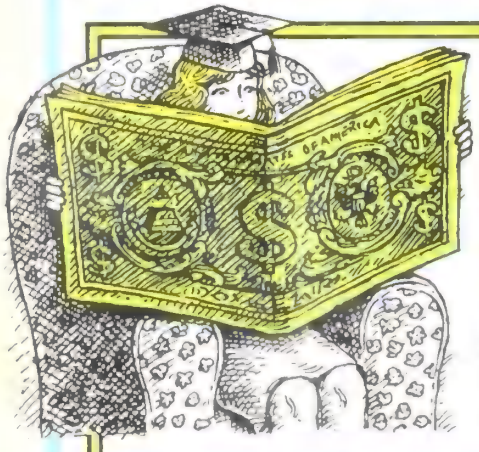
There's no doubt that women today are more financially astute than ever before. They even outnumber men in the stock market (51.5 percent of shareholders are women, and 48.5 percent are men). Still, for many women the world of investments is a confusing one. The terminology is unfamiliar. The idea of doing the wrong thing is threatening. It seems safest to take the easy way out and simply leave money in a savings account.

To help women who need a little smart advice about the world of investments, *LHJ* asked four female financial experts the following question: "What would you do with two thousand dollars today for the best return over the rest of the decade?"

Predictably, all our experts emphasized that an investment is a very personal matter—depending on your tax bracket, your individual goals, your psychological comfort in taking risks and whether the money is truly discretionary. Beyond that, there were some surprising differences in investment outlook, but there was also a good deal of agreement. Mutual funds brought a good word from just about everyone. And commodities and collectibles came in for fairly widespread criticism. There was also a consensus that certain financial requirements should be met before a woman thinks of investing her money seriously.

First, you should have enough cash available to meet three months' expenses in case of an emergency. This cash reserve can be kept in a money market deposit account at a bank or in a money market mutual fund. Both give a high degree of liquidity. Generally, a money market fund outside a bank has a slightly higher yield, but the bank account has the advantage of federal insurance.

Second, if you have dependents, you should have life insurance, particularly if you're their sole support. This doesn't have to cost a lot. If you *(continued)*



THE RULES OF THE GAME

Before you start investing, you need to understand some basic principles. Here are eight important points raised by our experts. These rules will not only help you feel more comfortable making investments—they may help you make more money, too!

Educate yourself. This is the first thing you should do if you're going to invest, says Mary Mead. The business page of your local newspaper is a good place to start. Scan the headlines and the first couple of paragraphs of every story. Then read *The Wall Street Journal* and the business magazines. Take advantage of investment seminars and community-college courses.

Understand the relationship between risk and reward. Many women are reluctant to take chances with their money—which is particularly *(continued)*



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings & 100's: 11 mg "tar," 0.7 mg nicotine—Kings Box: 10 mg "tar," 0.7 mg nicotine av. per cigarette. FTC Report Mar.'84—100's Box: 11 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

are thirty-eight, for example, an annual renewable term policy could cost about $230 for $200,000 in coverage.

And third, because of their tax advantages, Individual Retirement Accounts (IRAs) are considered a very important part of an investment package. And most of our experts suggested that someone who has not yet started an IRA should give serious thought to putting the $2,000 in a retirement account. This does not mean you have to leave it there until you retire. Although there are penalties for withdrawing the money before age 59½, they are generally not overwhelming. For someone in the 30 percent tax bracket who is getting a 10 percent return on her IRA investment, it takes only six years for the benefits of an IRA—the tax-free interest and the tax deduction—to outweigh the penalties of early withdrawal.

Here, then, are the more specific recommendations of our four experts.

Judith Briles

This Californian is a certified financial planner, lecturer and author of *Money Phases: The Six Financial Stages of a Woman's Life*. She describes herself as a risk-taker, and says her philosophy is that no matter what the investment, there is always a return. "It's either cash and growth, or it's the education that you receive."

Briles would take a $2,000 investment to the stock market, which she feels will do well in the coming months. But she warns that this is an option only if you have the time to pay attention to what your stocks are doing.

How would she pick a stock?

"I'd look at aggressive companies," she says. "In banking, for example, I might take Citicorp, which is aggressively going after the yuppie market. If I were looking at retail, I'd pay attention to J.C. Penney. They're doing lots of upgrading and will probably give Macy's a run for their money. And I would focus on technology stocks that have developed products compatible with IBM. Tandon is one example; Advanced Micro Devices and Daisy Systems are two others."

In spite of her speculative bent, there *are* some investments Briles admits she wouldn't touch. "I would definitely avoid anything in oil—oil drilling or oil producers. And I would avoid any stocks in the utility area that are involved with nuclear energy. I wouldn't want gold or silver for the rest of this year, since I think you can get a better performance elsewhere. And I'd buy collectibles only if I truly loved them."

Briles is also lukewarm toward limited real estate partnerships. Don't invest in them, she says, unless you've got a good deal of money invested elsewhere. If that $2,000 is the only money you're investing, you need to retain the option of moving it. And in a limited partnership the money is virtually stuck. "What you need most in a limited partnership is patience," she warns. "It could be ten years before you get all your money back."

Muriel Siebert

The president of her own discount brokerage firm, Siebert has been a true trailblazer on Wall Street, becoming the first woman member of the New York Stock Exchange in 1967 and the first female superintendent of banks for New York State in 1977. Conscious of the different needs of individual investors, Siebert suggests a variety of options for the $2,000—depending on how much you can afford to risk, how quickly you need to get at it, and what you want your investment to accomplish.

For people who are highly concerned about liquidity and safety, her advice is to stick to money market funds. For those who would like regular income from their investment, another equally safe alternative, according to Siebert, is a Ginnie Mae Investment Trust, which is backed by government-guaranteed mortgages and is guaranteed by the full faith and credit of the United States government. You buy the *(continued)*

THE RULES OF THE GAME continued

understandable if they're just starting to get their feet wet in the world of investment. But it's important to realize that the potential to make a lot of money doesn't come without risk. The two go hand in hand. "This is called the risk/reward ratio," says Muriel Siebert. "You always have to ask yourself, 'How much is the risk compared with the possible reward?'"

Don't neglect your investment. One of the biggest mistakes people make is that they don't stay on top of their investments. If you have a stock, read the quarterly and annual reports and check its progress in a newspaper. And for any investment you have to keep asking yourself whether it continues to make sense. "Placing your money this year does not give you an excuse to forget about it until 1990," says Judith Briles. "Because of our rapidly changing economy, an investment that's good today may not be so great six years from now."

Observe the world around you. You may see a product or service you think is going to take off in your area. If you invest in the company—and luck is on your side—you can sometimes win big. "That's worked for me," says Muriel Siebert. "You see a new product and you say, 'Gee, that sounds good.' Many years ago, I was down in Puerto Rico on vacation, and it was really booming. One of the first supermarkets had just started there, and a girlfriend and I decided to buy stock in it, because we realized that supermarkets were just coming to Puerto Rico and that there would be a lot of expansion. I made about three times my money in a single year."

Don't put your eggs in one basket. Diversification is the key to sleeping well while investing. Luck does play a role in investing: Despite all the planning in the world, a good stock can turn sour. The smart investor hedges her bets by putting money in a number of vehicles.

Get yourself a good broker. The key is to find a broker or financial planner who will have patience with your questions. Think of this decision in much the same way you would think about finding a doctor. You want someone with whom you have rapport, who treats you with respect and who has time to give you.

Understand your investment goals. If you invest in something, make sure you have some idea of what you want the investment to accomplish. Ask yourself how much loss you're willing to take and what your objective is on the growth side. One of the biggest mistakes investors make is buying or investing in items that don't meet their goals. They say they want one thing, but they invest in another. Why? "The fact is that most of us get sold investments—we don't go shopping," says Briles.

Cut your losses. If you've bought a stock and it flops, don't sit around waiting for it to come back. Sell it. You'll just about always get some return. "I have tons of clients who come in with lists of stocks and other investments they bought years ago, saying they're waiting for them to come back," says Briles. "But what they forget is that you have to look at the lost-opportunity cost. If you wait for a stock to improve again, you've lost the use of your dollar."


The look of silk. A whisper of support.
Introducing Sheer Elegance® Silky Support Pantyhose.
Now Sheer Elegance pantyhose has a surprise for your legs. New Sheer Elegance Silky Support. The exciting new pantyhose with the silky look and feel of Sheer Elegance. And a surprising whisper of support.
NEW!
Sheer Elegance Silky Support PANTYHOSE by L'eggs
L'eggs Sheer Elegance PANTYHOSE
Nothing beats a great pair of L'eggs.®
Sheer Elegance is a registered trademark of L'eggs Products, Inc. Silky Support is a trademark of L'eggs Products, Inc. 1985

trust in $1,000 pieces. They are less liquid than a money market fund, but will give you a higher return.

If you are thinking of putting the $2,000 in an IRA, another investment on Siebert's list is the stripped zero coupon treasury bond. These U.S. government-backed bonds do not pay out any cash over time—the interest is reinvested and the entire payoff comes when the bonds mature. Without the shelter of an IRA, they are less than ideal as investments because you are taxed on the interest even though you don't receive a penny. But when all the tax is deferred, you don't have that problem to worry about.

These bonds are also a good bet if your investment is going toward a child's college education. In that case, you can put them in the child's name (so they're taxed at his or her rate, which is probably very low). What's more, on a stripped zero coupon treasury bond, you can pick just about any maturity you want. And you know exactly what you'll get for the bond when it does mature.

What if an investor wants to take on some risk? "I'd suggest going into a no-load mutual fund," says Siebert. "No load" means there's no sales charge or an extremely small one.

The key to investing in a no-load fund is picking the right one. Depending on your tolerance for risk, there is a wide variety—from funds that invest mainly in bonds to those that put their money in volatile high-technology stocks. Siebert recommends sending for the *Directory of No-Load Mutual Funds*, which is put out by the No-Load Mutual Fund Association, 11 Penn Plaza, Dept L25, New York, NY 10001. It costs $2 and is written for the layman. "It will tell you most of what you need to know—if there's any charge, what the minimum purchase is, the general characteristics of the group of funds, the potential capital appreciation and the stability of principal," Siebert says.

Venita VanCaspel

The first woman on the Pacific Stock Exchange and the author of *The Power of Money Dynamics*, Venita VanCaspel has earned widespread respect as a certified financial planner. In fact, when 2,400 leaders in the financial service industry were recently asked who it was they most admired or recommended, VanCaspel was named most often. Interestingly, 91 percent of the participants in the survey were men.

Describing herself as an "active" investor, VanCaspel is very concerned that women "manage and move" their money. The worst thing to do with an investment, she says, is to make it and then forget about it.

With that thought in mind, her advice for the $2,000 investment is to put it in a high-quality mutual fund made up of growth stocks (this means that the emphasis is on capital growth, not dividends). It's important, VanCaspel says, that the fund be part of a family of funds, so you can switch the $2,000 to a money market fund if the economy warrants. (Generally, when interest rates go down it's best to be in the stock fund; when they are up, the money market fund is better.)

Here are VanCaspel's other rules for picking a mutual fund.

- Look for good long-term performance—not short-term. You want a fund that's done well over an extended period of time and has an excellent management team and management record. You're looking for stability, continuity and a good research staff.



- Check on limitations. Some will let you switch by telephone; others make switching more difficult. Go where you have the greatest flexibility.
- Don't worry about paying fees to join a fund. "It's not what something costs, it's what something pays that you want to know. You can cover your costs rather quickly, and that should not be your criterion. It's your overall performance that you're really interested in."

How much will $2,000 invested for five years bring? VanCaspel believes that in a growth fund, you can get at least 15 percent on your money. But there's a good chance you could even do better. Between 1979 and 1984, one growth fund that VanCaspel uses a good deal grew 330.3 percent. In those five years $2,000 became $6,600.

Mary Mead

A partner at Seidman & Seidman, Mary Mead is the only woman on the governing board of a national accounting firm. A certified public accountant by training, she describes herself as basically conservative in outlook. "I don't look for big killings," she says. "I look for steady growth."

How would she invest our $2,000? "First of all, if I were investing just $2,000, I'd immediately rule out tax-shelter-type investments—oil wells, leases and the like. I see an awful lot of people these days who spend an awful lot of energy trying to save on taxes. Not that there aren't good investments out there that have tax advantages to them. But before tax advantages mean anything, you have to be earning a fairly substantial return."

For people in a high enough income bracket, Mead recommends that the $2,000 be put in tax-free municipal bonds. But since tax-free bonds traditionally have a lower interest rate than taxable investments, you have to be sure that your bracket is high enough to make this investment sensible.

Mead explains: "Let's say, just for an example, that tax-free instruments are paying 6 percent, and you could get a regular money market fund paying 9 percent. On a $1,000 bond, the taxable instrument would bring in $90 a year, while the tax-free one would bring in $60. For someone in the 50 percent tax bracket, for whom that $90 would turn into $45 after tax, obviously the tax-free bond makes sense. But for someone in the 25 percent bracket who keeps $67.25 of the $90 after tax, there's no point in buying the tax-free one."

True to her conservative bent, Mead also advises staying away from some of the more exotic investments like precious metals or other commodities. She is leery, as well, of recommending stocks as investments—unless that $2,000 is part of a much greater sum, or unless you're willing to take a real "flyer" and comfortably risk some or all of that amount. In that case, she says, "you could invest in a stock or in a particular business that really intrigues you.

"Look at our society and try to figure out what kinds of companies will tend to do well. For example," she adds, "waste management is not a glamour business, but there are a lot of companies that are going to make money out of it because of environmental problems.

"Read the financial publications and try to get an idea of trends and opportunities in particular industries. Then find a good company within that industry. Also be on the look-out for trends that indicate it may be time to sell." **End**

IT COMES WITH ALL THESE ATTACHMENTS EXCEPT ONE.



THE CORDLESS HANDYMIXER™ BEATER FROM BLACK & DECKER.

With Black & Decker's HandyMixer™ cordless beater, you get attachments for mixing, stirring, beating, and blending. But you don't get attached to a cord. So you can whip cream, beat eggs, and mix cakes as easy as pie.



It mounts tastefully on the wall, or sits on the counter in its own recharging base. And because the attachments are right there, it's always ready to whip up something special.

The HandyMixer™ cordless beater from Black & Decker. For a quick mix, you just can't beat it.



BLACK & DECKER
IDEAS AT WORK.™

© 1985

Good sports from our past



FREE OFFER FROM LHJ

Our jaunty cover girls are fit and ready to hang in your hall of fame

These delightful 10"x12" prints are full-color reproductions of four of our earliest covers. Reproduced on quality antique-style art paper, they are available free in sets of two for only $1 postage and handling, as follows: "The Sailor and Her Mate" (July 1915) and "The Swimmer" (August 1909); or "The Tennis Player" (July 1915) and "The Golfer" (November 1909). You can order both sets for just $2 postage and handling. All four prints, mounted under clear acrylic, ready to hang in either black or antique pink frames, are just $16.95. To order one or more sets, sprint to page 200.

Tom Arma



"Woolite® cleans this spring sensation for pennies. So why dry clean it for dollars?"

"This wonderful, washable, three-piece outfit can cost over $7.00 to dry clean. Just imagine how much that could add up to.

That's why I'm glad there's Woolite. Woolite cleans this same outfit beautifully, and it's safe and gentle.

So why let your spring washables take you to the cleaners when Woolite can help you look great and feel brand new, for just pennies a wash?"

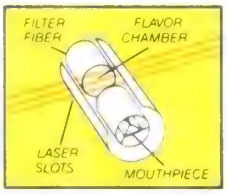


Woolite®. We make you feel brand new.

1985 Boyle-Midway Div., AHPC

© Lorillard, U.S.A., 198

Taste Trade-Off Ended!



Laser Technology Key to Cracking Taste Barrier.

A Great-Tasting Ultra Low Tar, At Last. For years, smokers have had to give up taste to get ultra low tar. An unsatisfactory compromise. But compromise no more. Today's True gives you the best of both worlds: great taste and ultra low tar.

Exclusive "Flavor Chamber" Filter. Only True has it. The Laser-Cut filtration system that delivers a flavor-rich tobacco experience at only 5 mg. tar.

Extra Tobacco To Last Longer. Today, True's quality blend is packed with more tobacco for slower burning... and longer lasting enjoyment. Noticeably longer.



Interested? Why not test it against the only taste that counts? Yours.



This True You'll Like.

BREAKTHROUGH

True

Regular: 4 mg. "tar", 0.5 mg. nicotine
Menthol: 5 mg. "tar", 0.5 mg. nicotine
av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

THE WAY WE LIVE NOW

With more to do
and less time to do it

With more choices to make
(often complicated,
sometimes exhilarating choices)

Admiring the women
who can make the most
of their opportunities

Admiring the women who relish
traditional responsibilities

Women today blend
the best of the old with
the best of the new
to create a lifestyle that is
challenging, exciting, rewarding









The lives of the four women at right illustrate many of the options and lifestyles available to women today. From top to bottom: Nancy Roberts, a Baltimore executive; Doreen Rose, a New York City schoolteacher; Patricia Reed, a secretary from Illinois; and Shirley Johns, a California day-care provider. Turn the page for these very special stories that exemplify the way we live now.

Today's woman structures her life around both her family and he
incredibly busy one. Now women, like the four whose stories follow

The way Shirley Johns sees it, society demands that today's homemakers "be perfect, cook like Julia Child, look like Bo Derek, mother like Mama Brady and be as knowledgeable as Geraldine Ferraro. It used to be all right for a mother of four to let her figure get like a bowl of Jell-O," Shirley says. "But now she is supposed to positively slink out of the delivery room. All these pressures tend to make a woman feel inadequate and rob her of individuality."

Shirley, who would never describe herself as "just a housewife," admits she feels these pressures. While rearing her own four children, Shirley earns a steady income as a licensed day-care provider, looking after three preschool children of working mothers. She is active in her church, has a talent for homemaking and works hard at maintaining her good health and looks.

Determined to retain her individuality, she has turned homemaking into a career, approaching it with the organized energy of a professional. She also takes courses in computer sci-



career—and that makes for a full and rewarding lifestyle . . . but an are learning that having it all means doing it all. By Joyce Egginton

nce "because I don't intend to be always tied to he nest." In the meantime, she explains, "I work ery hard to be an equal partner. My mother is ontent to live in my father's shadow; she says he is satisfied to be the woman behind the successful man. But I feel I have a right to reach my own potential. My husband used to be pretty domineering, but I finally told him that my job is raising the next generation and, doggone it, that s just as important as his."

She and Jim are dedicated Mormons who met as students at Brigham Young University, in Utah. He is now forty, she thirty-seven, and during their nineteen years of married life the couple have moved frequently, accommodating Jim's steady climb up the corporate ladder. They now have a home in Danville, California, and Jim commutes to San Francisco, forty *(continued on page 203)*

Shirley Johns's day begins with a solitary morning jog (inset, center), but she's not alone for long. Soon the children she cares for arrive (inset, left), her own children request help with their homework (large photo), and her husband, Jim, comes home for dinner (inset, right).



Alan Ross

FACE

The face of the eighties: It's smoother, fresher, younger-looking, thanks to new formulas for de-aging skin and quick fixes for old beauty bugaboos. So, here's looking at you, kid!

AGELESS SKIN, ETC.

Skin that can stand up to scrutiny—naked and unashamed—is today's most prized beauty asset. Before, one could only cleanse, tone, moisturize . . . and hope for the best. Today there are products that make a truly startling claim: skin rejuvenation. According to cosmetic chemists, such products work their wonders from the bottom up, boosting skin-cell turnover rates, so plump young cells deep down will zip to the skin's surface and replace their worn-out elders at nearly the speed of youth. The payoff: dewier, more resilient, younger-looking skin is now possible at any age. Among the front-line clock-stoppers: Ultima II ProCollagen Anti Aging Complex; Coty' Overnight Success; Avon' Night Repair. YEARS OF —INSTANTLY: At last, thos tiny lines and wrinkles ca get a temporary fill-i from lotions that go o and dry in a flash, smooth ing invisibly for hours Examples: Germaine Mon teil's Supplegen Instan Action Firmer; Elizabet Arden's Bye-Lines Firmin Lotion. THE FACE SAVERS For familiar makeup mis haps, quick fixes: Lip fixers keep lipstick from smear ing or bleeding, and eye fixers prevent shadow an pencil from fading or creas ing. For on-the-spot era sures of lines and wrinkles take Biotherm's anti-wrinkle pen in hand. MORE SUN SCREEN SAVVY: Protection can now be found in all the right places: founda tions, moisturizers and lipsticks. LESS IS BEST: All that fresh-looking, renewed skin can shine through today's ultralight foundations, translucent powders, tinted moisturizers. THE LAST WORD: Beauty science is on a roll; expect more advances in skin renewal and protection during the decade. You may have ageless beauty to look forward to!

TIPS FOR TODAY'S HOT LIPS

1. Condition: If dry and crinkly, apply petroleum jelly, then massage gently with a warm, wet washcloth.
2. Prime with a lip fixer before adding color, or apply foundation and powder before liner and lip color.
3. Always apply lipstick with a brush: Start with upper lip, brushing from corners; dab bottom lip from corners to center. Blot.

HAIR

MOUSSE MANIA

We've been hit head-on by a tidal wave of French-born foam . . . and we love it, lots: $250 million worth ruffled the nation's hair last year. What's mousse got that makes it so hot? The holding power of hair spray and the gentling capacities of conditioners—without their respective stickiness or flattening effects. That makes mousse the ideal mate for the long and short of today's haircuts. It trims styling time to minutes . . . even after you're dressed, because it's dripless. It can be worked into wet or dry hair and used for touch-ups throughout the day. So why not let it go to your head?



WHAT MOUSSE CAN DO FOR YOUR DO

- ***Give roots a lift:*** *On curly, wavy or layered cuts, apply mousse to roots of damp hair; pull up with fingers while blow-drying, fluffing all over, lifting up and out.*
- ***Turn limp into luxurious:*** *Apply extra-body mousse (use lots) to fine hair while damp; bend over, blow-dry hair from underneath, using a plastic brush.*
- ***Redirect a short cut:*** *To give hair a swept-back look, work mousse into dry hair upward from scalp to ends.*
- ***Make waves:*** *Comb mousse through towel-dried, side-parted hair; sculpt natural waves with comb. Clip wave "dips" and air-dry or dry with a diffuser.*
- ***Spot fluff:*** *To style the long top of a short cut, apply mousse to towel-dried hair; blow-dry. Apply more and shape.*

Tohru Nakamura



Harry Langdon

FONDA ON EXERCISE EXTRAS

FITNESS

The body of the eighties walks, runs, bikes, dances, to stay in shape . . . if it knows what's good for it. Everyone is aware that working out means slimming down. But Jane Fonda has noted many other head-to-toe health and beauty benefits of regular exercise:

NO MIDDLE-AGE SPREAD

- Muscles increase in size, strength and tone—even in mid-life.
- When you diet without exercising, you lose not only fat but muscle tissue, too. When you diet and exercise, you lose just the fat.
- The appetite is suppressed for several hours after vigorous exercise.

STRONGER HEART AND LUNGS

- The heart muscle becomes more powerful, so it can pump more blood with far less effort, both when your body is at work and when it's at rest.
- Arteries open up, so blood pressure decreases.
- The size and elasticity of the lungs is increased, allowing greater, more efficient oxygen intake.
- The ability of the blood to dissolve harmful clots is increased.
- Levels of harmful fats in the blood are decreased, while the more healthful high-density lipoproteins (HDLs) are increased.

STRONGER JOINTS, BACK AND BONES

- The supporting muscles for the joints, the back and the bones are strengthened, so you become less injury-prone during exercise itself as well as during everyday activities.
- The connective tissues of the cartilage, ligaments and tendons become thicker and more resilient.
- Posture, body alignment, balance, improve.
- Bones become denser, stronger, less breakable.

MORE VIBRANT SKIN

- The skin receives the benefits of a natural facial.
- Connective tissues are strengthened, making skin thicker, more elastic.
- Circulation is improved, which cleanses the skin, gives a more even tone and also helps to remove bags under the eyes.

AN EASIER MENOPAUSE

- Estrogen and other sex hormones are produced and utilized with greater efficiency and speed.
- The adrenal glands and the ovaries are healthier.
- A well-functioning endocrine system may ease some of the physical and psychological symptoms.
- The reduction of stress and improved regulation of body temperature through sweating may decrease the occurrence and intensity of bothersome hot flashes.

GREATER MENTAL HEALTH

- Pent-up energy is released, which leaves you feeling calm and relaxed.
- Excess water and sodium are excreted, reducing the fluid retention that can cause depression.
- The ability to fall asleep quickly improves, as does the capacity for deeper and more restful sleep.

Hair: Cris Galjour of Pipino-Buccheri. Make-up: page 130, Linda Mason; page 131, Rex. Bracelets: Cara Croninger at Artwear. Bodywear, large photo: Ralph Lauren.

From WOMEN COMING OF AGE by Jane Fonda with Mignon McCarthy. Copyright © 1984 by Jane Fonda. Reprinted by permission of Simon & Schuster, Inc.

BETTER SEX

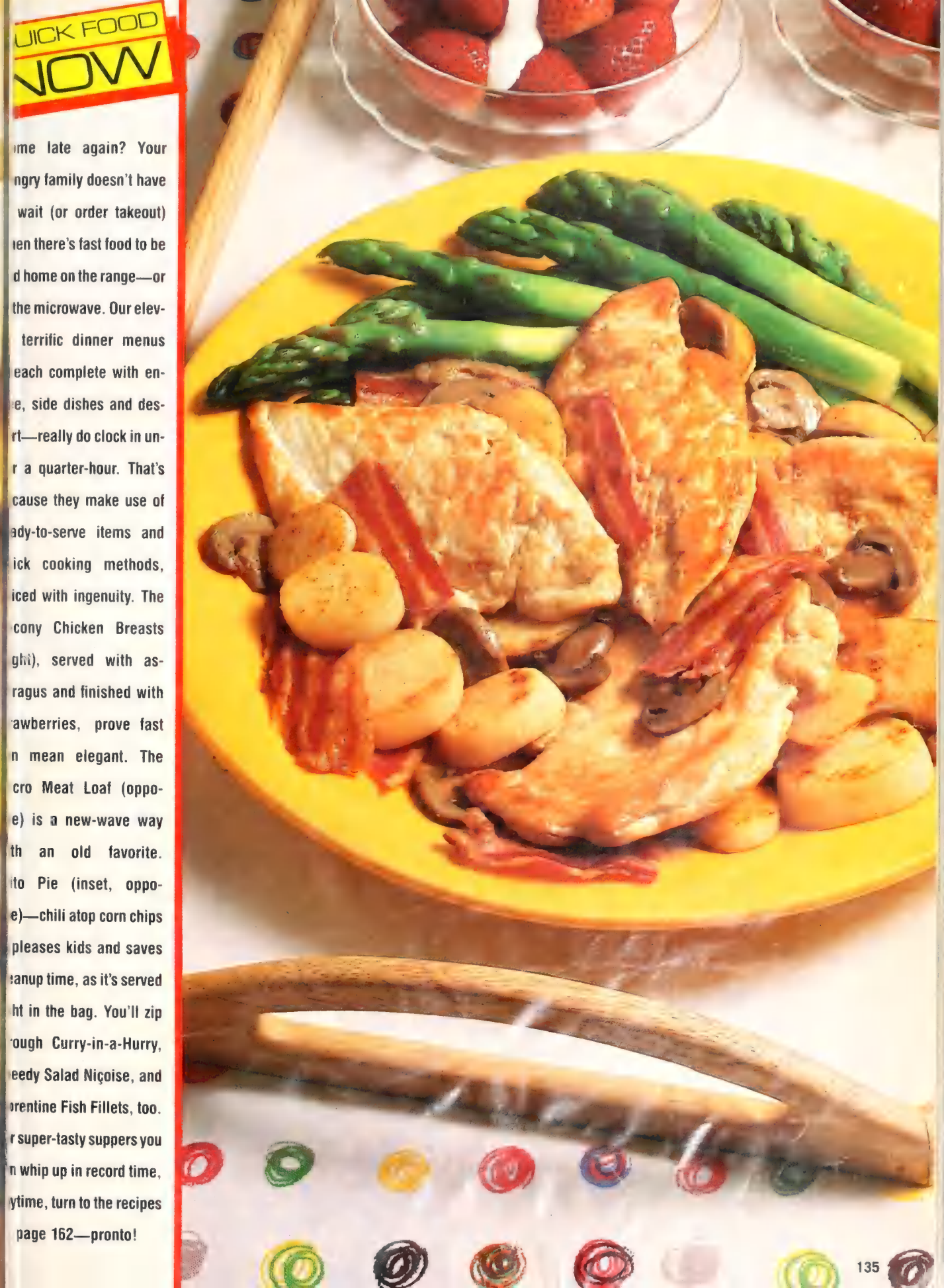
- The increased circulation of hormones, oxygen and nutrients helps keep sexual tissues moist and elastic.
- Muscles are stronger, joints more limber and aerobic stamina greater—which can mean better sex. Vaginal muscles toned by Kegel exercises plus toned stomach, hips and thighs are especially important.
- Senses are heightened, and you can be reawakened to your body. You'll feel sexier, more responsive.
- Exercise increases levels of testosterone, the hormone associated with sexual desire.

Tohru Nakamura

15-MINUTE DINNERS

We thought it couldn't be done! But our menus and flash-in-the-pan recipes prove you can sit down to dinner in even less time than it takes to stand in line for burgers and fries!





UICK FOOD
NOW

me late again? Your
ngry family doesn't have
wait (or order takeout)
ien there's fast food to be
d home on the range—or
the microwave. Our elev-
terrific dinner menus
each complete with en-
e, side dishes and des-
rt—really do clock in un-
r a quarter-hour. That's
cause they make use of
ady-to-serve items and
ick cooking methods,
iced with ingenuity. The
cony Chicken Breasts
ght), served with as-
ragus and finished with
awberries, prove fast
n mean elegant. The
cro Meat Loaf (oppo-
e) is a new-wave way
th an old favorite.
ito Pie (inset, oppo-
e)—chili atop corn chips
pleases kids and saves
anup time, as it's served
ht in the bag. You'll zip
ough Curry-in-a-Hurry,
eedy Salad Niçoise, and
orentine Fish Fillets, too.
r super-tasty suppers you
n whip up in record time,
ytime, turn to the recipes
page 162—pronto!

LEADING LADIES OF THE '80s

A politician, a performer and a princess—each outstanding in her own way, each representative of women's excellence in this decade. Geraldine Ferraro proved a woman could aspire to the highest (or at least the second highest, so far) office in the land, and do it with grace and wit. Meryl Streep brought back the popularity of the intelligent actress and achieved stardom without sacrificing her family life. And Princess Diana has revived the appeal of Britain's royal family with her fresh, young style.



GERALDINE FERRARO

Political Trailblazer
By Arthur Schlesinger, Jr.

Nineteen eighty-four was supposed to ha been the Year of the Women: Americ women were at last coming of age p litically, they now constituted the clear voti majority and the 1984 election offered them th big chance to prove they could make a diff ence. The Democrats' nomination of Geraldi Ferraro for vice-president seemed to compl the argument that women finally mattered.

Well, 1984 didn't turn out to be the Year of t Women, and I was puzzled. After all, as p dicted, more women than men had voted 1984—about 7 million more, according to t Census Bureau. The turnout rate for women the proportion of those eligible to vote who ac ally voted—was for the first time significan higher than the rate for men. The gender g remained alive and kicking: According to ABC News poll, 8 percent fewer women th men had voted to reelect *(continued on page 1*

PRINCESS DIANA

Royal Role Model
By Anthony Holden

ive years ago no one had heard of her. She was a gauche, rather toothy teenager leading a demure London life with giggly Chelsea roommates. Then her prince eared, complete with glass slipper, and she comed both with conspicuous glee. Now this e shy and blushing English rose has estabed herself as one of the world's leading es for this decade and many more to come.

Diana, Princess of Wales, did not exist, eone—probably someone on Madison Ave—would have had to invent her. Like the of a flagging TV soap opera, the royals were need of new blood, preferably a glamorous ng female lead. Central casting could not e improved on Charles's choice.

he ratings soared. And five years into the es, Diana's mass appeal hasn't flagged at all. the contrary, it's still growing.

you look back at *(continued on page 196)*



Jayne Fincher/Outline



Gamma

MERYL STREEP

Reluctant Superstar
By Jack Kroll

At thirty-five, Meryl Streep is in the prime of her life, her beauty and her good fortune. Recognition of her talent has penetrated even to segments of the public who take little notice of the arts, and her name has become synonymous with exceptional acting. What makes Streep such an embodiment of the eighties is not that she clearly stands above her peers in talent or magnetism. Diane Keaton, Jessica Lange, Debra Winger and Judy Davis (star of *A Passage to India*) are also riveting performers, and there are others.

But, as Dustin Hoffman said after working with Streep in *Kramer vs. Kramer* (for which they both won Academy Awards): "Meryl stands not above very talented people but apart from them." She is a category unto herself.

One of the things that sets Streep apart is her lifestyle. Five Oscar nominations (two wins) and a status that seems *(continued on page 195)*

NANCY REAGAN

Traditional First Lady

Nancy Reagan is the First Lady of the 1980s. She's proved that there's still a place for the old-fashioned wife whose main function is helping her husband. And she's doing it very well. . . . Mrs. Reagan's popularity is higher at the beginning of the President's second term than it has ever been before.

Nancy Reagan admits she has grown since those first years in the White House, when her name was more often associated with glitzy designers than with good deeds. Now respected for her work with the Foster Grandparent Program, and especially for her campaign to fight drug and alcohol abuse, she is more assertive than she was four years ago. The First Lady has traveled some 57,000 miles to more than forty-three cities for her causes, and she makes an official appearance nearly every day. The sixty-three-year-old Mrs. Reagan, who has been married to the President for thirty-three years, has clearly become a political asset.



Alain Keler /Sygma

America's First Lady, an athlete and an astronaut—again, three very different women with one thing in common: excellence. Nancy Reagan reasserted the role of the traditional wife; Mary Lou Retton demonstrated that being young and small doesn't mean weak; and Dr. Anna Fisher showed how far a woman can go—all the way into space—and still be a happy wife and mother.

Says Mrs. Reagan: "When my husband ra for President in 1980, I didn't realize bein First Lady would be a full-time job. The cha lenges of the position are many, and I think i would be very difficult *not* to grow when you' in this position. My world has become muc larger—I've had the opportunity to meet inter national leaders, visit fascinating countries, b present at decisions that can affect the world It's been a learning and growing experienc given to few people, and I'm grateful for it.

"I've learned I can use my position to brin national attention to programs that are impor tant to me, such as the Foster Grandparen Program and the campaign against youth dru abuse. I've changed from someone who in th beginning didn't feel at all comfortable makin speeches to someone who now sometimes ad dresses audiences numbering in the thousands It happened almost without my noticing it.

"I think that not just me but women in gen eral feel more confident and secure in thei roles than perhaps they did ten years ago. Dur ing the seventies, the fact that the women's movement seemed to be growing so rapidly an more and more choices became available t women also created a certain amount of pres sure to make the right choices. But what i right for one person *(continued on page 200)*

ANNA FISHER

Space-Age Mother

Kristin Anne Fisher is the only kid with a mother as "out of this world" as Anna Fisher, astronaut and physician. Kristin, ost two, may not realize it yet, but her her was the first mom (and the fourth Amer- woman) to fly in space.

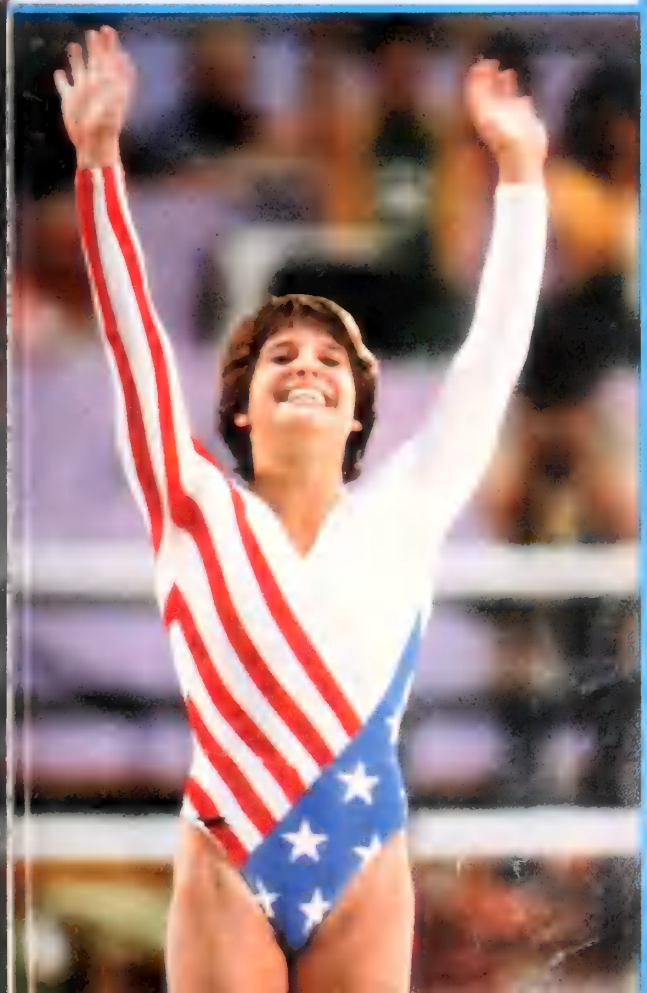
nna Fisher was a member of the five-"man" on last November's nine-day flight of the ttle *Discovery*, which salvaged two wayward llites and launched two others. Bill Fisher, husband, also a physician and astronaut, is eduled for a space flight this month.

he Fishers met during their medical residen- in California, when both were training to cialize in emergency medicine—and both e fascinated by space. They applied to NASA. couple were honeymooning when Anna was moned for an interview. Bill was accepted the program two years later.

inding time for parenthood was tough—Bill d to joke that they *(continued on page 202)*



Robert Cerri/Outline



J. Guichard/Sygma

MARY LOU RETTON

Solid-Gold Champion

She *literally* catapulted to fame last summer as the darling of the Olympics. Millions of viewers grew to love her infectious grin as they watched her defy gravity, leaping and spinning in perfect gymnastics performances. Many wondered how such a tiny body —Retton is just over four feet nine and weighs less than a hundred pounds—could have such incredible strength. But "Leetle Body," as her Rumanian-born coach Bela Karolyi (he was Nadia Comaneci's coach before he defected) calls her, is powerfully packed with muscle. And as the Wheaties ads in which she stars (she's the first woman spokesperson for the cereal) proclaim: "She does everything the big boys do!" Just sixteen last summer, Mary Lou walked away from the Olympics with five medals—one gold (for best all-around gymnast), two silver and two bronze. The accomplishment is the more amazing considering that *(continued on page 200)*

AT WORK



George Barkentin

SOFT SELL

In the seventies, it was sober dress-for-success pinstripes and lots of buttoning down. Now, there's no need to come on so strong to be a contender. Serious work is made easy when the look's as neat as this striped silk jacket and swingy skirt. It's still all business . . . but what a pleasure!

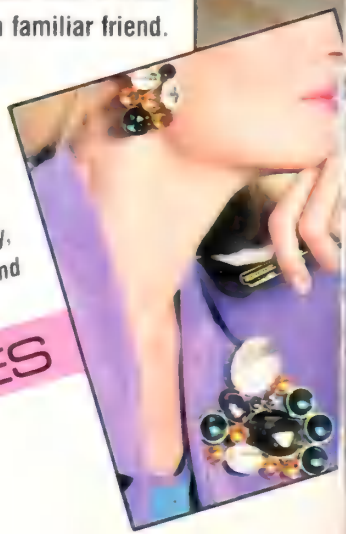
BEYOND JEANS

Weekend-wear options are much freer: Consider this roomy shaker knit sweater (opposite), comfy in thick cotton or new nubby-weave synthetics. And pants fit as you like them: cropped, pleated or pajama-loose. The cozy new stone-washed denims in pastels, neutrals and brights lend a fresh look to a familiar friend.



FADS & FAVORITES

Padded shoulders out to t-h-e-r-e . . . and a few too many holes in one. Goners, they—but pretty, big baubles, bangles and beads hang in there.



AT PLAY

FASHION NOW

Here's a salute to the casual, comfortable yet classy look of today. And here, too, are the back-of-the-closet mistakes we've all made, plus the styles that will keep on wearing well.





FADS & FAVORITES

The shapeless Japanese look died an Occidental death . . . and that wild animal-print garb headed for extinction. But the oversize shirt will live on.



AT WORK



George Barkentin

TWO FOR THE MONEY

Working while you wait is almost getting to be expected. At last: a maternity suit suitable for board meetings. Matched with this crisp blouse, the look's professional but cheery as it celebrates the obvious. Running shoes offer a welcome change of pace anytime, but in her case, they're just the cradle of comfort. Ahhhhh . . .

GYM DANDY

The best thing to come from the exercise boom, besides a fit body: casual, cuddly knit shirts, dresses and pants—all modeled on sweat suits but classed up with color and dash (opposite). The new sweats go with you anywhere—even to exercise class.



FADS & FAVORITES

The hard-core menswear look succumbed to a softer touch. In for the long run: bright stripes, dots, bursts of leg color . . . and those great flats.



AT PLAY

One woman, many lives. What a blessing clothes have finally caught up with all your roles. Just like you, they stretch, bend, give, and still bounce back for more.

Makeup, Jim Brusock. Hair, Cris Galjour of Pipino-Buccheri. Flowers by ZeZe. Fashion details, page 187.





FADS & FAVORITES

Leg warmers over jeans and the flashdancer look cooled. But a rainbow of sneakers, more fun than classic whites, is a step in the right direction.



LIVING NOW

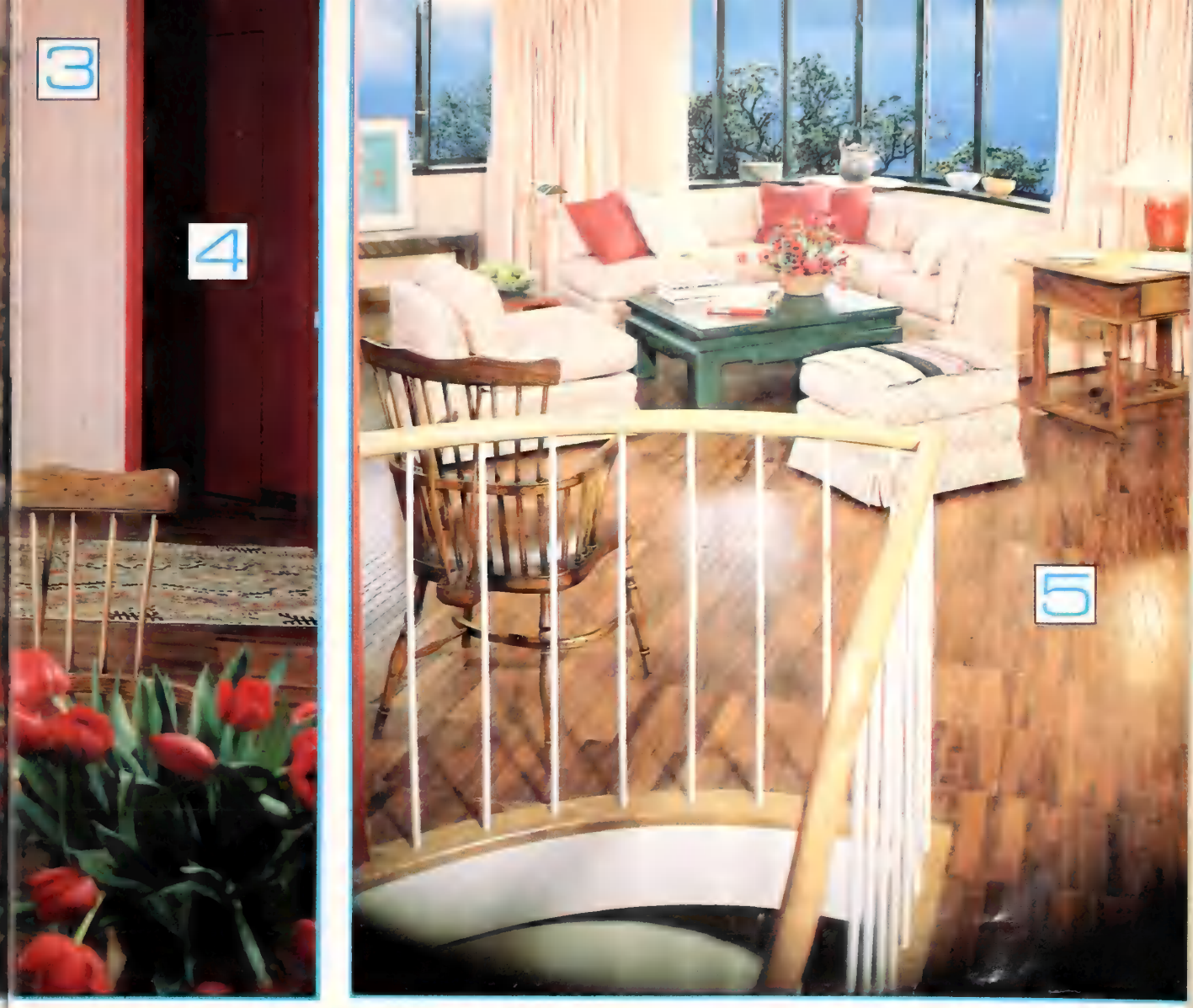
THE HOUSE THAT TAKES CARE OF ITSELF

These beautiful rooms are packed with ideas that almost make housework a thing of the past. proof that you don't have to compromise on style when the goal is minimal maintenance.

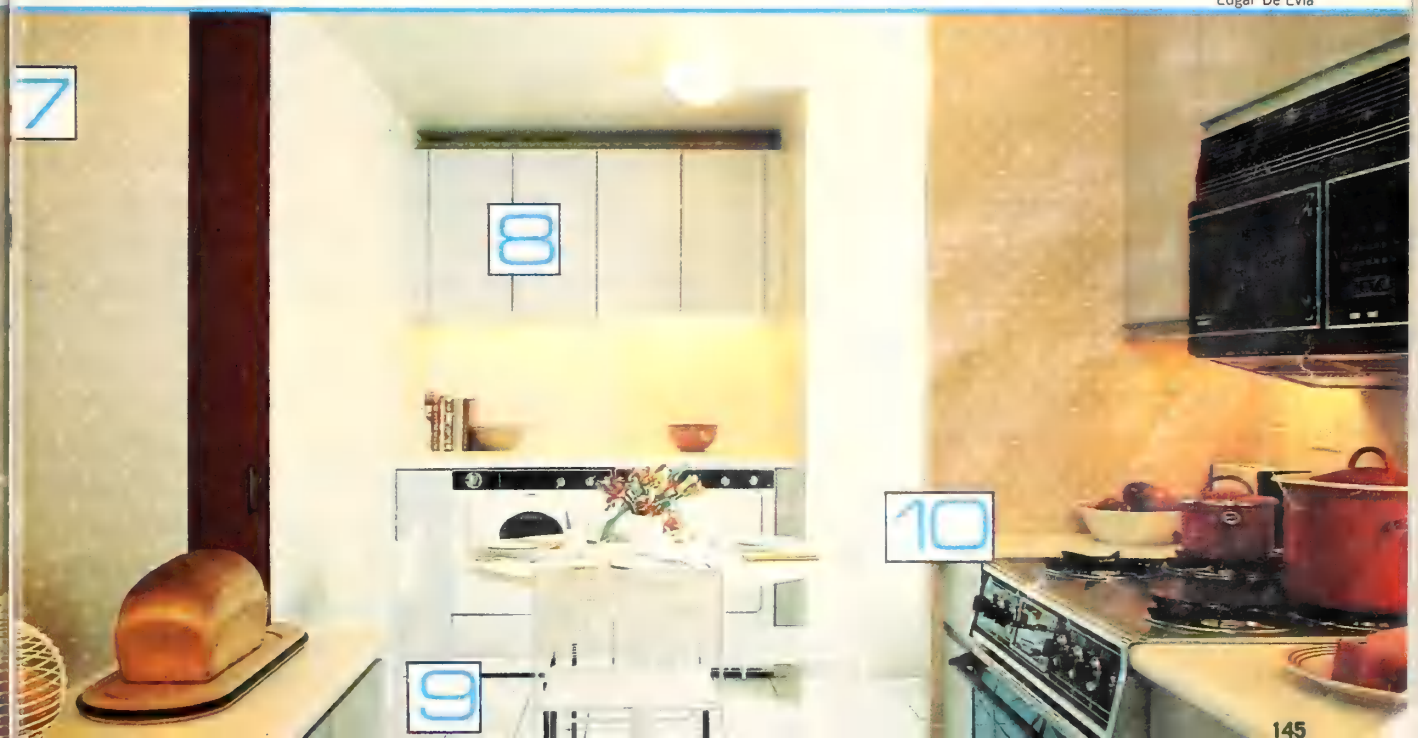
Keep it simple and select each element for beauty and ease of upkeep . . . that's the formula for care-free decorating with style. Here's how it worked in our LHJ idea house: [1] Instead of blinds, which need dusting, we used cotton draperies in luscious melon and white stripes. [2] A chic print, which is slow to show soil, covers sofa, chair and ottoman. [3] On walls: vinylized paper, striped to match draperies, is easier to scrub than paint. [4] Entrance was painted a welcoming red that won't show finger marks. [5] Handsome wood floors were finished with polyurethane and left bare, need only occasional dusting. [6] Art and accessories, chosen with care, were kept to a beautiful minimum. [7] Cheery beige and white scrubbable paper in the kitchen looks bright and is easy to clean. [8] The countertops and gray laminate cabinets are practically smudgeproof. [9] Ceramic-tile floor is stain-resistant, can be wiped clean in a sec. [10] These state-of-the-art appliances are designed with very little chrome, thus need minimal polishing.



By Marilyn Diane Glass, Decorating and Design Editor; Gary Crain, Design Consultant



Edgar De Evia



For a serene and comfortable bedroom that is easy to take care of, clear out the clutter, pl a color scheme of restful neutrals around a few simple pieces that you really need and lov





11 We painted bedroom walls in soft-mist gray; it's fresh and clean-looking but warmer than white. 12 The bed couldn't be simpler: no upholstered headboard to vacuum, no frilly dust ruffle, no spread, just crisp gray linens and a comforter. 13 For coziness underfoot, a muted gray-beige carpet. This one's special because shoes and vacuum cleaner won't leave marks. 14 In the children's room, where ample work space and storage are top priorities, the computer rests on its own stand, leaving desk free for homework.

15 Pleated shades (also used in the kitchen) are easy to clean with a sponge. 16 The simple white-laminate furniture has no grooves where dust can collect. Desk, dresser and shelves are designed to maximize storage, provide a place for everything. (There'll be no yucky surprises under these beds because they sit flush on the floor.) 17 Open shelves are an invitation to put things away. We chose a tape deck/stereo/tuner unit and speakers small enough to fit on a single shelf.

Fabric for draperies in living room and master bedroom and all wallpaper from Hinson + Company*. Furniture in kitchen, kids' room, bed in master bedroom, from Conran's. Upholstered furniture in living room, upholstered armchair in master bedroom, from KPS Inc.* Coffee table, end table, from Paul M. Jones*. Secretary, bamboo desk chair, sofa table (inset), table behind sofa, and bamboo chair and night table in master bedroom from Nancy Brous Antiques*. Desk, bench, rag rug, antique trunks, three-drawer chest, accessories, from Evergreen Antiques. Dining-room table and chairs from Manor House, Ltd.*. Table lamps, accessories, from John Rosselli, Ltd. Rug in living room from Rosecore Carpet Co., Inc.* Art from Heatherfield Fine Art. Microwave oven, toaster, stereo equipment, headphone radio, by General Electric. China by Tognana. Carpeting in master bedroom by Galaxy Carpet. Rug in kids' room by ABC Carpet Co., Inc. Verosol pleated shades by Kirsch. Television by Sylvania. Details, page 187. *Through decorators

MORE GREA TIPS FOR CAREFREE DECORATING

- Since clutter makes work, a ke to low-maintenance decorating is use only those furnishings that ar absolutely necessary. To make su simplified rooms don't look steril cold, warm them up by using a pa of the soft colors found in nature, sparked here and there with a few vivid accessories and works of ar
- With fewer accessories, each p

ss-proof design strategy in the kids' room. Help them think neat with great-looking pieces can take a beating, high-tech accessories and plenty of desk, shelf and storage space.



Edgar De Evia. Photographed at Morgan Court, NYC.

nore important. Select and ery painting, every bowl, w, for maximum impact. armth with wonderful old irs, chests, that have a ge. Wood pieces that are timeworn add character to ually important, they need nd protection than just- ces because any new nicks nes will blend in.

v or no plants, and save the nergy you would have spent g, dusting and sweeping up brighten bare windowsills display fresh-cut flowers or interesting pottery in graceful shapes and warm, natural colors.

- Treat all upholstery fabrics with a soil-resistant fabric spray; when spills occur, they'll be easy to wipe clean with a damp sponge or cloth.
- When selecting wood furniture choose styles with no fancy carved designs where dirt can accumulate.
- Avoid using furnishings and accessories made with glass, mirrors, chrome or other very shiny materials. They're quick to show smudges and will need frequent polishing.
- When redecorating, keep in mind that plain fabrics, wall coverings and rugs will show soil more readily than prints and patterns, and that very light and very dark colors will look dirtier faster than medium tones.
- Since fabric lamp shades are notorious dust collectors, choose lamps with metal or ceramic pharmacy-type shades . . . and use only as many lamps in each room as you need for adequate light.
- Simplify bedmaking for the entire family by using great-looking comforters in place of bedspreads. (In the morning, simply smooth sheets, plump pillows, pull up the comforter, and that's it!)



Sally Darr, La Tulipe
New York City

For Sally Darr, the transiti from accomplished ho cook to chef of her o Greenwich Village resta rant seems almost as smo as the perfect beurre blanc. Formerly a t tile designer, Darr had always enjoyed co ing for large gatherings at home. Her si line passion became her career when s was hired to assist in creating the Time-L Foods of the World series, after which lowed an eight-year stint heading the t kitchen of Gourmet magazine. During t time she and her husband, John, summe in France, researching food and wine a nurturing their dream of opening an eleg French restaurant. Darr admits a chef's w is never done; she usually stays in kitchen until midnight. With one excepti On Fridays, just before nine, Darr leaves chef's whites behind and enters the fr door of her restaurant to join her husba for dinner—with a reservation, of cour Says Darr, "I have the best of both worl chef in the kitchen, guest in the dining room

SUPER CHEFS

While most women have been venturing out of the kitchen, others have been trying to get in—as pros. Ever since Escoffier banned females from his kitchen, professional cookery has been mainly a male domain. But even when these women found the going rough, they proved they could stand the heat: Three are co-owners of their restaurants, and one is a hotel executive chef. Their favorite recipes start on page 154.

By Sue B. Huffman, Food and Equipment Editor



La Tulipe's individual Apricot Soufflés are singular hits with customers: Each tangy pouffe is filled with whipped cream. The Zucchini Fritters, top right, down-home elegant, have a beer-based batter, while the Warm Shrimp Salad with Ginger and Scallions tossed with sesame vinaigrette, right, is a marriage of East and West.

J. Barry O'Rourke

Jackie Etcheber
Jackie's, Chicago

Thirty-two-year-old Jackie Etcheber's recipe for success includes generous measures of true grit and stamina, along with a shrewd business sense. Jackie arrived in the U.S. from her native Hong Kong with $1,000 to attend school for hotel management. After her graduation, she honed her cooking skills through a series of hotel jobs, and learned the intricacies of French cooking at Chicago's La Mer restaurant under the tutelage of renowned chef Jean Banchet. Jackie and her husband, Pierre, a wine steward, had been scrimping and saving in hopes of owning their own restaurant. After renovating a storefront on Chicago's developing North Side, they finally opened for business in 1982; Jackie's modestly priced dishes, reflecting both French and Oriental influences, were soon getting rave reviews. Jackie takes all reservations and greets diners by name out front during lulls in the kitchen. "I care. Jackie's is what I've wanted for a long time."



Jackie's Spring Salad—a toss of greens, bacon, snow peas, tomatoes and ginger root, above, and her Red Snapper with Avocado, Peppers and Shrimp, right, reflect her international flair, while her Banana Tart with Chocolate Sauce, above right, could have come straight from a Parisian patisserie.

Lydia Shire
The Bostonian Hotel, Boston

Located at Faneuil Hall Marketplace, the Bostonian Hotel shares the renewed excitement of a site steeped in American history. Of the hearty New England fare served up with her own light touch at the hotel's only restaurant, executive chef Lydia Shire says, "I like to think of it as fancy home cooking." Whatever the description, Shire's creations have earned praise from guests and critics alike. Divorced, with three children, at age twenty-four Shire headed for the famed Cordon Bleu cooking school in London with only home-cooking experience. Back in Boston, having successfully endured a grueling trial-by-Hollandaise (whisking forty yolks nonstop for fifteen minutes), she was the first woman ever to be promoted to first cook by head chef Jackie Robert at the well-regarded Bonhomme Richard. To those who envy her job, she offers sage advice: "Be prepared to work harder than everyone else around. You have to be driven."



Salmon with Sweet Peas, Oysters and Fumé Blanc, left, combines two ocean treasures under a light wine sauce. Blackened Beef Carpaccio with Hot Chili Oil Noodles, center, is a fiery feast, and the Flourless Bitter Chocolate Torte, right, is a bite of paradise.

J. Barry O'Rourke

Cindy Pawlcyn, Mustards Grill
Napa, California

Minneapolis-born chef Cindy Pawlcyn donned her very first official apron at thirteen, serving as an assistant at a local French cooking school. While in college, Pawlcyn spent several months in Europe, attending both La Varenne and Cordon Bleu cooking schools. Upon graduation she served as sous-chef at Chicago's Pump Room, and eventually became head chef at a California country club . . . a job interrupted by several tasty trips to China. Her multinational experience and interest in classic American cookery has brought unique flavor combinations to Mustards Grill, one of three California restaurants co-owned by Pawlcyn. The aroma of fish, ribs, rabbit and squab grilled over mesquite lures customers from all over the Napa Valley. All her California-nouvelle dishes are enhanced by selections from Mustards' extensive wine list, Pawlcyn's personal compilation of the famed area's best vintages.



Dijon, coarse country and hot Chinese mustards give the bite to Grilled Pork Loin with Many Mustards, served with Grilled Asparagus, top and bottom right. Warm Almond-Coated Goat Cheese with Greens and Sun-Dried Tomatoes, right center, is a pungent diversion, made more so with Grilled Garlic on French bread, center left.



How to tell if your barbecue sauce is as good as Kraft® Thick 'N Spicy.



If you answered "no" to any of these questions, run out and buy Kraft® Thick 'N Spicy barbecue sauce and taste what you've been missing. Original, Hickory and two great new flavors, Chunky and with Honey. KRAFT

Sally Darr

APRICOT SOUFFLÉ

pictured on page 149

½ pound dried California apricots
2½ cups water, divided
1 cup superfine sugar, divided
3 tablespoons fresh lemon juice, divided
6 egg whites
Pinch salt
Confectioners' sugar
1 cup heavy or whipping cream, whipped

In medium saucepan combine apricots with 1½ cups water; let stand 2 hours. Add remaining 1 cup water and bring to a boil over medium heat. Simmer covered 20 minutes; drain.

In food processor or blender puree apricots; strain. Stir in ¾ cup sugar and 2 tablespoons lemon juice. Cool; cover and refrigerate at least 1 hour.

Butter and sugar ten ½-cup soufflé dishes. Refrigerate dishes 30 minutes. Preheat oven to 375°F.

In large mixer bowl beat egg whites with salt until soft peaks form. Gradually add remaining ¼ cup sugar and 1 tablespoon lemon juice. Continue beating until stiff but not dry. Stir 1 cup beaten egg whites into apricot puree. Then gently fold back into remaining beaten egg whites. Spoon into prepared dishes, mounding mixture 1 inch above rim. With the tip of your finger, make a circular groove ½ inch from rim.

Place soufflés in a large shallow baking pan. Pour hot water one third of the way up sides of dishes. Bake 20 to 30 minutes or until lightly browned. Carefully remove soufflés from baking pan. Sift confectioners' sugar over surfaces. With a tablespoon, remove the tops from soufflés. Fill cavities with whipped cream and replace tops. Makes 10 soufflés, about 230 calories each.

WARM SHRIMP SALAD WITH GINGER AND SCALLIONS

pictured on page 149

Vinaigrette

1 teaspoon Dijon mustard
⅛ teaspoon minced garlic
¼ teaspoon slightly beaten egg yolk
2 tablespoons sherry vinegar
3 tablespoons soy sauce
2 cups cold peanut oil
½ cup Oriental sesame oil

1 large garlic clove, peeled
⅓ ounce fresh ginger, (2½ tsp. chopped)
8 green onions, cut into 2-inch pieces
¾ cup peanut oil
2 pounds medium shrimp, peeled, deveined, rinsed and patted dry
2 medium heads Belgian endive
6 Bibb or Boston lettuce leaves
14 medium mushrooms, sliced
18 sprigs watercress

Vinaigrette: In large mixer bowl combine mustard, garlic, egg yolk, vinegar and soy sauce. With mixer at medium speed, add oils in a slow steady stream. Mix until just combined; set aside.

In food processor with steel blade mince garlic with ginger; remove and set aside. Add onions to processor and process until finely chopped.

In large skillet heat half the peanut oil over medium-high heat. Add half the shrimp and saute 2 to 3 minutes. Toss 2 teaspoons garlic-ginger mixture with shrimp and cook 30 seconds. Add half the onions and cook, stirring constantly, 30 seconds more. With slotted spoon, transfer sauteed shrimp to a large bowl and toss with ⅔ cup vinaigrette. Repeat with remaining shrimp, garlic-ginger, onions and vinaigrette.

Spoon 2 tablespoons vinaigrette in center of 6 individual serving plates. Fan 3 endive leaves on each plate; place a lettuce leaf, torn into small pieces, in center. Arrange 3 mushroom slices, slightly overlapping, between endive leaves. Mound shrimp on lettuce. Garnish with watercress. Drizzle with additional sauce. Makes 6 servings, about 600 calories each.

ZUCCHINI FRITTERS

pictured on page 149

¾ cup sifted all-purpose flour
1 teaspoon salt
1 cup beer
5 small zucchini (about 2¼ lbs.)
About 1½ cups salad oil
About ¾ cup all-purpose flour
Salt and pepper to taste
2 bunches parsley sprigs, for garnish

In food processor with steel blade blend flour, salt and beer 1 minute, stopping once to scrape bowl. (Or combine flour and salt; add beer and whisk until smooth.) Transfer batter to bowl. Let stand at room temperature 3 hours.

Trim ends of zucchini. Cut into 4x½-inch julienne strips. In deep-fat fryer or Dutch oven heat 1 inch oil to 385°F. on deep-fat thermometer. Dredge about 12 zucchini strips in flour seasoned with salt and pepper; shake to remove excess.

Stir batter; add zucchini a few strips at a time, then lower into hot oil. Fry until deep golden brown, about 2 to 3 minutes. Remove with slotted spoon. Drain on paper towels.

Arrange zucchini strips, standing upright, in 6 small baskets. Garnish with parsley. Serve immediately. Makes 6 servings, about 330 calories each.

Recipes for Warm Shrimp Salad with Ginger and Scallions and Zucchini Fritters adapted from THE PLEASURES OF COOKING, a Cuisinart publication

FILETS MIGNON WITH BERCY SAUCE

4 filets mignon (8 oz. each), about 1¼ inches thick
Salt and pepper
2 tablespoons clarified butter*
¼ cup finely chopped shallots
1 cup dry white wine
1 cup beef broth
½ cup unsalted butter, cut into pieces and well chilled
Lemon juice to taste
Chopped parsley, for garnish

Season filets with salt and pepper. In hot heavy skillet heat butter. Add filets and saute 3 to 4 minutes per side. Transfer to serving platter and keep warm. Drain fat from skillet. Add shallots and wine and cook over high heat, stirring frequently, until liquid is reduced to 2 tablespoons, about 7 minutes. Add broth and continue cooking until liquid is reduced to 2 tablespoons, about 8 to 10 minutes. Remove skillet from heat and whisk in butter a piece at a time. (Melt each piece completely before adding the next). Add salt, pepper and lemon juice to taste. Drizzle sauce over filets and sprinkle with parsley. Serve with Roesti Potatoes. Makes 4 servings, 680 calories each.

*To clarify butter: Over low heat melt 25 percent more butter than is called for. Skim the foam off the top. Pour clear liquid into a measuring cup, leaving the milky residue.

ROESTI POTATOES

1 pound Idaho baking potatoes (about 2 medium), unpeeled
¼ teaspoon salt
4 tablespoons clarified butter* (see preceding recipe)

In medium saucepan boil potatoes 12 minutes; drain and cool slightly. Peel and coarsely grate. Toss with salt.

Heat butter in 10-inch cast-iron skillet. When butter is very hot, add potatoes, spreading to edge of pan. Gently flatten with fork. Saute about 5 minutes or until golden brown. Invert onto plate; return to skillet. Saute 5 minutes more or until golden brown. Makes 4 servings, about 245 calories each.

UPSIDE-DOWN PEAR TART

Pâté Brisée

1 cup all-purpose flour
½ cup unsalted butter, cut into pieces
1 tablespoon sugar
⅛ teaspoon salt
4 tablespoons ice water

Tart

6 tablespoons unsalted butter, softened, divided
7 tablespoons sugar, divided
5 large ripe Bartlett pears, peeled, cored and quartered (continued)

You'll fall head over heels for crisp California Iceberg Lettuce and snappy KRAFT Taco Dressing.



Siesta Summer Salad

- 1 8¾-oz. can kidney beans, drained
- 1 cup cooked corn
- ¼ cup chopped green pepper
- KRAFT Taco Dressing
- Tortilla chips
- 6 California Iceberg Lettuce wedges
- 6 tomato slices
- 12 oz. CASINO Brand Natural Monterey Jack Cheese, cubed

Combine beans, corn, green pepper and 2/3 cup dressing. Chill. On platter, arrange chips, lettuce, tomatoes and cheese. Fill center with vegetable mixture. Serve with additional dressing.

6 servings

Kraft Salad Days are here!



KRAFT

©1985 Kraft, Inc.
CALIFORNIA ICEBERG LETTUCE COMMISSION

Pâté Brisée: In food processor with steel blade process all ingredients except water until mixture resembles coarse crumbs. Sprinkle water over mixture and process until mixed. Wrap dough in wax paper and refrigerate ½ hour. On floured sheet of wax paper roll dough to ¼-inch thick. Using a 9-inch skillet lid as a guide, cut dough into a 9-inch circle. If desired, moisten edge of pastry with ice water and make a decorative rim with the remaining pastry. Freeze pastry on wax paper 1 hour.

Tart: Spread 4 tablespoons butter on sides and bottom of a 10-inch cast-iron skillet with sloping sides. Sprinkle with 5 tablespoons sugar. Arrange pear quarters in a tight circle in skillet, cut side down and with wide end pointing toward edge. Place one quarter in center. Sprinkle remaining 2 tablespoons sugar over pears. Cook over medium-high heat, shaking and swirling skillet frequently, until sugar has caramelized to a golden brown, about 15 minutes.

Preheat oven to 375°F. Place cookie sheet on center rack. Remove crust from freezer and invert it over pears in skillet. Remove wax paper. Make a small hole in center of crust with sharp knife. Bake on cookie sheet 45 minutes or until crust is well browned.

Remove skillet from oven; swirl and shake over high heat 2 minutes or until mixture is syrupy and caramel-colored. Place serving dish on skillet and invert tart onto dish. Makes 8 servings, about 345 calories each.

Jackie Etcheber

RED SNAPPER WITH AVOCADO, PEPPERS AND SHRIMP

pictured on page 150

Beurre Blanc Sauce

- 1 cup dry white wine
- 3 shallots, minced
- 2 tablespoons heavy or whipping cream
- 1 cup unsalted butter, cut into small pieces and well chilled
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste

- 2 tablespoons unsalted butter
- 6 red snapper fillets (1½ lbs.)
- 2 tablespoons salad oil
- ½ pound shrimp, peeled and deveined
- 1 red pepper, cut into thin strips
- 1 green pepper, cut into thin strips
- 1 avocado, peeled and sliced
- 1 bunch cilantro (fresh coriander), chopped

Beurre Blanc Sauce: In medium saucepan combine wine with shallots. Over high heat reduce wine to 2 tablespoons; set aside. Whisk cream into wine-shallot mixture. Stir in butter a piece at a time (melt each piece completely before adding the next); stir in lemon juice, salt and pepper. Keep warm in top of double boiler over hot water.

Preheat oven to 450°F. In large ovenproof skillet melt butter. Saute snapper about 2 minutes. Transfer skillet to oven. Bake until snapper turns opaque, about 4 to 5 minutes. Meanwhile, in medium skillet heat oil and saute shrimp with peppers just until shrimp turns pink. Transfer snapper to serving platter. Top with avocado, shrimp and peppers. Pour sauce around, but not on, snapper. Sprinkle with cilantro. Makes 6 servings, about 600 calories each.

JACKIE'S SPRING SALAD

pictured on page 150

- ¼ pound sliced bacon, diced
- 1 pound curly endive, torn
- ¼ pound fresh spinach, torn
- 1 garlic clove, minced
- ½ cup julienned fresh ginger
- ⅔ cup safflower oil
- ¼ cup sherry vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ pound baby carrots, peeled
- 1 green pepper, cut into rings
- 1 red pepper, cut into rings
- 1 tomato, cut into wedges
- ¼ pound snow peas, blanched

In large skillet cook bacon until crisp; drain. In large salad bowl combine endive, spinach, garlic and ginger.

In jar with tight-fitting lid combine oil, vinegar, salt and pepper. Shake; pour over greens and toss well. Transfer to serving platter. Surround greens with remaining vegetables. Makes 8 servings, about 215 calories each.

BANANA TART WITH CHOCOLATE SAUCE

pictured on page 150

Crust

- ½ cup unsalted butter, softened
- 3 tablespoons sugar
- ⅓ cup toasted sliced almonds, ground
- 1¼ cups all-purpose flour
- 1 egg, separated
- ⅛ teaspoon salt

Pastry Cream

- 1 envelope unflavored gelatin
- 3 tablespoons cold water
- 2 cups milk
- 1½ teaspoons vanilla extract
- 6 egg yolks
- ⅔ cup sugar
- ¼ cup all-purpose flour
- 1 tablespoon unsalted butter

Chocolate Sauce

- 8 squares (1 oz. each) semisweet chocolate
- ¾ cup milk
- ¼ cup heavy or whipping cream
- ⅓ cup sugar
- 2½ tablespoons unsalted butter

- 3 ripe bananas, sliced
- ½ cup apricot preserves, heated and strained
- 1 cup whole strawberries, for garnish

Crust: In mixer bowl cream butter with sugar until light and fluffy. Add ground almonds and beat well. Add flour, egg yolk and salt; beat briefly. Wrap dough in wax paper; refrigerate 4 hours or overnight. *(Dough may be frozen. Wrap well in plastic wrap, then in foil. Thaw in refrigerator before using.)*

Preheat oven to 350°F. Between 2 sheets of wax paper, roll dough to a 12-inch circle. Fit into a 10-inch tart pan; trim edges. Refrigerate 15 minutes. Line pastry with foil; fill with uncooked rice or dried beans. Bake 15 minutes. Remove foil and beans. Brush crust with beaten egg white. Bake 2 to 3 minutes more; cool on wire rack.

Pastry Cream: Sprinkle gelatin over water; set aside. In heavy saucepan bring milk and vanilla just to boiling over low heat. Meanwhile, in large mixer bowl beat egg yolks with sugar until very thick and lemon-colored. Add flour and blend well. Gradually add hot milk to egg mixture. Return to saucepan and cook over low heat, stirring frequently, until mixture thickens and reaches a slow boil. Remove from heat. Add softened gelatin, whisking to dissolve completely. Whisk in butter. Chill, stirring occasionally, until thick.

Chocolate Sauce: Chop chocolate into small pieces; set aside. In heavy saucepan bring milk, cream and sugar to a boil. Remove from heat. Stir in chocolate and butter until smooth. Makes 2 cups sauce, 85 calories per tablespoon.

To assemble: Fill crust with pastry cream. Arrange banana slices, slightly overlapping, in a circular fashion. Brush with preserves; refrigerate. Garnish with strawberries. To serve, slice into wedges and serve in a pool of chocolate sauce. Makes 8 servings, about 490 calories each without sauce.

LEMON GLAZED CHICKEN

- 8 to 10 lemons
- 2 chickens (3 lbs. each), quartered
- 2 cups all-purpose flour
- 2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon freshly ground pepper
- ½ cup salad oil
- ¼ cup brown sugar
- ¼ cup chicken broth
- 1 teaspoon lemon extract
- Lemon slices, for garnish

Grate enough lemons (about 4) to equal 2 tablespoons peel; squeeze enough to equal 2 cups lemon juice. In glass baking dish combine chicken with lemon juice. Cover and refrigerate overnight, turning occasionally. *(continued)*

Caffeine Free Pepsi Free.

Because life is stimulating enough.™



Some people find their lifestyles quite stimulating. For those people, there is the perfect soft drink. Pepsi Free. Because Pepsi Free is made with absolutely no caffeine. Which means the most stimulating thing about it is that undeniable, irrepressible, exhilarating Pepsi taste.

PF-262-500

TO THE RETAILER: To receive payment, send this coupon to Pepsi-Cola Company, P.O. Box 1776, Clinton, Iowa 52734. For each coupon you accept as our authorized agent in accordance with the terms of this coupon offer, we will pay you 25¢ plus 8¢ for handling. (This coupon may only be redeemed by you upon the Customer's purchase of the product and package indicated, and the face value of this coupon is to be deducted from your retail selling price.) Invoices proving purchase 60 days prior to submission of sufficient stock to cover coupons presented must be shown upon request. Cash value 1/25 of 1¢. Consumer must pay any sales tax and/or deposit charge. Offer void where prohibited, restricted, taxed or license required. Coupon may not be assigned, transferred or reproduced. Offer limited to one coupon per purchase. Any other use constitutes fraud. Pepsi Free, Diet Pepsi Free, Pepsi-Cola Free, Diet Pepsi-Cola Free, Pepsi and "Because Life Is Stimulating Enough" are trademarks of PepsiCo, Inc. **Expiration date: 12/31/85.**

25¢

SAVE 25¢



GOOD ON ANY 2-OR 3-LITER BOTTLE OR MULTIPACK OF PEPSI FREE OR DIET PEPSI FREE.

*NutraSweet and the NutraSweet symbol are trademarks of G.D. Searle & Co. for its brand of sweetening ingredient.

In large plastic bag combine flour, salt, paprika and pepper. Add chicken two pieces at a time and shake until well coated. In large skillet heat oil. Fry chicken a few pieces at a time until crispy and golden brown, about 8 to 10 minutes. Drain on paper towels.

Preheat oven to 350°F. Place chicken in baking pan. In small bowl combine lemon peel, brown sugar, broth and extract. Sprinkle over chicken. Bake 35 to 40 minutes. Garnish with lemon. Makes 8 servings, 340 calories each.

VEAL AND MORELS WITH BRANDY CREAM SAUCE

- 1 cup butter
- 1 ounce dried morel mushrooms
- Salt and pepper
- Flour
- 4 boneless veal chops (6 oz. each), pounded ¼ inch thick
- ½ pound mushrooms, sliced
- 3 shallots, finely chopped
- ½ cup brandy
- ¼ cup dry white wine
- 2 cups heavy or whipping cream

Clarify butter (see note, page 154); set aside. In medium bowl soak morels in water to cover until soft, about 15 minutes. Drain thoroughly and pat dry with paper towels; coarsely chop.

Lightly salt, pepper and flour veal. In large skillet heat ⅓ cup clarified butter. Saute veal until lightly browned. Transfer to serving platter; keep warm.

In same skillet heat remaining clarified butter. Add morels, sliced mushrooms and shallots; saute until tender, about 5 minutes. Add 1 teaspoon salt, ¼ teaspoon pepper, brandy and wine. Cook until all liquid is evaporated. Add cream and cook over low heat, stirring occasionally, until thickened slightly. Serve veal with sauce. Makes 4 servings, about 440 calories each without sauce. Sauce is about 200 calories per ¼ cup.

Lydia Shire

BLACKENED BEEF CARPACCIO WITH HOT CHILI OIL NOODLES

pictured on page 151

- 1 top sirloin steak (about ¾ lb. and 1½ in. thick)
- 1 tablespoon crushed peppercorns
- ½ teaspoon coarse salt
- Peanut or salad oil
- Salt and freshly ground pepper
- ¼ cup chopped fresh parsley

Hot Sauce

- ¼ cup olive oil
- 1 tablespoon chili oil
- 2 tablespoons white wine vinegar
- 2 tablespoons rice wine vinegar
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped cilantro (fresh coriander)
- ¼ teaspoon grated fresh ginger
- 1 small chili pepper, seeded and chopped
- 1 garlic clove, minced
- ¼ teaspoon grated lemon peel
- ⅛ teaspoon freshly ground pepper

- ½ pound Oriental noodles or linguine
- 2 tablespoons peanut or salad oil
- ¾ cup sliced mushrooms, preferably shiitake
- ¼ cup unsalted peanuts
- 1 cup coarsely shredded bok choy

Trim fat from meat. Press peppercorns and coarse salt into meat. (Before searing, turn on your ventilation system and turn off the smoke alarm.)

In large heavy skillet (preferably cast-iron) heat 1 tablespoon oil to the smoking point. Add meat and sear, about 1 minute per side. Transfer to wire rack and place in freezer about 10 minutes. Cut into very thin slices with long sharp knife. (You'll get about 50 slices.) Season with salt, pepper and parsley. Refrigerate. *(Can be made ahead. Refrigerate up to 24 hours.)*

Hot Sauce: In large bowl combine all ingredients; let stand at least ½ hour.

Cook noodles according to package directions. In skillet heat 2 tablespoons oil and saute mushrooms and peanuts. Add bok choy or cabbage and cook about 30 seconds. Add noodles and hot sauce; toss. Arrange beef slices and noodles on individual plates. Makes 6 servings, about 420 calories each.

SALMON WITH SWEET PEAS, OYSTERS AND FUMÉ BLANC

pictured on page 151

Salmon

- 1 whole side of salmon fillet (about 2½–3 lbs.) (see diagram below)
- ¼ cup unsalted butter
- ½ cup chopped shallots
- ¼ cup chopped green onions
- 1 tablespoon chopped parsley
- Salt and pepper

Sauce

- 1¼ cups unsalted butter, divided
- ½ cup chopped shallots
- 1 long piece salmon bone (or ½ cup bottled clam juice)
- 2 cups good-quality Fume Blanc wine
- ½ celery rib, chopped
- ½ large carrot, chopped
- Handful of parsley stems
- 1 cup heavy or whipping cream
- 2 teaspoons fresh lemon juice
- Salt and white pepper

- 2 tablespoons unsalted butter, melted
- 16 fresh oysters, preferably in their shell
- 1 pound fresh seaweed, blanched and drained (optional)
- ½ cup fresh shelled peas

Salmon: Ask your fish market to cut a skinned, boned fillet (one side of salmon) into 8 center-cut strips (4 ounces each), leaving belly-flap meat on each fillet (see below).

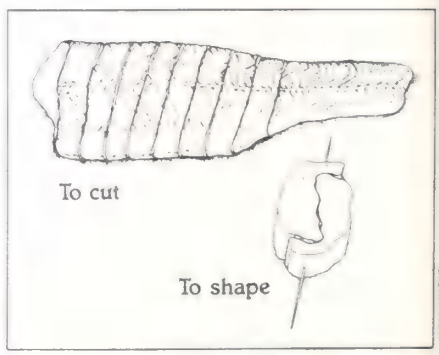
In small skillet melt butter. Add shallots and saute over low heat until translucent. Cool. Add green onions and parsley; set aside.

With a tweezer, remove any small bones from fillets. Place flat side up on cutting board or counter. Salt and pepper each fillet, then place equal portions shallot mixture along top of each, pressing in gently. Fit the two fillets together as illustrated below; turn them on their sides and secure with toothpicks. Place on broiling rack, cover with plastic wrap and refrigerate until ready to cook.

Sauce: In large skillet melt ¼ cup butter. Add shallots and saute about 5 minutes. Add salmon bone cut into large pieces (or clam juice), wine, celery, carrot and parsley stems. Cover and cook over low heat 15 minutes. Uncover, remove bones and continue cooking over high heat until liquid is reduced to 1 cup stock, about 8 to 10 minutes. Add heavy cream and reduce until sauce equals about ¾ cup. Stir in remaining 1 cup butter, well chilled, a piece at a time (melt each piece completely before adding the next). Strain. Add lemon juice, salt and white pepper to taste. Keep sauce warm. Makes about 1¼ cups, about 90 calories per tablespoon.

Preheat broiler. Brush salmon with melted butter and broil, not too close to heat source, 8 to 10 minutes. Halfway through cooking time, place washed, whole oysters under broiler along with fish until oysters just open. (Or add shucked oysters to broiling pan during the last 2 to 3 minutes to broil just until done.) If you don't have enough room, broil oysters after salmon is cooked. If salmon becomes brown and dry on top, bake at 350°F. until cooked. Collagen beads will appear on fish; just brush with more melted butter. Salmon should be slightly underdone in center. Remove from broiler. Remove toothpicks.

Arrange salmon on plate around the blanched seaweed. Twist off top oyster shells and arrange on seaweed. Heat peas in 1 tablespoon water and sprinkle over dish. Ladle sauce over salmon and oysters. Makes 4 servings, about 705 calories each without sauce. *(continued)*



Get rich quick..

You can get this rich and creamy warm-weather dessert made in minutes when you follow our easy, two-step recipe. Just mix PET,® the Cream of Evaporated Milk, with three other ingredients, then pour into a baked PET-RITZ® Pie Crust Shell, that's so flaky it tastes homemade, yet it comes from your grocer's freezer.

Rich and Creamy Chocolate Mint Pie

1 Regular PET-RITZ Pie Crust Shell, baked according to package directions and cooled
1 can (12 oz.) PET Evaporated Milk, chilled
1 package (4⅛ oz.) INSTANT chocolated pudding and pie filling
2 to 4 tbsp. Creme de Menthe (or ½ tsp. peppermint extract)
1 container (8 oz.) or 2 cups whipped topping, divided usage



1. In large bowl, beat *chilled* PET Evaporated Milk and instant pudding mix for one minute. Add 2 to 4 tbsp. liqueur (according to taste). Mix well. Fold in one cup whipped topping.



2. Pour into baked, cooled PET-RITZ Pie Crust Shell. Refrigerate at least four hours. Just before serving, garnish with remaining whipped topping.



FLOURLESS BITTER CHOCOLATE TORTE

pictured on page 151

½ cup plus 1 tablespoon unsalted butter, softened
¾ cup sugar
7 eggs, separated
8 ounces bittersweet or semisweet chocolate, melted and cooled slightly
¼ cup raspberry preserves
Chocolate curls, for garnish
Sweetened whipped cream (optional)

Preheat oven to 350°F. Grease and lightly flour a 9-inch springform pan.

In large mixer bowl cream butter with sugar until light and fluffy, about 5 minutes. Add egg yolks and beat just until combined. Add melted chocolate and mix just until blended.

In another bowl beat egg whites until stiff peaks form. Fold into chocolate mixture. Turn into prepared pan. Bake 40 minutes or until center springs back when gently touched. Place on wire rack; remove sides of pan. Cool to room temperature. Spread preserves over top of cake, then top with chocolate curls. Serve with sweetened whipped cream. Makes 10 servings, about 345 calories each without cream.

MY FATHER'S FAVORITE SHRIMP HORS D'OEUVRES

3 quarts water
2 tablespoons pickling spice
1 teaspoon red pepper sauce
1 teaspoon salt
3 celery leaves
40 jumbo shrimp, peeled and deveined (about 2 lbs.)
2 jars (5 oz. each) pasteurized blue cheese spread
5 eggs
1 teaspoon water
¾ cup all-purpose flour
3 cups fresh white bread crumbs
2½ cups salad oil, for frying

In large saucepot bring water, pickling spice, red pepper sauce, salt and celery leaves to a boil. Add shrimp and cook 1 minute. Remove from heat and let stand covered just until tender, about 3 minutes. Drain and run under cold water until cool. Drain on paper towels.

With small sharp knife, make a slit down back of shrimp almost completely through. Generously spread cheese into slit; refrigerate. Beat eggs with water. Dip each shrimp in flour, then in eggs. Coat evenly with bread crumbs.

In deep-fat fryer or Dutch oven heat oil to 350°F. Fry shrimp a few at a time until golden. Serve immediately. Makes 40 shrimp, about 170 calories each.

BAKED LEMON PUDDING

2 lemons
¼ cup unsalted butter, softened
⅔ cup sugar
4 eggs, separated
3 tablespoons flour
2 cups milk, scalded
1 pint strawberries, sliced
3 tablespoons orange-flavored liqueur
2 tablespoons sugar
1 cup sweetened whipped cream

Preheat oven to 375°F. Grease a 1½-quart soufflé dish. Grate peel from lemons; squeeze juice. In large mixer bowl cream butter with sugar until light and fluffy. Add peel; beat well. Add egg yolks one at a time, beating well after each. Stir in flour. Slowly blend in hot milk, then lemon juice.

Beat egg whites until stiff peaks form. Stir one third of the beaten egg whites into lemon mixture, then gently fold in remaining whites. Spoon into soufflé dish. Place in roasting pan. Pour boiling water halfway up side of soufflé dish. Bake 40 to 45 minutes.

Meanwhile, in medium bowl toss strawberries with liqueur and sugar. Serve pudding hot with strawberries and a dollop of whipped cream. Makes 8 servings, about 290 calories each.

Cindy Pawlcyn

WARM ALMOND-COATED GOAT CHEESE WITH GREENS AND SUN-DRIED TOMATOES

pictured on page 152

1 small head Boston or Bibb lettuce
1 bunch arugula, stemmed
1 small head red leaf lettuce
1 small head chicory

Vinaigrette

3 tablespoons champagne vinegar
1½ teaspoons Dijon mustard
1 shallot, minced
½ cup olive oil
½ teaspoon chervil
½ teaspoon tarragon
¼ teaspoon salt
⅛ teaspoon white pepper

¼ cup olive oil
¼ teaspoon salt
⅛ teaspoon black pepper
⅓ cup coarse fresh bread crumbs, toasted
¼ cup blanched almonds, toasted and coarsely chopped
1 log (11 oz.) chèvre (goat cheese), cut into 8 slices
16 sun-dried tomatoes, for garnish*
Sliced French bread, grilled or toasted

Wash and dry greens; refrigerate.

Vinaigrette: In medium bowl blend vinegar, mustard and shallot. With wire whisk slowly blend in oil. Add remaining ingredients; whisk well. Set aside.

Preheat oven to 350°F. Season oil with salt and pepper. Combine bread crumbs with almonds. Dip cheese first in oil, then coat with bread crumbs and almonds. Bake on baking sheet just until cheese softens, about 10 minutes. Transfer to individual serving plates.

Toss greens with vinaigrette. Arrange around cheese. Garnish with sun-dried tomatoes. Serve with grilled or toasted French bread slices. Makes 8 servings, about 355 calories each.

*Sun-dried tomatoes can be ordered from Genovesi, P.O. Box 5668, Dayton, OH 45405, 513-277-2173 or Balducci's, 424 Avenue of the Americas, N.Y., NY 10011, 212-673-2600.

GRILLED ASPARAGUS WITH HERB BUTTER

pictured on page 152

Herb Butter

¼ cup butter, softened *(continued)*

MAY RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.

APPETIZERS

Almond Papaya Salad with Goat Cheese p. 89
Dried Tomato and Cheese Strudel p. 115
Jackie's Spring Salad p. 156
My Father's Favorite Shrimp Hors d'Oeuvres p. 160
Warm Almond-Coated Goat Cheese with Greens and Sun-Dried Tomatoes p. 160
Warm Goat Cheese Salad p. 114
Warm Shrimp Salad with Ginger and Scallions p. 154

DESSERTS

Apricot Soufflé p. 154
Baked Lemon Pudding p. 160
Banana Tart with Chocolate Sauce p. 156
Chocolate Granite p. 115
Crème Anglaise p. 116
Drop-Dead Chocolate Sauce p. 116
Ever-So-Elegant Banana Trifle p. 170
Flourless Bitter Chocolate Torte p. 160
Rich and Creamy Chocolate Mint Pie p. 159
Rhubarb Crisp with Bourbon Sauce p. 162
Stylishly Simple Banana Blend p. 171
Upside-Down Pear Tart p. 154

ENTREES

Bacony Chicken Breasts p. 162
Blackened Beef Carpaccio with Hot Chili Oil Noodles p. 158
Capellini with Scallops p. 168
Chicken Breasts Diablo p. 166
Continental Cutlets p. 205
Curry-In-A-Hurry p. 164
Fettuccine Primavera p. 112
Filets Mignon with Bercy Sauce p. 154
Florentine Fish Fillets p. 166
Frito Pie p. 164
Grilled Fish Steaks with Red Pepper Mayonnaise p. 112
Grilled Pork Loin with Many Mustards p. 162
Lemon Glazed Chicken p. 156
Micro Meat Loaf p. 164
Pot Roast Chicken, Chinese Style p. 93
Red Snapper with Avocado, Peppers and Shrimp p. 156
Salmon with Sweet Peas, Oysters and Fumé Blanc p. 158
Sausage and Pepper Pasta p. 164
Saucy Meatballs p. 113
Savory Burgers p. 205
Sesame Chicken with Noodles p. 167
Sesame Pork Tenderloin p. 168
Speedy Salad Niçoise p. 164
Spring Lamb Chops p. 162
Sweet 'n' Sassy Chicken p. 164
Sweet 'n' Sour Pork Chops p. 113
Tasty Fish or Chicken p. 205
Veal and Morels with Brandy Cream Sauce p. 158

MISCELLANEOUS

Fashionable Nutty Banana Salad p. 171
Grilled Asparagus with Herb Butter p. 160
Grilled Garlic p. 162
Memorable Marinade p. 205
Roesti Potatoes p. 154
Savory Stuffing p. 205
Siesta Summer Salad p. 135
Zucchini Fritters p. 154

lé your salad!

Olé your Julienne!
Olé your Caesar!
Olé your Nicoise!
Olé your pasta!
Olé your antipasto!
Salads are always better
with a little…olé!



OLÉ YOUR SALAD WITH OLIVES FROM SPAIN.

SPANISH OLIVES

© 1985 ACEMESA

SUPER CHEFS
continued

3 tablespoons chopped fresh basil, tarragon, thyme or chives
1 tablespoon minced shallots
½ teaspoon fresh lemon juice
¼ teaspoon salt
⅛ teaspoon white pepper

Salt
2 pounds fresh asparagus, peeled and trimmed (preferably pencil-thin)
¼ pound whole shiitake mushrooms (optional)
¼ cup olive oil
½ teaspoon ground pepper

Herb Butter: In small bowl combine all ingredients; set aside.

In large saucepan bring water and ½ teaspoon salt to a boil. Add asparagus and blanch 3 minutes or just until tender. Plunge in ice water to chill.

To grill: Toss asparagus spears and mushrooms in olive oil, 1 teaspoon salt and pepper. Grill 6 inches above coals, turning occasionally until mushrooms are tender. Transfer to serving dish. Add herb butter; toss to coat.

To broil: Halve mushrooms. Arrange asparagus spears and mushrooms in an ovenproof serving dish. Drizzle with olive oil and season with 1 teaspoon salt and pepper. Broil 4 inches from heat source, turning occasionally, 5 to 7 minutes, until mushrooms are tender. Add herb butter and toss until coated. Makes 4 servings, about 265 calories each.

GRILLED PORK LOIN WITH MANY MUSTARDS

pictured on page 152

Hot Mustard

½ cup dry mustard
½ cup vinegar
½ cup sugar
1 egg yolk, beaten

Marinade

2 teaspoons coarsely ground French mustard
2 teaspoons Dijon mustard
2 tablespoons white wine vinegar
½ cup olive oil
1 teaspoon white pepper
1 cup finely chopped green onions
1 garlic clove, minced

1 boneless pork loin (about 2½ lbs.)
½ cup crème fraiche

Hot Mustard: In small bowl combine dry mustard and vinegar. Cover and let stand overnight. In small saucepan combine mustard-vinegar with sugar and egg yolk. Simmer over medium-low heat, stirring until thickened.

Marinade: In medium bowl combine all ingredients with wire whisk; set aside. Cut pork loin into ½-inch slices. Pound each ¼ inch thick. In large glass baking dish arrange slices, slightly overlapping. Pour marinade over pork. Cover and marinate at room temperature 2 to 3 hours.

Grill pork 4 inches over mesquite or broil 4 inches from heat source 5 to 7 minutes per side. Makes 6 to 8 servings, about 735 calories each per 6, 555 calories each per 8 without sauce.

In small bowl blend crème fraiche with Hot Mustard. Serve at room temperature with grilled pork. Makes 1½ cups, about 45 calories per tablespoon.

GRILLED GARLIC

pictured on page 152

2 large heads garlic
¼ cup olive oil
½ teaspoon salt
½ teaspoon white pepper
8 slices French bread, cut ½ inch thick
4 tablespoons melted butter

Preheat oven to 350°F. Cut ¼ inch from top of garlic heads, leaving root ends. In small baking dish blend oil, salt and pepper; add garlic and roll to coat. Bake covered 1½ hours or until soft, stirring after 45 minutes to coat again with oil. Just before serving, grill over mesquite or broil about 5 minutes.

Meanwhile, for croutons, toast bread on baking sheet 7 minutes. Brush with butter and toast 5 minutes more. Serve garlic with croutons. Makes 4 servings, about 390 calories each.

SPRING LAMB CHOPS

1¾ cups chopped fresh mint
6 garlic cloves, minced
1 teaspoon salt
½ teaspoon white pepper
12 small lamb chops (about 4½ lbs.)

In medium bowl thoroughly blend all ingredients except chops. Rub mint mixture into each chop. Arrange in large glass baking dish. Cover and refrigerate 6 to 8 hours. Let stand at room temperature 1 hour. Grill 6 inches over very hot mesquite coals or broil 6 inches from heat source 6 minutes per side. Makes 4 servings, 520 calories each.

RHUBARB CRISP WITH BOURBON SAUCE

¾ cup firmly packed brown sugar
¾ cup all-purpose flour
⅓ cup butter, softened
1 teaspoon cinnamon
6 cups fresh or frozen rhubarb, diced
⅔ cup granulated sugar
Grated peel of 1 lemon

Bourbon Sauce

3 egg yolks
⅓ cup granulated sugar
1 cup heavy or whipping cream
⅓ cup milk
¼ cup bourbon
Pinch salt

Preheat oven to 350°F. In medium bowl combine brown sugar, flour, butter and cinnamon. In 2-quart casserole combine rhubarb, granulated sugar and lemon peel. Cover with topping. Bake 1 hour. Serve warm with Bourbon Sauce. Makes 8 servings, about 265 calories each without sauce.

Bourbon Sauce: In top of double boiler beat egg yolks and sugar until light and lemon-colored. Whisk in cream and milk. Cook over hot, not boiling, water until mixture coats a spoon. Stir in bourbon and salt; cook 5 minutes. Keep warm. Makes 2 cups, about 100 calories per tablespoon. **End.**

15-MINUTE DINNERS
continued from page 135

*Recipes given

MENU
***Bacony Chicken Breasts**
Steamed Asparagus
Strawberries with Sour Cream
pictured on page 135

Canned potatoes and mushrooms help beat the clock here. Asparagus cooks faster in a large skillet. While the vegetables and bacon are broiling, clean the strawberries. Then just saute the chicken cutlets and serve immediately.

BACONY CHICKEN BREASTS

1 can (16 oz.) whole new potatoes, drained
1 can (6 oz.) sliced mushrooms, drained
Salt
4 slices bacon, cut in quarters
2 tablespoons butter or margarine
1 tablespoon salad oil
4 chicken cutlets (about 2 lbs.)

Preheat broiler. Slice potatoes ½ inch thick. Pat dry with paper towel. Arrange in bottom of a 13x9-inch broiler pan. Cover with mushrooms. Sprinkle lightly with salt. Top with bacon slices. Broil 10 minutes, turning occasionally.

Meanwhile, in large heavy skillet melt butter or margarine with oil over medium-high heat. Lightly sprinkle both sides of chicken breasts with salt. Saute 2 to 3 minutes per side. Transfer to serving dish. Top with broiled potatoes, mushrooms and bacon. Makes 4 servings, 335 calories each. *(continued)*



)ISCOVER ORTEGA.TACO SALSA. .ND SAVOR THE MAGIC.

Now Ortega brings you the salsa made just r tacos. It's authentic Ortega Taco Salsa.) thick with the garden-fresh taste of plump matoes, fire-roasted green chiles and ions, you have to spoon it on. So full of avor, you don't just taste your taco…)u savor the magic.

Ortega Taco Salsa—available both Hot and Mild varieties.

MENU
***Micro Meat Loaf**
Instant Mashed Potatoes with Chives
Tossed Green Salad with Tomatoes
Cheesecake
pictured on page 134

As the meat loaf cooks in the microwave, prepare the potatoes according to package directions, stirring in chopped chives (freeze-dried or frozen). Toss the salad with oil and vinegar or a bottled dressing. If the cheesecake is frozen, slice and thaw on plates while you eat.

MICRO MEAT LOAF

- 1½ pounds ground beef
- 1 envelope onion soup mix
- 1½ cups water
- ¾ cup herb-seasoned stuffing mix
- ½ cup ketchup
- ¼ cup brown sugar
- 2 teaspoons Dijon mustard

In medium bowl combine ground beef, soup mix, water and stuffing mix; blend well. Press into a 8x4-inch microwave-proof loaf dish. Top with wax paper. Microwave on High 10 minutes, rotating dish once. Drain off juices. Combine ketchup, brown sugar and mustard. Spoon over meat loaf. Microwave uncovered 3 to 4 minutes or until loaf is cooked in center. (Test with knife.) Let stand a few minutes before serving. Makes 6 servings, 300 calories each.

MENU
***Frito Pie**
Carrot and Celery Sticks
Frozen Ice Cream Sundae
Milk
pictured on page 134

We discovered Frito Pie at Woolworth's in Santa Fe, New Mexico. If you have your own leftover chili around, by all means use it. Otherwise, buy the highest-quality canned chili available.

FRITO PIE

- 2 cans (15 oz. each) chili or 1 quart homemade chili
- 4 bags (¾ oz. each) corn chips
- ½ cup shredded Cheddar cheese
- 1 small onion, chopped
- Ketchup

In medium saucepan heat chili. Meanwhile, cut a slit lengthwise down one side of each corn chip bag. Spoon chili equally into bags. Top with shredded cheese and onion. Serve with ketchup. Makes 4 servings, 600 calories each.

MENU
***Curry-in-a-Hurry**
Cucumber with Yogurt Sauce
Instant Rice
Melon Wedge with Fresh Lime

Home-cooked Indian food in 15 minutes—easy! While the main dish is simmering, start the instant rice. No need to peel the cuke: just wash, slice and stir into yogurt; season with a dash of salt and chopped fresh (or dried) mint.

CURRY-IN-A-HURRY

- 2 tablespoons butter or margarine
- ¼ cup chopped green pepper
- 1 tablespoon curry powder
- 3 tablespoons flour
- ¼ teaspoon ground red pepper
- 1 cup milk
- ½ cup water
- 1 envelope golden onion soup mix
- 1 package (16 oz.) frozen shrimp
- 1 cup frozen peas
- ⅓ cup chutney

In medium saucepan melt butter or margarine. Add green pepper, curry, flour and ground red pepper. Stir constantly 1 minute. Blend in milk, water and soup mix. Simmer 5 minutes, stirring occasionally. Add shrimp, peas and chutney. Simmer until heated through. Makes 4 servings, 375 calories each.

MENU
***Sausage and Pepper Pasta**
Garlic Bread
Vanilla Ice Cream Sprinkled with Amaretto Macaroons

Cook sausage and peppers in the microwave while heating water for pasta. Cook pasta according to package directions: Capellini (thin spaghetti) cooks in 5 minutes and fresh pasta in 2 minutes. Spread butter on cut sides of Italian bread; sprinkle with minced garlic. Toast in 400°F. oven 5 minutes.

SAUSAGE AND PEPPER PASTA

- ½ pound Italian sweet sausage
- ½ pound Italian hot sausage
- ½ pound capellini or fresh pasta
- 1 green pepper
- 1 red pepper
- 1 large onion
- 4 garlic cloves, minced
- ½ teaspoon oregano
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ½ cup dry white wine

Prick sausage all over and place in an 11x8-inch microwave-proof dish. Cover with plastic wrap; slit small hole in top. Microwave on High 3 minutes.

Meanwhile, cook pasta according to package directions. Slice peppers and onion. Remove sausage and set aside; reserve 2 tablespoons drippings in baking dish. Add sliced vegetables. Combine remaining ingredients and pour over vegetables. Cover with plastic wrap; slit small hole in top. Microwave on High 5 minutes, turning once during cooking. Slice sausage and add to vegetables; stir and cover with plastic wrap. Microwave on High 5 minutes, turning once. Serve over pasta. Makes 4 to 6 servings, about 720 calories each per 4, 480 calories each per 6.

MENU
***Speedy Salad Niçoise**
Sesame Breadsticks
Lime Sherbet with Butter Cookies

Wash greens and dry in salad spinner or on paper towels while beans are cooking. Pat beans dry and drain canned items so salad won't be soggy.

SPEEDY SALAD NIÇOISE

- 1 package (9 oz.) frozen whole green beans
- 1 head curly-leaf lettuce, separated into leaves
- 2 cans (7 oz. each) tuna, drained
- 1 cup cherry tomatoes
- 1 can (16 oz.) whole potatoes, sliced
- 1 jar (6 oz.) marinated artichoke hearts, drained
- ½ cup pitted ripe olives
- 1 can (2 oz.) flat anchovy fillets
- Bottled vinaigrette or Italian dressing

Cook beans according to package directions; drain and immerse in ice water. Meanwhile, on large serving platter arrange lettuce, tuna, tomatoes, potatoes, artichoke hearts, olives and anchovies. Drain beans and arrange on platter. Pour on dressing. Makes 4 servings, about 435 calories each.

MENU
***Sweet 'n' Sassy Chicken**
Instant Rice
Fresh Pineapple Wedges

Pick up a roasted chicken from the deli counter at your local supermarket. Pop it in the oven to keep warm while preparing the sauce and instant rice. Quarter the pineapple lengthwise and serve in shell to save time.

SWEET 'N' SASSY CHICKEN

- 1 roasted chicken (about 2 lbs.)
- ⅔ cup orange juice
- 3 tablespoons soy sauce
- ⅓ cup sliced green onions
- 1 garlic clove, pressed
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup frozen sliced carrots
- 1 package (6 oz.) frozen snow peas
- 1 can (8 oz.) sliced water chestnuts, drained

(continued)

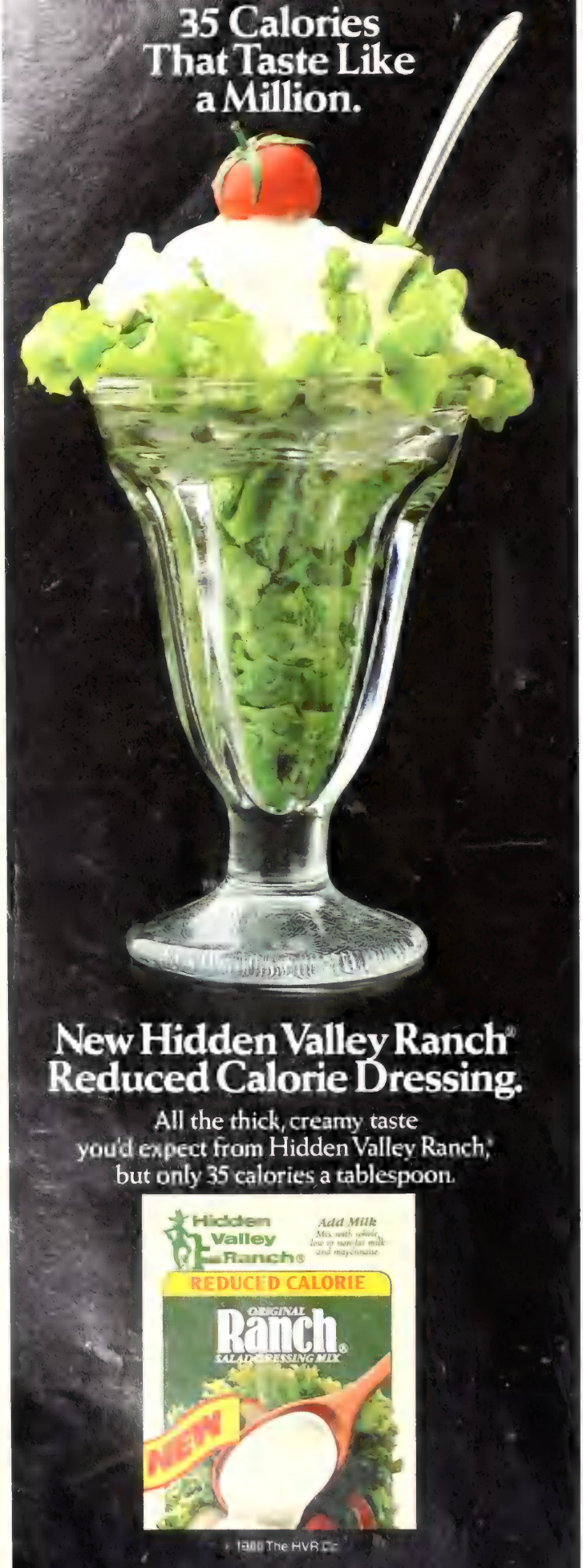


All natural. All butter. All a chocolate lover could want for breakfast.

Introducing Sara Lee Chocolate Coffee Cake. Now you can wake up to the wholesome goodness of a Sara Lee coffee cake with the special taste of chocolate. It's made with the same all natural ingredients as every Sara Lee all butter coffee cake: farm-fresh milk, whole eggs and creamery butter. Then it's finished with just the right touch of fine imported chocolate. New Sara Lee All Butter Chocolate Coffee Cake. It's sure to start a chocolate lover's day with a smile.

Nobody doesn't like Sara Lee.





15-MINUTE DINNERS
continued

Preheat oven to 250°F. Place chicken on ovenproof platter in oven. In medium saucepan combine orange juice, soy sauce, green onions, garlic, ginger, salt and pepper. Bring to a boil. Add carrots; simmer covered 3 minutes. Add snow peas and water chestnuts; simmer 3 minutes more. Surround chicken with vegetables. Spoon sauce over both. Makes 4 servings, 280 calories each.

MENU
***Chicken Breasts Diablo**
Deli-Ready Coleslaw
Whole Wheat Dinner Rolls
Citrus-Apple Banana Compote
Chocolate Brownies

Warm rolls in oven while preparing chicken. (Turkey cutlets work just as well.) To make dessert, add diced apple and sliced banana to a jar of chilled citrus fruit salad.

CHICKEN BREASTS DIABLO

- 4 tablespoons Dijon mustard
- ½ teaspoon ground red pepper
- ½ teaspoon salt
- 4 chicken cutlets (about 2 lbs.)
- ½ to ¾ cup dried bread crumbs
- 3 tablespoons salad oil
- 1 teaspoon lemon juice

Combine mustard, red pepper and salt. Spread over both sides of chicken cutlets. Dip in bread crumbs.

Meanwhile, in large skillet or 2 medium skillets heat oil over high heat. Saute chicken about 3 minutes per side or until brown. Drizzle on lemon juice. Makes 4 servings, about 315 calories each.

MENU
***Florentine Fish Fillets**
Boil-in-the-Bag Rice with Mushrooms
Brown-and-Serve Rolls
Lemon Sherbet with Blueberry Syrup

Roll and stuff fish, then cook rice. Pop the fillets in the microwave while rolls are browning in the toaster oven or regular oven. Drizzle syrup over sherbet before serving.

FLORENTINE FISH FILLETS

- 4 fish fillets (about 1 lb.)
- 3 cups spinach leaves
- ½ cup chopped onion
- ¼ cup fresh bread crumbs
- 2 ounces feta cheese
- 1 egg
- 1 tablespoon lemon juice, divided
- ½ teaspoon salt
- ½ teaspoon dillweed
- ⅛ teaspoon pepper

Grease 4 custard cups. Line sides of custard cups with fish, leaving space in center. In food processor with steel blade combine spinach, onion, bread crumbs, cheese, egg, 2 teaspoons lemon juice and seasonings. Process until smooth. Divide evenly and fill center of each custard cup. Sprinkle remaining 1 teaspoon lemon juice evenly over fish. Place custard cups evenly spaced on round microwave-proof plate. Cover with paper towel. Microwave on High 2 minutes. Turn plate one quarter and continue microwaving 2 to 3 minutes. Makes 4 servings, 190 calories each. *(continued)*



WHAT'S REYNOLDS® PLASTIC WRAP DOING IN THE MICROWAVE OVEN?

ne plastic wrap that clings est outside the microwave, so creates great meals inside e microwave.

Stretch Reynolds Plastic rap over any microwave-safe oking dish, and it will hold heat and steam. You'll find at foods stay moist, cook uickly and evenly, and can't atter in the oven.

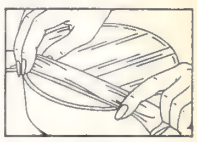
Reynolds Plastic Wrap eates a perfect cover, ecause it softens slightly uring micro-cooking to form n extra-tight seal around dges. Here's an important chnique to remember. Leave a corner the dish open to release excess steam, turning back the edge of e plastic wrap. After cook- g, place the vented area away from you and lift the cover carefully, starting at the vent.

Sesame Chicken with Noodles

¼ cup brown sugar
⅓ cup soy sauce
¼ cup dry sherry
2 Tbsp. wine vinegar
2 Tbsp. sesame oil
1 tsp. minced ginger
1 clove garlic, minced
¼ tsp. black pepper
¼ tsp. cayenne pepper
4 boneless chicken breast halves
2 tsp. cornstarch
1 sweet red pepper, cut into strips
¼ cup sliced scallions
1 cup shredded red cabbage
½ cup walnut pieces
2 Tbsp. sesame seed
2 Tbsp. fresh parsley
Spinach noodles

For marinade, combine first 9 ingredients in 2 qt. microwave-safe casserole. Cut chicken into ½-inch wide strips; add to marinade. Cover with Reynolds Plastic Wrap; refrigerate 30 minutes. Drain chicken, reserving ¼ cup marinade. Combine reserved marinade and cornstarch. Toss with chicken. Cover with Reynolds Plastic Wrap, turning back one edge to vent. Micro-cook on high 5 minutes. Uncover; stir in red pepper and scallions. Re-cover with plastic wrap, leaving one edge open to vent. Micro-cook on high 2 to 3 minutes or until chicken is tender. Stir in remaining ingredients. Re-cover with plastic wrap and let stand 1 minute. Serve with cooked spinach noodles. Serves: 4.





Turning back one edge of the plastic wrap creates a vent for excess steam.

Whether you're a new microwave cook or even a seasoned one, you will find the Reynolds Wrap Kitchens an excellent source of information.

For tips and techniques developed to help you cook better in your microwave, and for a *free* booklet of gourmet recipes as surprising as the one you see here, please write to: The Reynolds Wrap Kitchens, PO Box 27003, Dept. A6, Richmond, Virginia 23261.

REYNOLDS PLASTIC WRAP CREATES GREAT MEALS IN THE MICROWAVE

Corning cooking. French looking.

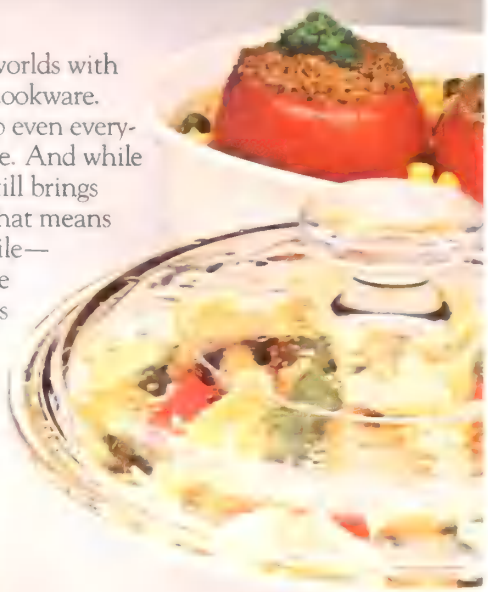
Give your cooking the best of both worlds with CORNING WARE® French White® cookware.

French White cookware dresses up even everyday recipes with Continental elegance. And while it arrives at your table with style, it still brings you the famous Corning qualities. That means each piece is as durable as it is versatile—you can cook, freeze, and serve in the same piece. And easy cleaning makes your life even easier.

French White cookware. From now on, great cooking comes to your table with great taste.

CORNING WARE, French White, and ○ are registered trademarks of Corning Glass Works, Corning, N.Y. 14831

© Corning Glass Works 1985





French White® by CORNING

That little blue flower. And a whole lot more.

15-MINUTE DINNERS
continued

MENU
***Sesame Pork Tenderloin**
Orange-Shallot Carrots
Stir-Fry Broccoli
Fresh Berries with Sliced Pound Cake

While sesame seed for pork is microwaving, slice broccoli. Saute frozen sliced carrots in a little butter with 1 tablespoon minced shallots. Stir in 2 tablespoons orange juice just before serving.

SESAME PORK TENDERLOIN

- 2 tablespoons sesame seed
- 1½ pounds whole pork tenderloin
- ⅔ cup dry sherry
- ½ cup soy sauce
- ½ cup sliced green onions
- 1 tablespoon salad oil
- 1 garlic clove, minced
- 1 teaspoon minced fresh ginger or ¼ teaspoon ground

In small microwave-proof dish spread sesame seed in a thin layer. Toast in microwave on High 5 minutes. Stir; set aside. Place pork in microwave-proof baking dish. Combine remaining ingredients; pour over pork. Sprinkle with sesame seed. Cover with plastic wrap; slit small hole on top. Cook on High 5 minutes. Turn dish and baste pork with sauce. Cover and cook on High 4 minutes. Makes 4 servings, about 440 calories each.

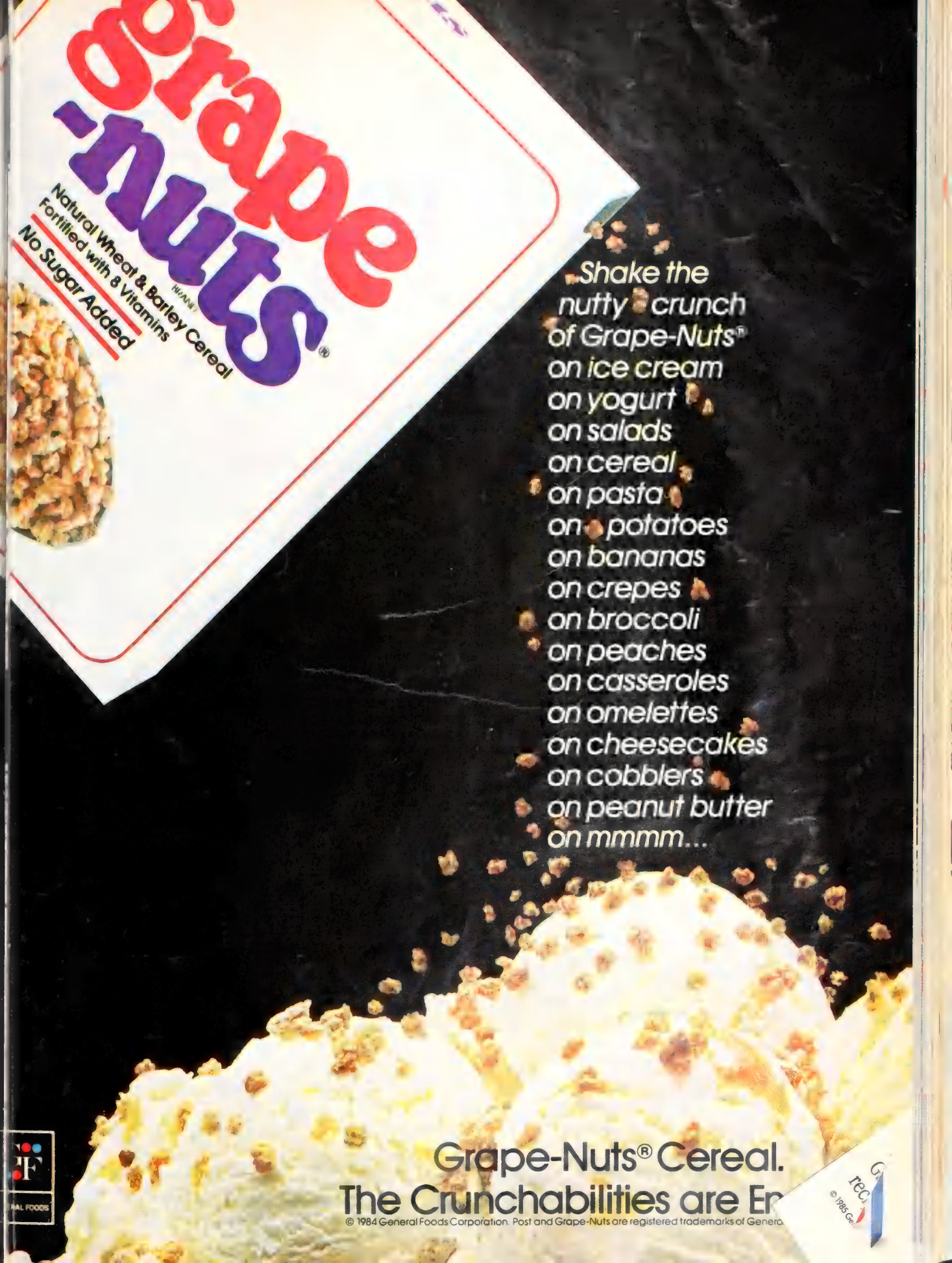
MENU
***Capellini with Scallops**
Pan-Fried Zucchini
Italian Bread
Red Grapes with Gorgonzola

While water is heating for pasta, slice zucchini and pan-fry in garlic and oil 6 minutes; season with salt, oregano and lemon juice. Saute scallops while capellini is cooking, then toss and serve.

CAPELLINI WITH SCALLOPS

- ½ pound capellini or thin spaghetti
- 8 tablespoons olive oil, divided
- 1 garlic clove, chopped
- 1 pound bay scallops
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup dry white wine
- 2 tablespoons finely chopped parsley

Cook pasta according to package directions. Meanwhile, in skillet heat 2 tablespoons oil. Add garlic and saute 1 minute. Add scallops, salt and pepper. Saute, stirring frequently, 2 minutes or until scallops turn opaque. Add remaining oil, wine and parsley. Simmer, stirring frequently, 2 minutes more. Pour over pasta and toss. Makes 4 servings, about 680 calories each. **End**


grape-nuts®
Natural Wheat & Barley Cereal
Fortified with 8 Vitamins
No Sugar Added
Shake the
nutty crunch
of Grape-Nuts®
on ice cream
on yogurt
on salads
on cereal
on pasta
on potatoes
on bananas
on crepes
on broccoli
on peaches
on casseroles
on omelettes
on cheesecakes
on cobblers
on peanut butter
on mmmm...
Grape-Nuts® Cereal.
The Crunchabilities are En
© 1984 General Foods Corporation. Post and Grape-Nuts are registered trademarks of Genera

How to dress

When you come across a banana in such an embarrassing condition, give it something exciting to wear.

Jell-O® Brand Gelatin.

Just follow these fun, fruity new recipes. Before you know it, your family will be eating up the most luscious, most delicious banana creations around.

And if you think these treats are a big hit, wait till you see what we're up to next.



Ever-So-Elegant Banana Trifle

1 package (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin or Sugar Free Jell-O® Gelatin
¾ cup boiling water
ice cubes
½ cup cold water
1 cup sliced bananas
1 cup sliced strawberries
2 cups ½-inch pound cake cubes
¼ cup orange juice
1 package (4-serving size) Jell-O® Vanilla Flavor Instant Pudding and Pie Filling
1½ cups cold milk
½ cup thawed Birds Eye® Cool Whip® Whipped Topping

Dissolve gelatin in boiling water. Add ice cubes to cold water to make 1¼ cups. Add to gelatin, stir until slightly thickened. Remove unmelted ice. Stir in bananas and strawberries. Place cake cubes in large serving bowl; sprinkle with orange juice. Spoon gelatin mixture over cake. Chill for 15 minutes. Prepare pudding mix with 1½ cups milk as directed on package. Let stand a few minutes to thicken. Fold in whipped topping. Spoon into bowl over gelatin. Chill. Garnish. 10 servings. If you're counting calories, try making this recipe with Sugar Free Jell-O® Gelatin.

eral Foods Corporation

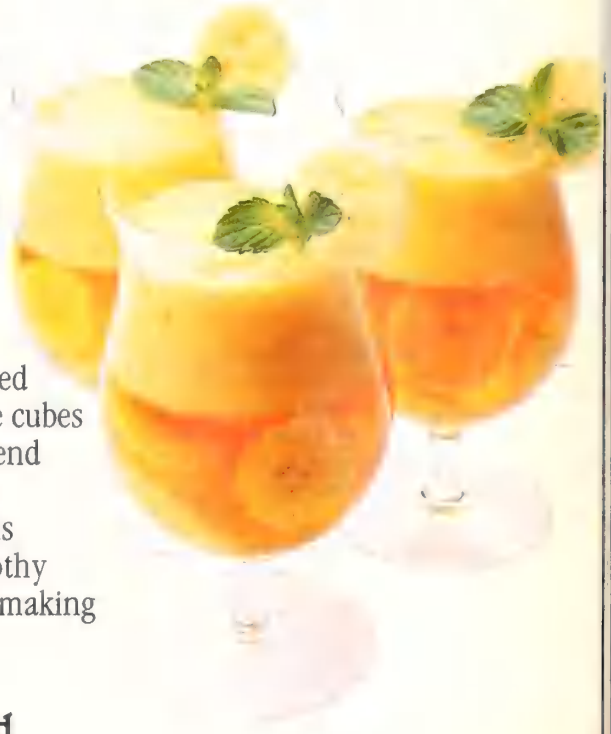
Jell-O, Birds Eye and Cool Whip are registered trademarks of the General Foods
GENERAL FOODS

a naked banana.

Stylishly Simple Banana Blend



1 package (3 oz.) JELL-O® Brand Gelatin, any flavor or Sugar Free Jell-O® Gelatin
1 cup boiling water
1 cup ice cubes and water
1 cup sliced bananas



Mix gelatin and boiling water in blender at low speed until gelatin is dissolved, about 30 seconds. Add ice cubes and water; stir until ice is partially melted; then blend at high speed 30 seconds. Pour into dessert glasses. Spoon in fruit. Chill until firm, 10-20 minutes. (This dessert layers as it chills: clear layer on bottom, frothy on top.) 6 servings. If you're counting calories, try making this recipe with Sugar Free Jell-O® Gelatin.

Fashionably Nutty Banana Salad

2 packages (3 oz. each) JELL-O® Brand Lime Flavor Gelatin or Sugar Free Jell-O® Gelatin
2 cups boiling water
1¼ cups cold water
¾ cup sliced banana
½ cup sour cream
¼ cup diced celery
¼ cup chopped walnuts



Dissolve 1 package gelatin in 1 cup boiling water. Add ¾ cup cold water. Chill until thickened. Add banana. Spoon into 6-cup mold. Chill until set but not firm, about 15 minutes. Dissolve remaining gelatin in 1 cup boiling water. Add ½ cup cold water. Chill until slightly thickened. Blend in sour cream. Add celery and nuts. Spoon over clear layer in mold. Chill until firm, at least 4 hours. Unmold. Garnish. 10 servings. If you're counting calories, try making this recipe with Sugar Free Jell-O® Gelatin.



We're up to something good.

continued from page 90

same time that hers was becoming more rewarding. Like Eileen and Robert, couples must figure out where the tipping point is (and stay on the safe side of it) or accept a difficult challenge.

The fatigue factor

Couples of the eighties must also contend with the problem of maintaining sexual interest. We are the most sexually informed generation in history. We know how, and how often, other people make love, and we develop great expectations about how passionate and emotionally fulfilling sex ought to be.

The decrease in sexual interest, while not new to this decade, is more of a problem in the eighties because of the fatigue factor. In years past, a woman seemed to feel more obliged to attend to her husband's emotional needs, on the assumption that he was even more battered than she from the day's exertions. But now that women are juggling housework, child care and a job, they don't have the energy to take on the role of emotional caretaker. There's a tipping point here, too: Women want their own turn at being cuddled and comforted after work, and sometimes they refuse to give comfort unless they get it.

Indeed, in many American households, two people are now falling asleep in front of the TV set. Or both partners, tired but in need of sexual release, make love with all the passion they usually reserve for brushing their teeth. While studies have shown that couples today actually have sex more than in previous decades (when Alfred Kinsey published his landmark studies of sexual behavior in 1948 and 1953, he found that thirty-year-old husbands and wives had sex, on the average, somewhat less than twice a week; we, in 1983, have found that those couples would have sex more than two, perhaps three or more times a week), the real issue is quality, not quantity.

The assertiveness factor

Husbands want their wives to like sex as much as they do—to have an active sexual imagination and to suggest making love some of the time. And most wives today do. In fact, a third of our married couples reported that husband and wife initiate sex equally and that they are happy about the match in sexual energy between them. But one young man told us that the phrase we should use is "make love with." He said, "I don't want to make love *to* someone . . . it has to be *with* someone." Older couples as well are more attuned to the decade's changing expectations. Said one man in his fifties, "I want to be wanted,

Announcing the end of dry meatloaf



Now when people ask for seconds, it won't be for water. The juicy, mouth-watering Hunt's Tomato introduces Hunt's® Meatloaf Fixin's® Tomato Sauce.

Just start with ground beef, breadcrumbs and eggs. And you'll be headed for the oven in about five minutes. Hunt's does the rest, and does it all-natural, with the specially-grown Hunt's Tomato simmered rich and thick with nuggets of bell pepper, onion and savory seasonings. Just use half to make your loaf and half to top it off with a delicious gravy. You have it moist every time, in almost no time. That makes any other meatloaf pretty hard to swallow.

New Hunt's Meatloaf Fixin's Tomato Sauce.

Beatrice/Hunt-Wesson Foods, Inc.

like to have her suggest it sometimes." Said another, "I like being seduced."

The equalization of the sexes has led to more variety in the bedroom: Women want as much diversity in lovemaking as men do, although we found they are often more disappointed than their mates if a lovemaking session does not include intercourse. Women, especially those who work outside the home, also report that the missionary position is fine but no longer the only way they want to have sex. Indeed, our research showed that the woman at the top of the corporation is likely to be on top, period, as well as to enjoy a greater variety of sexual acts in general.

We have also discovered that women today are not as orgasm-oriented as they used to be. While most women told us they have orgasms with their partner, sometimes during intercourse, sometimes during oral sex or genital touching, very few said they climaxed during every lovemaking session. And for most, this was not a major issue.

Yet even in the eighties it is still not clear who's supposed to suggest what when, and we have found that many men are uncomfortable to learn that their wife's sexual appetite may be greater than theirs. Once again, there is a tipping point, and it applies to couples in their twenties and thirties just as much as to older couples. Women who initiate and refuse sex about as often as their partners do seem happy with their sex lives. But if the woman wants more sex than her husband, troubles are likely to surface.

After their first child was born, Michael often teased Judith about how rarely they had sex. But within several months, Judith had learned to juggle baby and career, and much to her delight, her interest in sex returned. love much more than she ever had before. Michael's reaction was not delight but temporary impotence. Unwittingly, Judith had crossed her relationship's tipping point. Though her husband said he wanted more sex, his pride was hurt to realize that he wasn't the Casanova he thought he was.

Sexual values: love and sex

Though some women today believe sex without love is permissible, unlike men, very few prefer recreational sex over a committed relationship. However, there is some evidence that women have moved into male territory. The women with whom we spoke do permit themselves more fantasy and are more likely to have read erotic or pornographic material than have women in the past.

Nonetheless, male and female differences remain when it comes to taking sex out of the context of a committed, loving relationship. And while women in 1985 are more liberal than in previous decades, they are still not as casual about sex as their male peers. In our study, 37 percent of all wives, compared with 52 percent of husbands, thought that at least in principle, sex without love is possible.

Which brings us to infidelity. If a woman can have sex casually, does this make it easier for her to have a lover when she is married? For younger women, the answer is yes. Kinsey found that by the time they were twenty-five, 8 percent of married women had had an affair. Our research showed that by age twenty-five, 25 percent of married women had had an affair. The figures for older women show similar, though less dramatic, increases. What's more, researchers contend that working women have more affairs than homemakers, presumably because they have neither husbands nor wives today say they approve of extramarital sex, it is obvious that a lot of people are slipping from their stated beliefs.

The fact is, while women in general are more monogamous than men, when it comes to sex outside marriage, younger women today behave the same way as men their age and are more likely to act on their passions—or dissatisfactions with their marriages—than were their older sisters. However, we have found that women, unlike men, are more apt to have an affair when they are dissatisfied with their partner than if they are simply dissatisfied with their current sex life. For women much more than men, nonmonogamy is romantically serious rather than recreational. In spite of the increase in sex outside marriage, we have found that this is the one area of a couple's sex life in which the tipping point is always nonnegotiable. Extramarital sex is as much of a threat to a marriage today as it always has been.

Where are we going?

The eighties *are* different. Women and men are not alike sexually, but they are more similar than ever before. And the tipping points in a couple's sex life must be recognized and dealt with.

Our guess is that they will be, quite successfully, and that we are clearly on a road to sexual equality. As one woman, married ten years, said, "We're in this for keeps, and that means sometimes he gives a little, sometimes I do. If either of us pushes too hard, we do have problems. But we're smart enough to know when to pull back." **End**

Information in this article was drawn from research by the authors and interviews conducted by Margery D. Rosen.

Look for new Hunt's® Meatloaf Fixin's® Tomato Sauce with all the other Hunt's Tomato Sauces.



Hunt's. It's a better way to say tomatoes.

© 1985 Louis Rich Company

Turkey Bologna can be your new hero.

Mmmm! All the flavor of your favorite deli meats, without all the fat. Louis Rich™ Cold Cuts have it!

Louis Rich starts with naturally lean turkey, instead of beef or pork. Then we add the finest spices and seasonings for delicious bologna, ham, salami and pastrami that taste like the cold cuts you love.

And they're up to 95% fat-free!

Go ahead. Indulge yourself in a great-tasting good-for-you sandwich (or two!), with Louis Rich Cold Cuts.



It took Louis Rich™ to make turkey so right.

LADIES' HOME JOURNAL

personal time study guide

How to manage your time to get more out of life.

By Margaret Baxter and Roberta Grant

DAILY TIME LOG

TIME	ACTIVITY
6:00 AM.	Exercise for 20 min
6:20	Wake the kids
6:25	Shower + blow-dry hair
6:40	Wake Bob + dress
6:50	Start breakfast
6:55	Feed the cat
7:00	Eat breakfast
7:10	Make kids' school lunch
7:20	Send kids out to bus
7:25	Look over sales report
7:30	Drive Bob to train
7:45	Throw clothes in wash
7:50	Do breakfast dishes
7:55	Make beds
8:05	Phone plumber to fix faucet
8:10	Gather clothes for cleaners
8:15	Throw wash in dryer
8:25	Leave house
8:30	Drop off clothes at cleaners
9:05	Glance at morning paper
9:15	Go over phone messages
9:30	Prepare for sales mtg.
10:00	Sales meeting
12:15 PM.	Lunch with Betty
2:30	Interview sales trainee
3:00	Conference with boss
4:00	Return phone messages
4:40	Call home to check on kids
4:45	Leave early - pick up Tracy
4:55	Drive her to ballet class
5:10	Change clothes
5:15	Make cookies with Tommy
5:30	Start dinner, feed cat
6:00	Pick up Tracy + Bob
6:30	Dinner

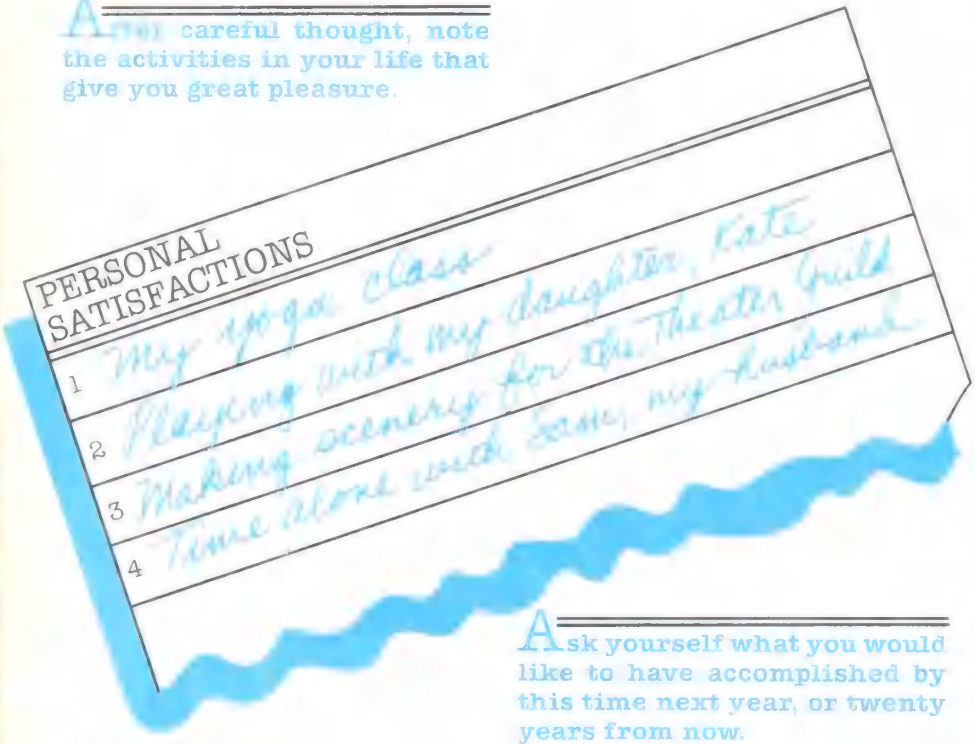
Is your daily schedule anything like this one?

If so, you know firsthand that women today are busier than ever, juggling a multitude of roles and going to bed exhausted from the effort of finding time for kids, husband, home duties, work and, if there's any left, for themselves.

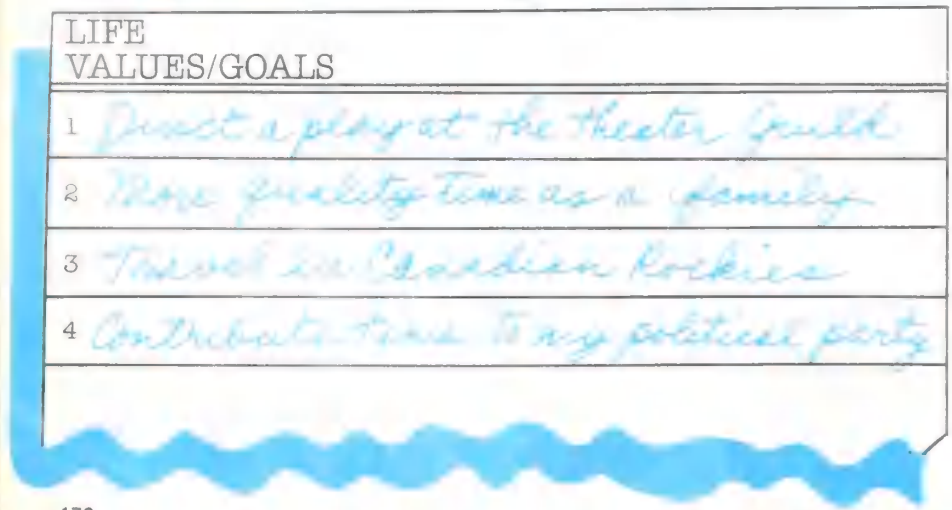
Margaret Baxter has presented her seminar on effective time management to more than one thousand executives, managers, students, consultants and entrepreneurs.

"There aren't enough hours in the day" is a common complaint, yet it's understandable that most women, harassed by a schedule that tries to embrace the demands of work and family as well as the constraints of money and time, resent the idea of time management. They imagine an even more rigid and fast-paced routine that holds them in such a tight grip, they begin to suffocate. Yet the truth is precisely the opposite: By learning to manage your time better, you will free yourself from the control of external demands and you will allow yourself greater flexibility and spontaneity. Furthermore, you will have designed a pattern of living that is perfectly in tune with your rhythms, responsibilities and desires.

After careful thought, note the activities in your life that give you great pleasure.



Ask yourself what you would like to have accomplished by this time next year, or twenty years from now.



Your time is your life

For better or worse, the key to taking control of your time and your life is *you*. Yet many women have a difficult time accepting this. I know of one corporate executive who felt like a puppet on a string, jerked here by her boss and there by her family until she burst into tears in my office. "My time just isn't my own!" she wailed. It took some serious talk about what was going on in her life to convince her that her time *was* indeed her own. She was responsible for how she spent it, she was making choices every day about how to spend it, and if she didn't like those choices, she could change them. "But I can't choose not to get that conference report done on time," you may say. "I can't choose not to leave work to go pick up Molly when she's sick." Actually, you could, but those choices are unpalatable for obvious reasons. Yet there are many situations in your life where you do have real options that can make an important difference in terms of what you accomplish and how you feel about yourself.

Unfortunately, when it comes to time management, women are often handicapped by old attitudes and habits even as we struggle with new roles. Many of us try to be Superwoman: perfect mom, wife, homemaker and worker or career professional. We think we should be able to handle everything ourselves and fulfill our family members' desires upon request. No wonder so many of us collapse at the end of the day.

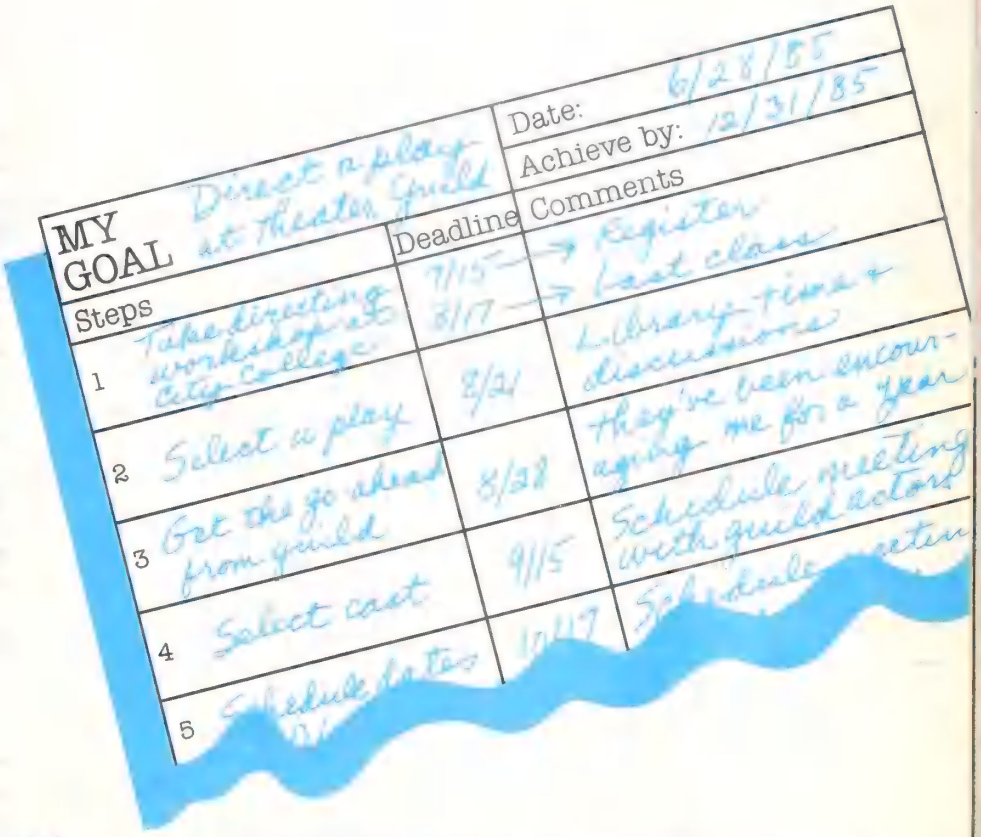
Realizing that you are not responsible for everyone else's well-being, but that you *are* responsible for your own, is an essential factor in learning to manage your life better. It's sane, not selfish, to rethink your busy schedule in terms of yourself—because you're the one who's ultimately responsible for the results.

Besides helping you get rid of that frantic, out-of-control feeling, time management is also a tool to improve

ne quality of your life—to spend your me more agreeably and to help nake your dreams come true. There's no mystery to achieving what ou've always longed for. It's a matter of devising a plan of action and then ollowing through. Jessica, a client of nine, had been a secretary at a pub- shing house for twenty years, yet she'd always dreamed of owning her own bookstore. The idea seemed so presumptuous, so overwhelming, hat it remained just a dream all hose years until I helped her map out a strategy for turning that dream nto a reality. Two years ago Jessica nervously set up shop. But the expe- ience of dealing with customers and keeping everything running smoothly challenged and rejuvenated her. To- day she's in love with her career and excited about her life.

Dreams into goals

The only difference between dreams and goals is that a goal is something you actually expect to achieve. Goals give meaning and zest to life; they spur us on and give us something to look forward to. But short-term gratification is also important. The first step in your strategy to create greater personal fulfillment should be to figure out just what your daily satisfactions are. You may get the most pleasure from family outings and wish they weren't so few and far between. Or perhaps it's your ballet class or a writing course you're taking that gives you feelings of joy. Take ten minutes right now to write these things down as we have in the box opposite (use a blank sheet of paper). Be specific. Then write down your life goals: what, ideally, you would like to accomplish with your supply of twenty-four-hour units. You may be hoping for a promotion or a career change. Maybe you're dreaming of brushing up your piano skills or fantasizing a second honeymoon with your husband of twenty years. Be as specific as possible.



The way to go about achieving a goal is to break it down into steps and then set a deadline for accomplishing each step. Here's how Elizabeth, a thirty-six-year-old mother of two, turned her dream of directing a play into a goal she could achieve by setting a time-table and then following through.

Getting started

Now that your deepest desires are staring you in the face, what are you going to do about attaining them? And what can you do to give yourself more time for the things that give you pleasure? If you're at home, you'll probably sigh, fold up the list, stick it in a cookbook and get out the ironing. If you're at the office, you'll sigh, put the dream list between the pages of your desk calendar and turn to the memo in front of you. Either way, you'll put your dreams on hold, convincing yourself that someday—maybe when the children are grown or when you retire—you'll find the time to do something about them. But if your dream is to spend more time with the children, you really don't have the luxury of waiting, do you? So why not start right now to turn that dream—or any other—into a reality?

It can be quite a shock to realize that you can actually achieve what always seemed out of reach. It can also be scary—so much so that you simply file the list of steps leading to your goal. But fear can be overpowered by the exhilaration of taking action. Your desire, and the realization that its achievement is within your grasp, will give you courage and energy, and add meaning to your life.

On the next two pages are some of the principal obstacles to accomplishment most women are faced with.

Find your

It's got to be perfect!

Problem "My mother expects me to organize my housekeeping just the way she did," says Jennifer, twenty-nine, "even though I work full-time and she stayed home. She ironed her sheets and pillowcases, kept her silver polished, her garden immaculate, and cooked elaborate five-course dinners. Now she makes me feel as though I'm not doing a good job taking care of my family because sometimes I bring home a barrrel of fried chicken for dinner or I let the laundry pile up. And when I tell her I'd like to save up for a once-a-week cleaning woman, she's shocked. I don't know how to handle her or my housekeeping."

Solution The key to conquering perfectionism is to stop in the middle of a routine task and ask yourself, "What will happen if I don't do this right now?" If the answer is nothing, then it's time to drop whatever it is for something more important. Or try applying the 80-20 Principle, which states that in almost any activity, 80 percent of the results come from 20 percent of the effort. Whenever you're

I can't say no!

Problem Your neighbor asks you to baby-sit and you'd rather use those two hours to shop for wallpaper or try the new yoga class at the Y. But you feel selfish and guilty, so you give in, thinking, Someday I'll have her return the favor.

Solution Begin asking yourself, every time you're faced with a choice about how to spend your time, "What will happen if I don't do this?" If the answer is, "I'll get fired," then you'll probably choose to go to work. But if the answer is, "Nothing," and if you truly value your time, you'll realize that if you say, "I'm sorry, I just can't manage it today," the world will not come to an end. Instead, you'll have made a valuable decision that will reinforce your sense of self-worth and make the next choice that much easier.

Don't bother me!

Problem You're trying to concentrate on an important piece of work, but your phone keeps ringing. And when you're not on the phone, you're trying to persuade drop-in visitors that you don't have time to talk. Or you're at home and you think you've grabbed two hours to work on your romance novel, but a neighbor drops by for coffee, the phone rings and you're stuck talking to a salesman or your three-year-old demands to be played with.

Solution At the office, if you need to concentrate on a piece of work, have the receptionist hold all calls for a one- or two-hour period, or try swapping phone time with a co-worker. Have her answer your calls for an hour, then do the same for her. Keep calls to the point. To discourage drop-in visitors, place a sign on your desk that says "Not between 10:00 A.M. and 11:00 A.M."

At home, if you want to work uninterrupted, buy a telephone answering machine. You can turn up the volume in order to hear incoming calls, but you'll get a lot more accomplished if you don't have to respond to calls that can wait.

When an unexpected visitor drops by the house, be polite but firm. Tell her you'd love to schedule a time to chat, but that right now you're busy. With young children, try setting a kitchen timer for half an hour and ask them to play by themselves until the bell rings.

One last tip: At the office or at home, when you need a totally uninterrupted block of time, take your project to the local library or a quiet coffee shop. This way you avoid all distractions that might ordinarily come your way.

and

problem...

in a time crunch, single out the most important, productive or rewarding task and do that first.

Another option for would-be perfectionists is to trade money for time. Pay someone to wash the windows and the kitchen floor. Your mother's voice may nag at you, but isn't it worth it to occasionally spend some money for takeout food so that you can spend an hour after work at the health club instead of over a hot stove?

Nobody does it better!

Problem You've recently started working full-time, but you're still folding all the laundry yourself as well as doing the grocery shopping and cooking. Your boss is constantly tossing papers on your desk that don't relate to your area of responsibility, asking if you wouldn't mind, and you feel overworked but reluctant to part with any of your duties.

Solution Learn to delegate. Decide in advance just how you think the new arrangement would work best. Then, instead of issuing an ultimatum (which you might do if you've been pushed to the breaking point), choose an appropriate time to discuss your requests with your boss, your co-workers or your family. Be specific about why you feel the new arrangement is necessary. At the office, listen to input from subordinates, but don't let them dissuade you from your goal. The point is to work out a system that takes some pressure off you, yet doesn't unfairly burden anyone else. At home, why not offer incentives to the children—either cash payments or a special treat such as a trip to the amusement park or a movie of their choice—for taking on some of the household chores? Willing hands will get the job done faster.

I hate to wait!

Problem You're wasting time and raising your blood pressure by standing in line at the bank, sitting in the office of your doctor or dentist, waiting for the bus or train, fuming because your car pool is stalled in traffic or tapping your fingers because your lunch or interview appointment is late.

Solution The key to changing this time wasted into time well spent is attitude. Instead of resenting the delay or silently fuming at your dentist for booking his appointments only fifteen minutes apart, learn to appreciate these periods as opportunities—to plunge back into the latest best-seller, to make a list of what Susie will need to take to camp or to look through the fall college catalog and select the course that you would like to take.

If you are planning to meet a friend who is chronically tardy, you can plan to arrive late yourself. If he or she is more than fifteen minutes late, you have every right to leave without being considered rude. In cases where more than one person is involved, simply start without the latecomer. If *you* find it difficult to be on time, perhaps you have an unrealistic assessment of how long various activities actually take or you're programming yourself into too tight a schedule. Allow extra time for the unexpected. If nothing comes up and you arrive early, look on those extra minutes as a bonus: Use them to plan ahead, to daydream or to catch up on your reading.

its solution

day-to-day

None of this is particularly complicated. The difficulty, of course, lies in sandwiching the activities that give us pleasure between the chores and responsibilities of daily living. Learning to manage your time better means learning to balance the "want-tos" and the "have-tos." And the first step toward designing a personal time schedule that is evenly balanced is to increase your awareness of how you're spending your time *now*. You can do this by keeping a daily time log for one week.

You may groan at the thought of another chore to add to your list, but remember that it's one time only—and the results could very well change your life. I suggest you buy a special notebook in which to keep your time-study charts and lists. For each day, rule off enough pages into fifteen-minute periods with spaces for what you did, who else was involved and any comments you have on the activity. Was there an interruption? Did a meeting go on longer than you expected it to? Did you agree to help a new co-worker with her filing and end up staying late to finish your own work? Were you stuck waiting in the dentist's office for forty-five minutes? This log will help you discover what your particular time-wasters are. Be sure to make an entry every fifteen minutes or as soon as you complete an activity. If you wait until the end of the day, your selective memory will have forgotten the ten minutes you spent at your desk staring out the window and wondering if your raise would come through, the fifteen minutes you spent searching for a sales report or the twenty minutes you spent reading junk mail when you got home.

The value of planning

Once you've developed an increased awareness of how you spend your minutes and hours, and the particular ways in which you may misuse your time, you're ready to begin designing a plan that balances your desires and your responsibilities, that is flexible, and that allows you to accomplish efficiently the many activities you want to get done.

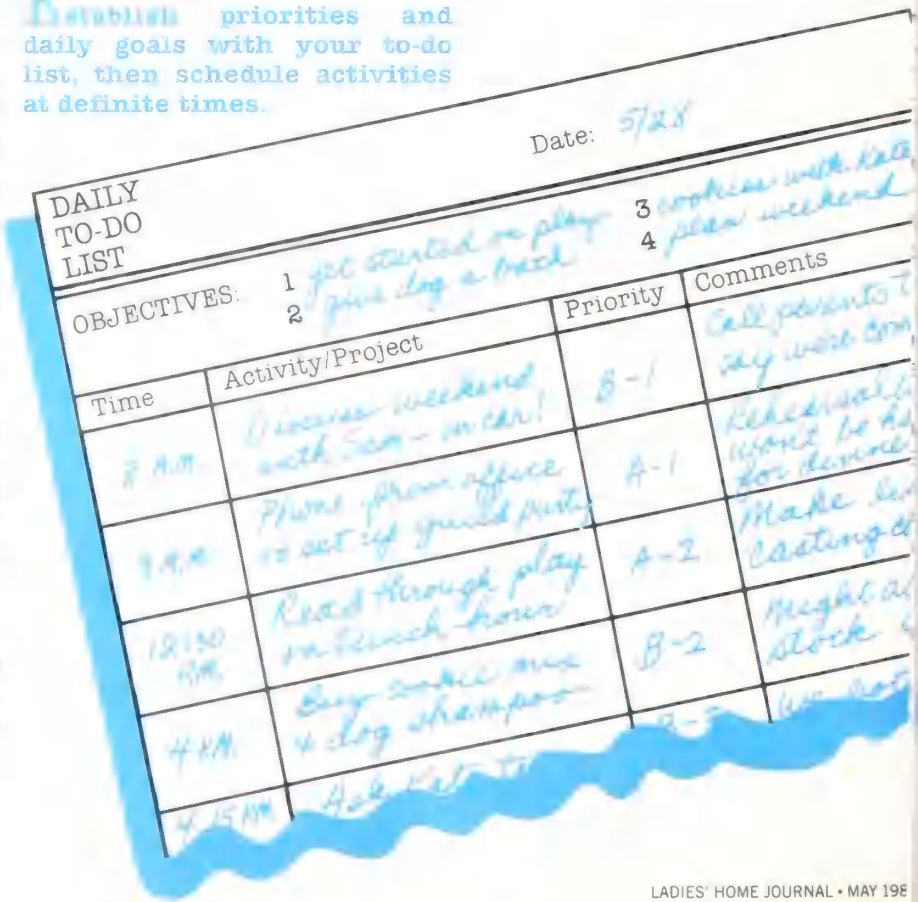
Despite the influence of the "me" decade, most women with families still place themselves last in their lives. A woman who is a skillful planner is busy planning what her husband needs to take on his business trip or what materials Jimmy needs for his school geography project, not to mention what to serve for dinner every night. If she works, she has to plan when to fit in the grocery shopping, the dry cleaners and the vet. If she's a full-time homemaker, her time is usually available to anyone who claims it—for chauffeuring the kids to a ball game, going to the hardware store for her husband, helping out a neighbor with a sick child. That kind of activity can lead to exhaustion and a sense of being out of control.

The antidote is simple. Learn to plan for yourself. This means tailoring a schedule to suit *your* energy rhythms, so that you can schedule important tasks late at night if you're a night owl or first thing in the morning if you're an early riser. It also means planning into your day some personally rewarding activities: a half-hour jog, coffee with a friend or even a catnap. Remember, you're no good to yourself or anyone else if you're fatigued and ill-tempered by four in the afternoon. Personal planning means taking care of your own needs as well as those of your family, friends and boss.

Learn to plan

Start by making a daily to-do list—an essential organizational tool that time-study consultant Diana Silcox calls "the road map of life." Keeping a *daily* list will free your mind of clutter

Establish priorities and daily goals with your to-do list, then schedule activities at definite times.



nd allow you to concentrate on the ask at hand. You may want to buy an ppointment book or block out times n a blank notebook. Use the sample pposite as your guide. The best me to make your to-do list is the ight before or first thing in the morng. That way, you'll proceed through our day with a clear sense of what ou intend to achieve. Write down all our appointments, all the things you ave to get done today, and the hings you'd like to accomplish or get started on. "But I already do that," says my friend Katherine. "And I just keep transferring the same items rom old lists to new lists." The secret o time management is not in simply making a list, but in assigning your asks priorities and scheduling them nto specific blocks of time.

First things first

Obviously, if you told your boss last Wednesday that you'd hand in your sales report by the end of today, finishing the report will be your number-one priority at work. If your daughter's school play is tonight and you haven't finished sewing her costume, that will probably be your number-one priority at home. Inevitably, your priorities will occasionally conflict. You may have to stay late to finish your report, thus cutting into the time you need to make your daughter's costume. Or you've scheduled Saturday to make new bedroom curtains, but when Saturday comes, it's warm and sunny, the kids are clamoring for a picnic and you don't have the heart to refuse them. Sometimes the unexpected makes a decision for you. If it's crucial that you meet your editor's four o'clock deadline for the article you're writing, but the school calls at one-thirty to say that Bobby's not feeling well, your child's health will in all likelihood take precedence over the deadline.

Your more routine schedule is what needs a thoughtful priority assessment. Suppose you list eight things you want to accomplish today, and at least four seem to demand top priority. I find that the system devised by Alan Lakein, author of *How to Get Control of Your Time and Your Life* (Wyden, 1973), works best to sort things out. On your to-do list, assign each item an A, B or C according to its importance. Then examine your four A's and assign them a numerical ranking: A-1, A-2 and so forth. You can either assign the tasks a rank of importance or use the order in which you would most logically accomplish them. Do the same for the B and C items. At the end of the day, you may find that you didn't accomplish everything you intended to, but with a prioritized list, you will most likely have taken care of all truly important business.

Schedule your time

After you've made your list and assigned priorities, it's time to figure out *when* you intend to get things done. Remember, this is *your* schedule, so it's important to take your own energy peaks and valleys into account. If you need two hours to complete that sales report, but it usually takes you all morning to wake up, use the morning for B tasks: to go through mail, make phone calls, catch up on correspondence and meet with co-workers. Then pitch into the report after lunch, when your energy is high. If you're a morning person, schedule important meetings and complicated tasks as early as possible. And note whether you do certain tasks at a certain time out of habit, when an alternate method could save you time and energy.

Perhaps you reserve all of Saturday morning for doing the laundry when it would be much more efficient to do a small load every night. Or you spend ten minutes three times a week in the supermarket checkout line after work, when shopping once a week after dinner would eliminate the waiting time (because the market's nearly empty) and the extra trips. Go over your time logs with a critical eye. You may well find that a large task—such as cleaning out your desk or a bedroom closet—could be broken down into several parts and spread out over the week. Perhaps, also, you see that by combining a couple of tasks, you could be killing two birds with one stone instead of killing time.

Maybe you can combine something you love—say, listening to Sunday afternoon opera on the radio—with sewing, ironing or correspondence. Also, be sure to schedule into your day those activities you derive pleasure from: a walk in the park with your children, a three-mile run, strolling through an art gallery or museum, a quiet drink with your husband. And don't overschedule—it's important to have a little air in the day's plan for crises or sudden changes. A tight, rigid schedule will actually prevent you from making time work for you—and drive you crazy in the process.

All these useful techniques will do you little good, however, if you can't seem to get started with the project at hand. Almost all of us procrastinate, from fear of making a decision or a mistake, from fear that once the task is accomplished we'll be faced with an anxiety-inducing void, or because the task itself is unpleasant. If it's a question of taking action on a personal goal, we may procrastinate because we're afraid of facing the consequences of our success. Yet the longer we put things off, the less comfortable we feel. Our self-esteem plummets, our anxiety increases, and if we rush to get something finished at the last minute, we're often dissatisfied with the results. Don't kid yourself by saying, "I work best under pressure." The 80-20 Principle is fine for a time crunch, but any job—painting a room, preparing a business report or cooking a gourmet dinner—can be accomplished with more thoroughness and style if you're not

racing against the clock and have an extra fifteen minutes or half hour to review the results of your efforts.

When you sense you're procrastinating, ask yourself the question Alan Lakein made famous: "What is the best use of my time right now?" If you ask it the minute you begin to stray from your good intentions, it will almost magically direct you back to taking care of first things first.

Another useful technique for dealing with procrastination is to take what seems like a monumental task and break it down into smaller steps. Set yourself deadlines for accomplishing each of the steps. Then pick one step and tell yourself you'll work on it for just ten minutes. You can do *anything* for ten minutes. Usually, this small effort will be sufficient to break through your resistance barrier, and you'll want to keep going.

Remember, all these techniques, including your to-do list, are meant to be servants, not tyrants; their purpose is to ensure that when the day is over you have the satisfaction of knowing you spent your time wisely. If you can point to important tasks you took care of, a first step you took toward the achievement of a personal life goal and an hour of play or stimulating conversation you shared with your family, you deserve congratulations for having mastered the art of balancing obligations and satisfactions. You are now in charge of your time—and your life.

TEN TIME-WASTERS

Deciding what to wear in the morning. Instead of spending twenty minutes hunting through your closet for the right blouse to go with that plaid suit or realizing that your hem is torn and frantically taping it, plan your attire the night before. It helps to keep the pieces of matched outfits together in the closet. That way you can pull out a hanger in the morning and find skirt, blouse and jacket coordinated and ready to put on.

Clutter Searching through the papers on your desk for that important memo can waste valuable time as well as cause anxiety, even panic. Make sure you regularly go through your paperwork, throwing out what you don't need, filing the rest. That way, when you need something in a hurry, you'll know where to find it.

Worrying You can't control every element in your life, but if you plan wisely, you shouldn't have to waste time worrying about missing deadlines, forgetting appointments or next week's PTA committee meeting.

Leaving your timetable At work, you may let your boss or a co-worker dissuade you from your priorities in order to brainstorm ideas or lend a hand. If you have the choice and your own work seems more important, ask to schedule a later time to work with them. Don't substitute somebody else's timetable for your own.

Dashing to the store because you forgot an item you needed. As soon as you run out of something, note it on your shopping list. This will save you time as well as the frustration of dealing with a child who won't eat his hamburger without ketchup.

Watching TV You might think that studying the auto buyer's guide is more bearable if you watch *Dallas* at the same time, but every woman I know who made a habit of this found that when she shut off the tube and concentrated, the chore took one third the time she had spent when the set was on. Save television for when you genuinely want to relax.

Lack of structure The full-time homemaker, in particular, often wonders where the time went because she has no fixed daily appointments. Planning reasonable deadlines for yourself as well as frequent rest breaks and rewards will energize you and provide a clear path to follow through the day.

Halfmeasures Do you rinse dirty dishes and leave them in the sink, only to have to rinse them again later and put them in the dishwasher? Do you sew a button on less than thoroughly so that after a few wearings it falls off again? It's always worth the extra time to do something right.

Inefficiency If you make five trips from the kitchen to the dining room in order to set the table or numerous trips between the upstairs bedroom and your sewing machine in the cellar because you forgot the scissors, the zipper and so on, it should come as no surprise that you're wasting your time. By grouping together in advance everything you need to accomplish a certain task, you can save yourself a lot of needless effort.

Enlisting aid you don't really need. When you ask a friend's advice, knowing full well that you've already made up your mind, or you wait for your daughter or husband to stand by before you begin a personal task, you're obviously wasting not just your own time but someone else's, too.


Hidden Valley Ranch
Original Ranch
CREAMY DRESSING
Hidden Valley Ranch
Country Recipe
CREAMY DRESSING
Hidden Valley Ranch
Garden Herb
CREAMY DRESSING
How to solve a delicious dilemma.
Get all three distinctive flavors.
Hidden Valley Ranch

One chicken. Two results.



Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

Now you can cook poultry and meats in the microwave oven and have them look deliciously oven-browned. Just spray on our unique blend of all natural spices, seasonings and flavors. Then cook according to microwave instructions.



NEW Kitchen Bouquet™ Microwave Browning Spray.

You can see the appetizing difference.

© 1984 The HVR Co.

LOOK, FEEL, BE YOUNGER

continued from page 32

I'm happy to report that things have changed. This is due in part to women's protecting their bodies against surgical assault by challenging their doctors or seeking second opinions. Another factor is the increased incidence of so-called tissue committees, which, as part of hospital boards, review all surgical procedures and have been cracking down on unnecessary surgery.

Freedom to be sexual

It wasn't too many years ago that women didn't talk about sex. They didn't complain to their gynecologists about their *own* problems; they spoke up only when their *husbands'* frustrations—either with vaginal dryness or with lack of sexual interest—drove them to despair.

A woman's greatest aphrodisiac is her brain, and she's now being encouraged to use it creatively. Fantasy, foreplay and freedom from unwanted reproduction have allowed women to realize their full erotic potential. In addition, more information about sexual desires and the role of the female hormones (estrogen brings out a woman's nurturing feelings, progesterone makes her feel sexy), have made women feel less guilty about their own sexuality.

We've also discovered that, for women, sex gets better with age. There's more blood flow to the pelvic area, which causes more intense orgasms. And women retain their orgasmic potential as long as their vaginas are healthy. Any problems can usually be corrected with hormonal-replacement therapy or creams.

Reproductive freedom

One of science's most important advances has been to give women the right to choose the number of children they can physically, emotionally and financially handle.

Actually, the form of birth control that is safest and most effective is male sterilization (vas ligation). Next best is female sterilization (tubal ligation), which is more popular for the obvious reason that women are more highly motivated to prevent pregnancy than men are. New techniques make this procedure much simpler and less likely to cause side effects. But since there are no easy ways to reverse the procedure, it must be considered permanent.

The controversial birth control pill is the next most effective contraceptive. The stroke scare in the late sixties and early seventies resulted in a reduction of the estrogen and progesterone content in the pill, and females most at risk (heavy smokers over thirty-five) were advised to discontinue its use altogether.

Yet the new pill is safe for almost all women. Some studies show that it might even protect against cancer of the uterus, infection in the fallopian tubes, painful fibrocystic disease of the breast and possibly even rheumatoid arthritis. Also, because the new pills use the smallest dose of hormones possible, annoying side effects such as bloating, weight gain and nausea are greatly mitigated.

The simplest contraceptive agent to use is the intrauterine device (IUD), which is essentially a wire inserted into the uterine canal and kept in place for up to three years before being replaced by a physician. But an IUD should be used only by women who have already had children. No one knows exactly how the IUD prevents pregnancy, but it does in virtually all cases. Cramping and heavy bleeding are the most common side effects, but these can be controlled by NSAIDs. Infection of the lining of the uterus is an occasional side effect, but it has been overpublicized. One particular IUD, the Dalkon shield, was to blame for most of the infections, and that has been taken off the market.

Of the barrier methods, contraceptive foam, *(continued*

A personal touch is sensual.

Treat yourself to the only women's shaving system designed to look as sensual as your skin will feel. Personal Touch, The Cosmetic Shave® from Schick.®



MANUFACTURER COUPON | NO EXPIRATION DATE

SAVE 20¢

on Personal Touch Razors or Razor Refills (4s or 8s).

RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, provided that you and the consumer have complied with the terms of our offer. Good only in U.S.A. and U.S. Military bases overseas. Void where prohibited, taxed, or restricted by law. Cash value 1/100 of 1¢. Consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving product purchase to cover coupons presented for payment must be shown upon request. Limit one coupon per specified product and size. Mail coupons to: **WARNER-LAMBERT COMPANY, DEPT. 5920, EL PASO, TEXAS 79966.**

33800 113541

20¢ 20¢

© 1985 Warner-Lambert Co.

Nothing
works better to keep air out. Nothing works better to keep taste and tenderness in. Nothing can protect your foods from freezer burn better than...


jelly, sponges and the diaphragm have failure rates of up to 18 percent. But the diaphragm and condom, when used together during a woman's fertile period, are almost fail-safe. In addition, the condom helps prevent the spread of venereal disease.

Freedom from menopausal symptoms

It wasn't until the turn of the century that women routinely lived past midlife. The average female used to live until age forty-five, but many died much younger, during childbirth and its complications. Any female over thirty was considered past her prime. But in the last seventy-five years, science has managed to prolong women's lives by making reproduction safer and more orderly, by curing some diseases and controlling others.

But living beyond the childbearing years means going through menopause. Unfortunately, menopause means more than just the end of a woman's reproductive ability. It means the gradual loss of estrogen and the sudden loss of progesterone—both hormones that nourish the reproductive tract. In the past, doctors cheerily told women, "Menopause is natural, so just grin and bear your symptoms! That's life!" But I strongly believe that even if it is natural to outlive your reproductive hormones, it certainly shouldn't be natural to endure the concomitant stresses.

We now know that it's a lack of estrogen that causes hot flashes, a dry vagina and osteoporosis—the gradual loss of calcium from bones, which makes them thinner and more brittle. In addition, many of us suspect that a lack of estrogen or progesterone also causes depression, irritability, sleeplessness, arthritis, loss of muscle tone, forgetfulness and an overall lack of energy.

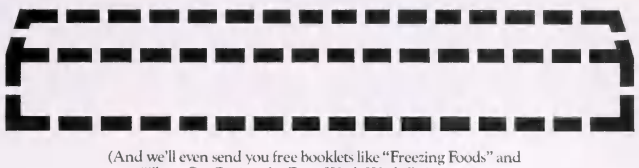
We also know that many thousands of women each year are crippled and disfigured from the complications of osteoporosis, and some even die. We do know that estrogen can protect their bones from being destroyed. So why isn't every postreproductive female on estrogen? Because in the sixties, when estrogen-replacement therapy was initially prescribed, there was an increase in cancers of the uterus, and "hormone" became a dirty word. At that point, women were getting estrogen alone; now doctors realize that by combining estrogen and progesterone in a cyclical fashion (so that estrogen is not allowed to build up on the uterine wall), cancer of the uterus can actually be prevented.

Cyclical hormone therapy is one of the most important medical breakthroughs of the last few decades for keeping women young. If you have no physical problems that would make hormone replacement unwise, such as the type of breast cancer stimulated by estrogen, don't let old scares deprive you of this freedom.

Freedom to slow external aging

External aging, alas, is much more rapid and relentless than internal aging. But there have been enormous advances in cosmetic surgery. Every woman should have a choice about the way she looks—and what she's willing to go through to look that way. And yet I hear stories every day about husbands and doctors who discourage women from plastic surgery. "I forbid you to touch your face," thundered a patient's spouse. "You should stay the way nature intended you," intoned another's internist. And the women? "I feel fabulous, but I look like Methuselah," said one sadly, regarding her lined face and turkey-wattle neck. And another asked, "Do you think I'm a silly old woman because I want a 'tummy tuck'?"

Nothing



(And we'll even send you free booklets like "Freezing Foods" and "Short Cut Recipes for Busy Work Weeks"; just write: The Reynolds Wrap Kitchens, Dept. A-4, P.O. Box 27003, Richmond, VA 23261.)

External aging means sagging skin, lumpy fat deposits, thickening features and thinning hair. Plastic surgeons can correct just about anything these days—for a price, of course. They can suspend, shape and contour; put padding in and take it out; plug up wrinkles; and correct damage done by injury or physical disease.

Dermatologists can now clear up uneven pigmentation of the skin and remove external moles. You never even see a scar. Injections of collagen (a protein that forms connective tissue) are routinely used by plastic surgeons and dermatologists to fill in everything—from mini-laugh lines to large wrinkles—and it's a relatively simple process. Biochemists can add proteins to your hair shafts and restore tired, thin hair to some of its former glory.

These procedures are sometimes uncomfortable, and they may set you back a substantial sum of money, but it's your right to have them if you want and can afford them.

Indeed, it is your right to exercise every one of the eight essential freedoms that I have described. You deserve to retain the buoyant good health and fresh good looks of youth long, long past the time you reach "a certain age." For yourself, and for those you love, don't wait another minute. Start now—and good luck! **End**

Barbara Edelstein, M.D., is the author of three books, including The Woman Doctor's Medical Guide For Women *(William Morrow, 1982), and writes for several national magazines. She is in private practice in Hartford and Westport, Connecticut, where she lives with her husband, a gynecologist. The Edelsteins have three children.*

Journal Shopping Center

THE LOOK OF TODAY—Trivia quiz, page 62
1981: Best Actress: Katharine Hepburn for "On Golden Pond." Best Supporting Actress: Maureen Stapleton for "Reds."
1983: Best Actress: Shirley MacLaine for "Terms of Endearment." Best Supporting Actress: Linda Hunt for "The Year of Living Dangerously."
AT WORK AT PLAY
Page 140: Silk separates, Cynthia Steffe for Spitalnick. DiLiso shoes. Evan-Picone hose. Good as Gold belt. Foreign Intrigue earrings. **Inset, lower right:** Jewelled pin and earrings from Detail, NYC. Spitalnick shirt and camisole.
Page 141: Nancy Heller sweater and pants. Perry Ellis shirt. Keds Corp. sneakers. **On child:** Agnès B. shirt. Bag of Rags scarf. **Inset, lower right:** Carol Horn shirt. Judith Feldman earrings.
Page 142: Maternity suit, Lady Madonna. Good as Gold bracelets and earrings. Etonic athletic shoes. Camp socks. Bag from Furla, NYC. Carlos Falchi diary. Marvella "pearls." **Inset, lower right:** Textured hose, Fogal. Santini e Dominici, NYC, shoes.
Page 143: Pink sweatshirt outfit, Harriet Toben for Unicorn & Rainbow. Joan Vass USA red top tied around waist. Hue socks. Keds Corp. sneakers. Porsche watch. **Inset, lower right:** Keds Corp. sneakers.
THE HOUSE THAT TAKES CARE OF ITSELF
Pages 144-145: Pinehurst Brick wallpaper HCP-200-FD-11 and matching fabric for draperies HCF-200-F-11. Wainscott Dark Red HCW-402-RC-29 and Aldrich Straw CDW-706-K-48 fabric for pillows all from Hinson & Company.* All draperies and pillows made by Cecil King.* Upholstered sofa, club chair and ottoman from KPS, Inc.* Green linen coffee table and Bamboo Waterfall end table from Paul M. Jones, Inc.* Burr elm dining-room table and chairs from Manor House, Ltd.* Sofa table (inset): secretary, dark cricket table behind sofa and bamboo desk chair from Nancy Brous, Ltd.* Backless bench with rug seat near window, red painted desk with drawer, antique trunk beside secretary, rag rug on ottoman, orange jello mold and clay pitcher on dining-room table, orange ceramic bowl on windowsill and wooden trench (with apples) from Evergreen Antiques, 1249 Third Ave., NYC 10021. Oxblood lamp, Chinese ceramic/pottery teapot on windowsill, peach blossom plate on desk, bowl on coffee table from John Rosselli, Ltd., 255 East 72nd St., NYC 10021. Wool kilim rug from Rosecore Carpet Co., Inc.* Art from Heatherfield Fine Art.* Kitchen Philadelphia Tavern White on Beige wallpaper AWP-608-W-04 from Hinson & Company.* Larry dining table, Aria dining chairs with wire seat and back, red and white cookware, wire basket, beige pudding bowl from Conran's. Microwave oven by General Electric. Red and white "Cinzia" china and white pitcher with flowers by Tognana. Stainless steel flatware, "Independence," by Oneida, Ltd. "Shells" glassware by Anchor Hocking. White Aromaster 12-plus coffee maker by Braun. G.E. Pastry Control 2-slice toaster manufactured by Black and Decker. Solid beechwood bread board with black trim by Progetti. Orange ceramic bowl from Evergreen Antiques, 1249 Third Ave., NYC 10021.
Page 146: Albemarle White on Natural fabric HCF-244-W-27 for draperies by Hinson & Company*. Pamlico White on Linen fabric HCF-243-W-27 for tablecloth also by Hinson & Company*. Sophistication carpeting in Pale Mauve by Galaxy Carpet Mills. Abacus bed in burgundy from Conran's. "Dove" bed linens by Perry Ellis for Martex, Westpoint Pepperell. Brown painted three-drawer chest and antique trunks from Evergreen Antiques, 1249 Third Ave., NYC 10021. Bamboo chair, night table from Nancy Brous, Ltd.* Upholstered armchair from KPS, Inc.* Orange wood bowl, black bowl with daisies, oxblood lamp from John Rosselli, Ltd., 255 East 72nd St., NYC 10021. Art from Heatherfield Fine Art*.
Page 147: Whiz computer stand, Athena desks, four-drawer Arctic chests, Arctic twin platform beds with headboard shelves, Athena 4-drawer bureau, Pagoda storage shelves (low shelf and stacking shelf units), red Tech trolley, red Argus desk chairs, red bulkhead light on wall above bed, red Opus standing lamp, metal clamp-on work lamps, metal wastepaper basket, red and black desk organizers, red wire basket, bookends, yellow carrying case, and red file folders all from Conran's. Hawkins White on Peanut wallpaper HCP-131-W-13 by Hinson & Company*. Lina #3 Autovia beige rug from ABC Carpet, 888 Broadway, NYC 10003. Verosol pleated shades in Winter White by Kirsch. Windowpane bed linens by Liz Claiborne for Burlington Mills. Color television/monitor with remote control model #RXC192SL by Sylvania. Tandy 1000 Computer from Radio Shack, 385 Fifth Ave., NYC 10016. FM stereo headphone radio (on teddy bear) by General Electric. Payfone Jr. telephone/bank by TeleConcepts. Quartz alarm clock AB2 by Braun. Glass picture frames by Progetti. Red pitcher, teddy bear, pink foam heart, cat bookend/bank and Clipulator (clipboard/calculator) from Jenny B. Goode, 1194 Lexington Ave., NYC 10021. Poster available from Poster Originals, 924 Madison Ave., NYC 10021. Inset: Portable Spectrum VI Component Music System by General Electric. Flowers by Zezé, 398 East 52nd St., NYC 10022. Stone rabbit from The Golden Pineapple 14-16 Main Street, Millburn, NJ 07041.
To order Conran's catalog, send $2.00 to Conran's Mail Order Dept. LHJ5PR, 444 Lafayette St., New York, NY 10003.
***Through decorators.**

THE QUICK FIX FOR DAMAGED NAILS

Nutra Fix™

smooth ridges, mends cracks with tough nylon fibers





Now, there's a quick way to restore damaged nails. Nutra Fix Applies fast. Dries fast. Super-strength nylon "bonding" fibers reinforce split nails...smoothing unsightly ridges. Leave nails beautifully smooth. And Nutra Fix is a clear natural color. Won't distort the color of your nail polish as others do.

When your nails crack, split or develop ridges, give them the quick fix of Nutra Fix for flexible strength and natural beauty.

Nutra Fix™...the fast way to fabulous nails!

©1984 Alleghany Pharmacal Corporation

THE GLORY GAME

continued from page 109

on the long-distance connection.

"Trisha came for the weekend. She has some news. I'll let her tell you herself." She passed the receiver to Trisha and kept a smile on her face while she heard again the hurtful assertion in her mind, "I don't want to be like you."

Trisha grew quieter as she held the phone to her ear, some of her exuberance fading. "I am happy. And I'm glad you are, too." Then she glanced at Luz as she listened to the voice on the phone. "Sure, I'll tell her. Bye, Dad."

As Luz reached to take the receiver, Trisha set it back in its cradle.

"He had dinner reservations, so he had to go," Trisha explained. "He said to tell you he'd call next week when he got back home."

"Oh . . . What did he say when you told him?"

"He was glad." And then, after a moment, she added, "When you talked to him, did you have the feeling someone was there with him?"

The phone started ringing moments after Luz opened the front door of her Florida home.

"Hello." It was Drew. "How was the flight?"

"Long. What time will you be home?"

"That's why I'm calling."

"Oh, Drew." Mixed in with the disappointment was irritation.

"I'm sorry, Luz, but I have two important clients here from out of town, and I really have to take them to dinner."

When Drew finally arrived home, it was close to midnight. He found Luz in the sitting room with a glass of brandy in her hand. "I thought you'd be sound asleep." He unknotted his tie and pulled it from beneath his shirt collar. "It's been a long day for you."

"Not that long. And I'm not that tired. I've been gone for two weeks, or had you forgotten?"

His arms were slow to go around her. "I hadn't," he assured her, and his kiss was long and steady, his mouth rocking only slightly across hers.

Luz wasn't seeking a wild display of passion, and she was satisfied with what she found in his response. She nuzzled his lips, breathing into his mouth when she spoke. "Your room or mine?"

"Yours."

After they undressed, they crawled into Luz's bed. Little foreplay preceded the sexual act.

Afterward Luz lay alone in the darkened room, shutting her eyes and waiting for sleep.

Virtually confined to the house by a tropical storm and left alone for the long hours Drew was at the office, Luz had too much time in which to think about her life and its idleness. Until now, she had never felt unfulfilled. She had always had everything she wanted. But she couldn't shake the feeling that she had failed those around her.

It was still raining on Friday, but Luz knew the lunch appointment with her mother would not be canceled merely because of some bad weather.

The questions began the minute she arrived at the Kincaid estate. Luz explained everything—how something was packed, where it was stored and why, what was kept and what was discarded. Few of her answers met with Audra's approval.

And then: "You're sulking Luz. Why? Are you and Drew having problems?" Shrewd, dark eyes studied her with a wondering look.

"We're getting along fine," Luz answered defensively.

"All couples have problems at one time or another. It's part of marriage."

Luz was reluctant to confide in her mother, but Audra had a way of ferreting out information. "It isn't anything earth-shattering." Luz attempted to diminish its importance. "Now that the children are grown, I need to decide what I'm going to do with my time."

"It seems to me that you have plenty to do." Audra frowned. "You're involved in so many activities now—"

"I'm not talking about social clubs or local charity organizations," she interrupted impatiently. "I want to do something that matters."

"What is that supposed to mean?"

"That I want to do something with my life. Although I'm certain you don't believe I'm intelligent enough to do anything."

"Now that is not true. You are a very competent woman, a good manager and an excellent organizer." Luz slowly turned her face to her mother, stunned to hear such praise.

"But you've always treated me—"

"Like a mother treats a child," she admitted freely. "Surely you have learned by now that in a mother's eyes, a child never grows up."

"I suppose not." But Luz was still dazed by what she was hearing.

Halfway home from her mother's, a spray of sunlight glinted through a break in the clouds. The smile she'd been wearing for most of the drive was still on her face when she pulled in front of her home.

"Emma!" Luz called cheerfully as she swung into the foyer. "I'm home. Have there been any phone calls?"

The day's mail was stacked on the side table in the foyer. At the bottom of the stack was a slim brown package addressed to her. *(continued)*

SAVE 20¢ when you bring home the Lender's® and PARKAY for breakfast.



America's best selling bagel and America's best selling soft margarine have teamed up to bring you the best tasting breakfast ever!

Just warm or toast a Lender's® Bagel and top with Soft PARKAY Margarine for a bagel treat with delicious butter taste. It's the quick, nutritious way to start your day.

Look for Lender's® Bagels in the frozen food section and Soft PARKAY Margarine in the dairy case. Clip these coupons and save 20¢ on your next purchase of these two breakfast favorites.

Breakfast never tasted so good!

SAVE 10¢ ON ONE PACKAGE OF FROZEN **Lender's® Bagels**

GOOD ON ALL VARIETIES
10 and 12 oz.

Lender's Bagels

MR. GROCER: We will reimburse you for the coupon face value plus 8¢ per coupon for handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock of our brands to cover coupons presented for redemption must be shown upon request. Consumer must pay any sales tax. Coupon may not be transferred or assigned. Void where prohibited, taxed or otherwise restricted. Cash value 1/20¢. **Send to Lender's Bagel Bakery, Inc., P.O. Box 4076, Clinton, Iowa 52734.**

76800 107120

MANUFACTURER'S COUPON — NO EXPIRATION DATE

SAVE 10¢ When you buy 1 lb.

Soft PARKAY Margarine



A5-26

RETAILER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 8¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited or restricted by law, and may not be assigned or transferred by you. Cash value 1/100¢. Customer must pay any applicable tax. For redemption mail to

KRAFT, INC., RFG, DEPT. 5949, EL PASO, TX 79966.

21000 603171

KRAFT ©1985 Kraft, Inc.

Lender's Bagels

For the woman who has never used a home pregnancy test

DAISY 2® helps take the anxiety out of first-time testing.

Double-check to reassure yourself.

Irregular periods can make it difficult to calculate dates precisely. That's why DAISY 2 gives you two tests in each kit. You can use the first test as early as three days after a missed period, then double-check immediately or a few days later for reassurance.

Talk over your test with one of our Registered Nurses.

The toll-free number is included with your DAISY 2 Kit.

DAISY 2 gives you extra confidence.

DAISY 2 is the same type of test used in many hospitals. It's easy to perform. And you get your test results in just 45 minutes.

With DAISY 2 you can double-check to be doubly sure.



© OPC 1984

THE GLORY GAME
continued

Curious, she picked it up and glanced at the return address, conscious of Emma's footsteps coming from the dining room. The package was from the hotel in New York where Drew always stayed. Wondering what it contained, Luz ripped open the brown wrapping.

"How was lunch?" asked Emma.

Luz half-turned at the question. "Actually, it was more enjoyable than I expected," she answered, lifting the lid of the box. "Any calls?"

"Someone phoned to remind you of the luncheon meeting next Tuesday."

Luz pushed the tissue paper aside. A folded letter lay atop a black silk garment trimmed in black lace. It looked like a teddy. With a bewildered frown, Luz flipped open the letter. Emma was still talking, but Luz was no longer listening as she read the note.

Dear Mrs. Thomas:

Enclosed is the item of lingerie one of our maids found when she cleaned the suite after your recent visit to New York. We took the liberty of having it laundered before returning it to you and hope this delay hasn't caused you any inconvenience.

Respectfully yours,

A signature was scribbled across the bottom. Luz glanced at the black undergarment again and lifted an edge of the black-lace bodice. It didn't belong to her. She didn't own any black lingerie. Her heart was pounding.

"Is something wrong, Luz?" Emma's question finally succeeded in penetrating her consciousness.

"No, of course not." She quickly replaced the lid on the box and walked up the stairs. As soon as she closed the bedroom door behind her, she went directly to the telephone and dialed the number listed on the hotel's letterhead. She had to find out if there had been some mistake before her imagination ran rampant.

"Yes, this is Mrs. Drew Thomas calling from Florida. I would like to speak to"—Luz paused and glanced at the signature in the letter—"Mrs. Nash."

"Yes, Mrs. Thomas," Mrs. Nash began. "I've been expecting your call. A maid found the undergarment you left. You should be receiving the package any day now."

"I . . . I wasn't aware I had left anything. Are you certain it's mine?" Her fingers gripped the receiver so tightly her knuckles were turning white.

"I'm quite sure."

"Really." Luz glanced at the offensive garment in the box, aware of the brittl quality in her voice. "I hadn't eve missed it." She shut her eyes, trying t block out the first splinters of pair "Where did she find it?"

"I believe she said it was between th sheets all the way at the foot of the bed Which is probably why you didn't see when you packed."

"Yes . . . thank you, Mrs. Nash." Sh pushed the receiver onto the cradle.

She felt sick inside and wrapped he arms about her middle, her body rock ing slightly in pain. Tears started run ning down her cheeks, falling wet an salty on her lips.

She knew now that her life wit Drew was finally over, finished. Th path her marriage had taken was out o her hands and irreversible. How woul she face it?

But then she thought of the strengt of those around her—her sister, Mar her darling, brilliant daughter Trish and even her mother, who had just a few hours before told Luz that she wa a very competent woman. Those ha been her actual words. Now she wa being tested, and she must prove i prove to all those strong, endlessly c pable people around her that she, to could manage, that somehow sh would survive. **En**

CAMEL LIGHTS

It's a whole new world.



Today's Camel Lights, unexpectedly mild.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


Some women know how to live!
New! Hanes Silk Reflections™
Hanes
Silk Reflections
Now, this is living! Feel the silkiness. Experience the softness, the sheerness and the fantastic fit. So silky. Step into new Silk Reflections pantyhose and you'll know, this is living.
The silken sensation.
Available in selected areas
1985 Hanes Hosiery, Inc.



Ziploc* Microfreez* Bags
are heat-resistant and built extra-wide at the bottom to stand up for filling and splatter-free cooking.



LEFTOVERS
Store all your leftovers in *Ziploc Microfreez Bags*. You can microwave them later in the same bag. No mess. No dishes to wash.



SINGLE SERVINGS
Busy people? Different schedules? Cook ahead of time and have fast meals ready to microwave. The whole family can help themselves any time.



VEGETABLES
For garden-fresh taste and texture, cook all your vegetables in *Ziploc Microfreez Bags*. Ideal for fresh, frozen, or canned.

*Trademark of The Dow Chemical Company

MANUFACTURER COUPON/EXPIRES 4/1/86

SAVE 25¢ ON *ZIPLOC* MICROFREEZ* BAGS!*

Pint or Quart sizes

2813200

To Dealer: This coupon will be redeemed for face value plus 8¢ handling provided terms of offer have been complied with. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Redemption through outside agencies, brokers, etc. will not be honored except where specifically authorized in writing by The Dow Chemical Company. Void if prohibited, taxed or restricted. Customer must pay any sales tax. Mail all coupons to The Dow Chemical Company, P.O. Box 3015, Elm City, NC 27898. Offer good only in U.S.A. Cash redemption value 1/100 of 1¢



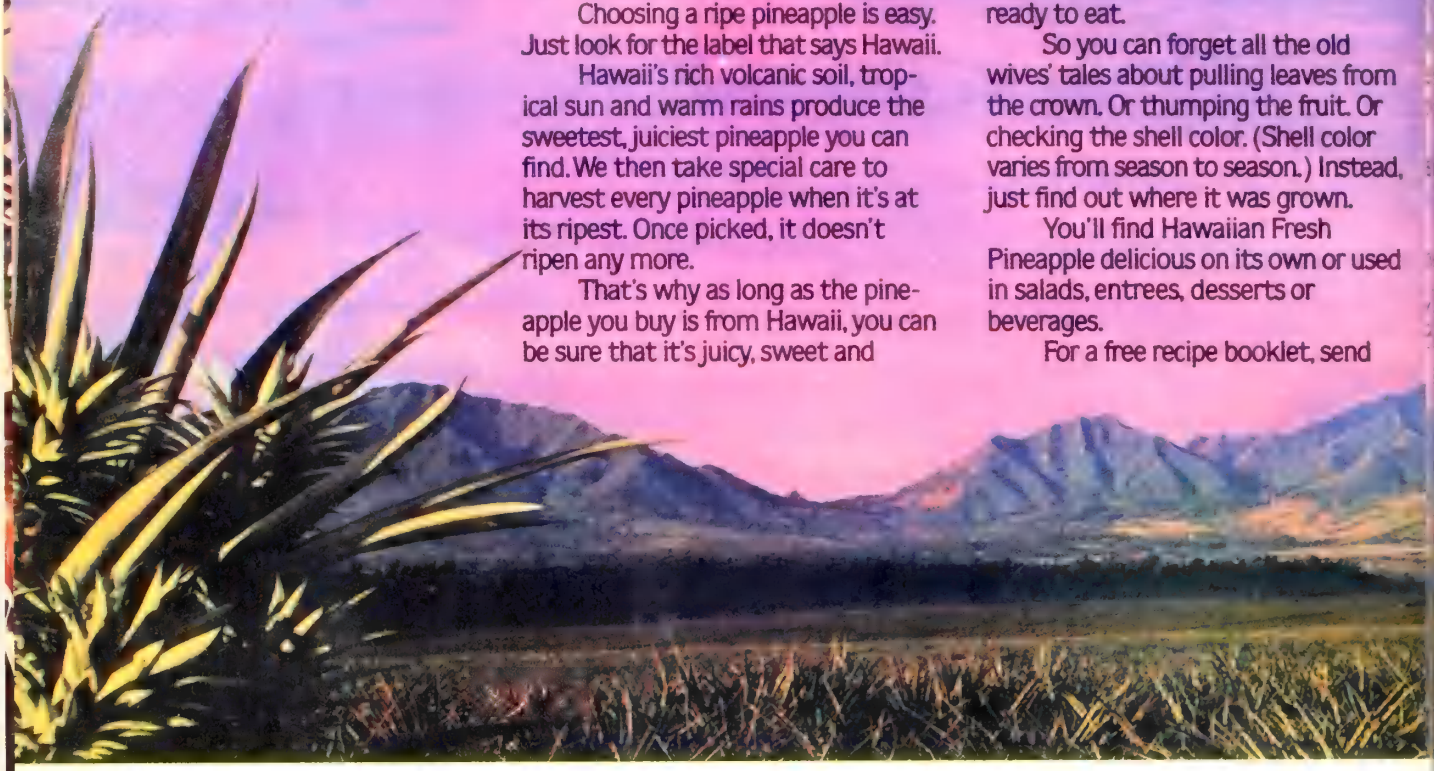
Limit One Coupon Per Purchase.

25¢

*Trademark of The Dow Chemical Company

2813200

HAWAIIAN FRESH PINEAPPLE. ALWAYS RIPE, JUICY & READY TO EAT.



Choosing a ripe pineapple is easy. Just look for the label that says Hawaii.

Hawaii's rich volcanic soil, tropical sun and warm rains produce the sweetest, juiciest pineapple you can find. We then take special care to harvest every pineapple when it's at its ripest. Once picked, it doesn't ripen any more.

That's why as long as the pineapple you buy is from Hawaii, you can be sure that it's juicy, sweet and ready to eat.

So you can forget all the old wives' tales about pulling leaves from the crown. Or thumping the fruit. Or checking the shell color. (Shell color varies from season to season.) Instead, just find out where it was grown.

You'll find Hawaiian Fresh Pineapple delicious on its own or used in salads, entrees, desserts or beverages.

For a free recipe booklet, send

BEAUTY GUIDE

Though your eyes can be your greatest beauty asset, they can also be your most difficult beauty problem. But there's no need to worry anymore. Following are eye-opening solutions to some of these tricky problems.

Even though I've plucked my eyebrows regularly for years, it still hurts each time I do it. How can I make the plucking less painful?

First numb the area with an ice compress for a few minutes. Then, holding your skin taut, pluck one hair at a time in the direction of hair growth. As you get used to plucking in this way, your skin will become much less sensitive. While some people use numbing or teething creams on the skin, these products are not recommended, because plucking leaves an open exposed pore, and these creams can irritate the skin.

I have dark circles under my eyes that always make me look as if I haven't slept in days. Is there a way to cover up these shadows and still make the area under my eyes look natural so it blends with the rest of my skin?

Try a sheer liquid undereye coverup or a creamy foundation in a shade that is slightly lighter than your skin tone. Using a makeup sponge or your fingertips, pat (do not rub) concealer only over the dark shadows, not on surrounding skin. Pat quickly to blend. Follow with a foundation that matches your skin tone. The key: Makeup coverup should not be too light in color or spread too thickly.

I like the look of curled eyelashes, but when I tried curling mine, I ended up pulling out a few lashes. Is there a foolproof technique that prevents this, and should curling be done before or after I apply mascara?

Always curl your lashes first, then apply mascara. If you curl mascaraed lashes, the hairs will stick to the curler, and they may be pulled out. To curl your lashes properly, place curler close to the base of clean, dry lashes. Gently clamp down, hold for one second, then fully release the curler before removing it. Repeat curling at the center of lashes and at the tips, for a soft natural look.

One of my eyes is noticeably larger than the other. How can I balance my eyes with makeup?

Liner and mascara, properly applied, should help camouflage the difference. With a smoky charcoal gray eyelining pencil, line upper and lower lids of each eye along the lashlines, drawing a thicker band of color on the smaller eye. Smudge the lines on your eyes with a cotton swab for a more natural and softer look. Brush several coats of mascara on the smaller eye, but use only one coat of mascara on the larger eye. This should do the trick.

After a few hours of wear, my mascara leaves black smudges under my eyes. Is there any way to prevent this?

Mascara can smudge if you leave a residue from old mascara or cleanser on your lashes. It can also smudge if the area under your eyes is oily; many women have this problem. Dust your undereye area with a translucent powder after applying makeup. Then brush waterproof mascara on clean dry lashes, just lightly coating the lower lashes. Be sure to remove all mascara at night. —WENDY KORN



JOURNAL AROUND THE HOUSE

WHAT NOT TO PUT IN THE DISHWASHER

The dishwasher is a marvelous invention—but there are some items best left out of it. Knives, for example. And wooden bowls, good silver, fine china and stemware.

Here's a listing of some things to leave out of the dishwasher, as well as preferred methods for care.

Fine china. While everyday china can take a lot of rough treatment, fine old china is fragile and delicate and should be given tender loving care. Because automatic dishwasher detergent can sometimes damage gilt trim on such china, it's always best to wash it by hand, using a mild detergent and hot, but not steaming, water. Also use a plastic dishpan or a mat in the sink to protect china from chipping.

In addition, because food acids can damage the surface of the china if it's allowed to stand unwashed too long after a meal, try to wash it as soon after dining as possible. And wash quickly. Giving the china a lengthy soak can wear away some of the trim. When the china has been dried, stack it carefully.

Knives. Don't put knives into the dishwasher because the wooden handles may loosen. If you choose to put them in the dishwasher anyway, be sure the blade is facing up so that it doesn't cut into the plastic or rubber silverware tray. If you're using carbon steel knives, however, always wash and dry them by hand immediately after use to prevent staining.

Silverware. Some people swear they put their good silverware in the dishwasher with no ill effects. Others cringe at the thought—with good reason. Very often, machine-washed silver takes on a whitish cast that is extremely difficult to remove. This problem can sometimes be prevented by opening the dishwasher immediately after the rinse cycle, removing the silver and drying each piece by hand.

But if you choose to wash the silver by hand, do so in hot suds, then rinse and dry each piece immediately. There shouldn't be a problem if you use this method. If you don't, and the silver turns a bit "gold" after a while, it's easily renewed by putting it in the sink with a mild detergent, hot water and a dash of ammonia. After a minute or two, rinse the silver under hot running water and dry it thoroughly.

Stemware. The best way to avoid chipping and breaking good stemware is to keep it out of the dishwasher and wash it by hand—especially if the stemware has gilt or silver ornamental trim.

But even if you wash stemware by hand, you have to be careful. Never use ammonia, washing soda or harsh soap in the wash water. Always use a mild detergent and avoid letting the stemware soak for any length of time or the ornamentation will wear away. Instead, wash each glass carefully, one at a time. Rinse in hot water and let the glasses drain dry on a soft cloth to avoid chipping the rims.

Woodenware. This includes salad bowls, salad sets, cutting boards, etc. If you put woodenware in the dishwasher or let it soak for any length of time, it will absorb water and then either crack or warp (or both). Instead, wipe with warm, sudsy water, rinse with cool water, dry thoroughly—and occasionally rub on a little mineral oil with a soft cloth. —LOIS LIBIEN


Light-weight eyewear is in fashion.
VIENNA line
Viennaline Eyewear. Handcrafted, European Fashion. Made from Optyl® epoxy resin material so they're **lighter in weight** than other eyewear. And they're **hypoallergenic.** Choose from a large selection of men's and women's frames. Ask your Eyecare Professional for Viennaline Eyewear.
It's a pleasure to wear them.

Bite & Smile.



New Fruit Corners® Fruit Bars just changed the face of fruit forever.

They're 100% natural. 100% delicious. Made with real fruit. They come in grape, cherry, strawberry, and orange-pineapple. Just give someone a Fruit Corners Fruit Bar and watch a bite turn into a smile.

FRUIT CORNERS®

If it's Fruit Corners,® it's made from real fruit.

© General Mills, Inc. 1984



Man should not live on hamburger alone.

Grill up Hillshire Farm Smoked Sausage instead.

From Original Smoked Sausage to Polska Kielbasa to CheddarWurst Links—everyone will agree it's downright delicious! Because Hillshire Farm gently smokes its sausage with its own special blend of four natural hardwoods. Giving you an old-fashioned smoked flavor that cooks up America's great-tastin' meals.

HILLSHIRE FARM COUNTRY GRILL

Makes 8 kebabs

- 1/3 cup honey
- 1/4 cup spicy brown mustard
- 1/4 cup vegetable oil
- 1 Tb soy sauce
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 8 pearl onions (or small onion wedges)
- 1 medium zucchini, cut into 1-inch pieces
- 1 1/2 lbs **Hillshire Farm Beef Smoked Sausage** or **Original Smoked Sausage**, cut into 24 1-inch pieces
- 2 medium green peppers (1 red if available), cut into bite-sized pieces
- 8 mushroom caps

Prepare marinade by combining honey, mustard, oil, soy sauce, garlic, and ginger; blend thoroughly. Add sausage and vegetable pieces and stir. Marinate 1 hour or more, stirring occasionally. Assemble skewers by alternating sausage and vegetables as desired. Grill or broil 4 minutes on each side, basting with marinade if desired.

Check our labels for more delicious recipes.



Hillshire Farm gives you more great-tastin meals.

Hillshire Farm

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

FREE CATALOGUES — CATALOGUE REVUE — FREE CATALOGUES

Catalogues offer you a wide variety of choice and the convenience of shopping any hour in the comfort of your own home.

merlite INDUSTRIES, INC.
RLITE VELRY
e than 500 styles for part-time and time sales people. Watches, neckes, earrings, more. Free selling outree information. **217**



HENRY FIELDS 1985 SPRING CATALOGUE
Hundreds of bargains. High quality seed, hardy nursery stock, supplies — all specially selected with gardening in mind. Free. **587**



SWCL SUBLIMINAL TECHNIQUES
Stop unwanted habits, personal pressures. Gain health, confidence & much more! Extra popularity over hypnosis. **Midwest Research.** Free **116**



The proven **FACE LIFT CREME**
Look 15 years younger without expensive plastic surgery. Your wrinkles seem to disappear before your eyes. 100% guarantee **700**



ARPER GE
nique collection cutlery for ne and garden. In the **Sharper Edge** talog are 16 pages of handmade ls for the discerning individual who nts only the best. Catalog Free. **348**

5TH AVENUE MATERNITY

FINALLY MOTHERS-TO-BE NO LONGER NEED TO COMPROMISE STYLE
Our extensive full-color catalog offers a complete maternity clothing collection. Many items may be enjoyed after pregnancy too. Two day delivery and guaranteed sizing. Free Catalog. **568**



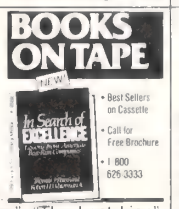
50% OFF CUSTOM TABLE PAD
$49.95 for any normal size; reg. $99.95
Just give us the mfg. no. on the bottom of your table or a few simple measurements. Quality & proper fit guaranteed or your money back. Details FREE. **Factory Direct Table Pad Co.** **034**



FREE PLANNING GUIDE
Tells how to save money on budget-priced insurance. You can buy direct-by-mail. Life and Health plans available in all states. **Gerber Life.** **379**



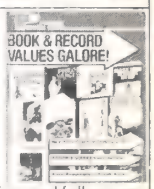
WEST LENS ICES EVER!
0 pg. color strated Consumer ide for Contact ses shows you how to buy top brand tended Wear $65 a pair, Tinted soft 0 pair. **800-USA Lens.** Free. **020**



BOOKS ON TAPE.
Full length best sellers on cassette. "On Wings of Eagles", "The Last Lion", 100's more. By mail order rental & return. VISA/MC. **Books on Tape, Inc.** **323**



BRIGHTS CREEK — a children's wear catalogue. Enjoy 48 pages of stylish and easy-care fashions for infants to 12 year olds. All with our Brights Creek guarantee of satisfaction. Free **006**



SAVE ON BOOKS, RECORDS, VIDEOS, CASSETTES
Publishers Central Bureau has 1000's of books, records, cassettes, videos discounted to 83%. No obligations, all items in mint condition and fully guaranteed or your money back. Find out why we are America's #1 source of books and records for less! **939**

ONTGOMERY ARD
ULL FIGURE ASHIONS Free atalog for Spring 85. Dress ttc with less ssle. Women's es from 36 to 52, lf-sizes from 12½ to 24½. Beautiful llection of figure-flattering styles & lors. Dresses, blouses, lingerie, suits, veaters, skirts, pants & more. **151**





HIGH FASHION FINEST QUALITY WIGS
Our 28 page color catalogue features the most up-to-date wig collection. Each style is available in over 50 colors for a perfect color match. **Jacquelin.** **537**



ONE OF AMERICA'S LARGEST NATURAL VITAMIN MANUFACTURERS
Puritan's Pride Free catalog features over 300 natural vitamin products. 2 for 1 sale on all vitamins, food supplements, health products, diet aids, natural skin care products, teas and much, much more. **016**

WHOLE CATALOG FOR YOUR BACK

THE BACK BOOK

Most people would do anything to get relief from nagging backache. **The Back Book** is a catalog filled with relief. Rare & unusual products. Tried & proven products. Sensibly priced, many items under $10. Every product backed by money back guarantee. Free. **540**

ALL ASHIONS end for our Free all fashion atalog. xclusively for omen 5'9" TALLER. **helley's TALL Fashion.** Fit & quality ave been their trademark for over 30 ears. Your satisfaction is guaranteed. 0 stores nationwide to serve you. **028**



COLUMBIA PACIFIC UNIVERSITY
Non-resident Bachelor, Masters & Doctoral Degrees in many fields, including Education, Business, Health Sciences, Engineering, Liberal Arts, Psychology. Credit for academic, life & work experience. Self-paced, individualized independent study. Cost under $3,000, time often under one year. Free. **055**



WESTERN STYLE
The 84-page full color **Shepler's** catalog has the most complete selection in years of authentic western and country casual clothing for men and women. Boots, shirts, hats, pants and outerwear, to suit your lifestyle. All moderately priced. **310**



BEAUTIFUL BEGINNINGS
presents over 200 famous name cosmetics. 64 pgs. of the finest best known beauty products at 50% to 75% savings. Fragrances, cosmetics, bath products, toiletries, accessories at remarkably low prices. 2 free gifts worth $35 with your order. **209**

HEESE O PLEASE!
6 full-color ages featuring over 00 beautiful gifts erfect for holiday iving, parties or ourself. Tangy Wisconsin cheeses, rld-world sausage, tempting pastries, andies, fruit, crunchy nuts and much, uch more. **Wisconsin Cheeseman** ackages each for giving. No shipping, rapping or shopping worries for you. ree cheese offer with catalogue. **111**



GIFTS OF LINGERIE are always appreciated and so affordable. **Night'n Day Intimates** is an exclusive selection of delicate underlings, dreamy sleepwear, loungy leisurewear to suit the varied lifestyle of today's woman. Feminine treasures to create a special fantasy for you & your special one. Request your Free catalog & receive a $2.00 credit toward your first order. **417**



HOW CAN YOU ADD TO YOUR PRESENT INCOME? The fascinating **AEA Business Start-Up Catalog** describes 216 small businesses, one of which can start you making money, offers information, such as, start-up cost, profit, potential success stories, other details. Start-up manuals are available for each business. Catalog Free **109**



THEE DIET SHOPPE It's smart to cut down on calories, sugar, salt & fat. Eat smart by shopping smart. The largest selection of Nutra-Sweet* sweetened foods available for home delivery in the U.S. Dozens of luscious treats, and all sugar-free, low in salt & fat. Write today.
*Searle trademark. **177**



YNCHRONICS
NGENIOUS RODUCTS IN TEP WITH THE IMES. A wonderful election of the newst, most exciting roducts for the 0's. Telephones, ideo, audio, health, xercise, luggage, watches & more. A onvenient deferred payment plan, with o finance charge! Request your free ull color catalog & receive a $2.00 cre-it towards your first order. **159**



LEARN A FOREIGN LANGUAGE ON YOUR OWN!
Audio-Forum's 32 pg. catalog lists 116 self-instructional book/cassette courses in 40 languages. Many developed for use by U.S. State Department personnel. Learn the language of your choice at your own speed & convenience. Also available: Brief courses for travelers, & "No-Time" courses; ideal for learning while driving, etc. Free. **945**



To request your catalogues circle the proper number, fill in the information, and enclose the $1.00 postage and handling charge

HTC	016	028	055	111	151	177	310	379	540	700
006	020	034	109	116	159	209	323	417	568	939
						217	348	537	587	945

Request these catalogues for me. **Enclosed is $1.00** to help cover P.&H

CASH
CHECK
MONEY ORDER

NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

CATALOGUE REVUE: DEPT. LH-05
144 S. 1st ST., P.O. BOX 4035, BURBANK, CA 91503

HTC-LH-05-05-85

Introducing
a sweet
little thing
from
California.



Introducing Hinode, the new, sweeter-tasting rice only from California. Where rich soil, Sierra water and Sacramento sun combine for unique conditions ordinary rices don't get. Hinode, it's the sweet, little thing from California you'll be glad you met.

JOURNAL AROUND THE HOUSE

DRAPERIES AND CURTAINS

Draperies are such an enormous household investment, it pays to know how to keep them fresh and looking new as long as possible. This is no easy task since sunlight and weather can wreak havoc on draperies and curtains.

Sun damage. The ultraviolet rays of the sun cause the most serious damage. As these rays pass through window glass, their strength intensifies—so much so that they can actually rot fine fabric. For this reason alone, it's wise to line expensive draperies with a sun-and-weather-resistant lining. If, however, you prefer the look of sheer draperies or curtains, seriously consider using shutters or blinds between windows and draperies.

Weather damage. There are many ways weather can damage window coverings. The most obvious is the damage that comes when a window is left op during a rainstorm. But fabric stai can also come from condensation on t window and from heating systems a air conditioners as well. Lining t draperies helps minimize such dama

The stress of cleaning. Washing dry-cleaning draperies and curtai also puts stress on the fabric. But y can stretch the time between cleanir by dusting them with your vacuu cleaner. Use the dusting attachme and start at the top and work your w down. Just hold the fabric taut w one hand as you vacuum with the oth

While cleaning, look at the hemli to see that it's not unraveling. A f stitches now may save you seve hours of work later on. Also check see that there's no undue stress on t hooks. If there is, add another hook ease things.

About once a year or so, however, t draperies or curtains should be wash or sent to the dry cleaner. If they're r heavily soiled, put them in the cloth dryer along with a damp towel or t and tumble them on the "fluff" or r heat cycle. This usually gets the du out effectively without putting und stress on the fabric.

Trouble in washing lined draperi When the time does come for a m thorough cleaning, be aware that lir draperies are extremely difficult wash at home. Not only are they hea but the lining will probably shrink a pucker. Lined draperies and any dr eries or curtains that are not co pletely washable should be sent to t dry cleaner. Curtains and draper that are washable may be washed hand at home.

How to wash curtains and unlined draperies

(Wear rubber gloves when worki with fiberglass curtains.)

1. Let the curtains or draperies so in the bathtub for ten minutes in c water and mild liquid detergent.

2. With clean bare feet (clean snea ers, if the curtains are fiberglass), st into the bathtub and gently walk over the curtains or draperies. T eliminates the job of squeezing the su through them with your hands.

3. Empty the tub and refill it w clear cool water. Walk all over the dra eries once again to squeeze out the tergent. Repeat this several times ur the fabric is thoroughly rinsed.

4. Squeeze excess water out of t fabric as gently as possible and ha draperies or curtains over the show curtain rod. Place newspaper on t bathroom floor to absorb the drippin

5. When they're dry, touch them with an iron only if necessary.

—Lois Libien and Margaret Stro

"The Female Body Should Remain Beautiful For A Lifetime." — **Penny Wise Budoff M.D.**

Now...Vitamins for Women

Can Help Keep Your Body Beautiful

Finally, A Vitamin/Mineral Supplement Medically Formulated to Fill the Special Needs of the Female Body.

For years Dr. Budoff searched for a supplement she could recommend to her patients. Finally, she created *Vitamins for Women*, a complete vitamin and mineral formula, to meet the complex needs of the female body.

In addition to the fact that men and women have different nutritional needs, even a woman's needs change as she ages. So Dr. Budoff created two formulas: "Over Age 40," and "Ages 14 to 40."

Osteoporosis: The Silent Killer.

Younger women need a steady supply of calcium to build strong bones. Over 40, the female body needs even more calcium to maintain bone strength and prevent Osteoporosis. If the body takes in too little calcium it will absorb it from the bones, causing up to 50% bone loss. The bones become brittle and break easily, the body becomes frail and stooped. 8 out of 10 women suffer from calcium deficiency. Over 35% of older women suffer from Osteoporosis.

Vitamins for Women "Over 40" provide 1,000 mg. a day of pure oyster shell calcium, plus 400 mg. of Vitamin D to help absorb and metabolize the calcium. How and when to prevent Osteoporosis? Start taking *Vitamins for Women now.*

"Over 40" and "Ages 14 to 40." Two Specialized Formulas.

Vitamins for Women is formulated to compensate for the female body changes that come with age. Non-menstruating women need more calcium and less iron. Excess iron in this age group may actively increase the risk of heart attack.



Under 40 females require more iron and less iodine and calcium. Dr. Budoff, having examined thousands of patients has allowed for these differences in her two formulas.

Helps Your Day Get Started: Helps You Sleep At Night.

Both "Over Age 40" and "Ages 14 to 40," *Vitamins for Women* come in morning and evening formulas. Although the female body needs calcium, it should not all be taken at the same time. Dividing your calcium and vitamins into morning and evening doses, allows for their better absorption and utilization, and is best for your body. The morning tablets contain many vitamins to get your day started. Many women feel that the evening tablets are calming and help them sleep. All of the Vitamin E is in the night tablets to help prevent night time leg cramps.

Compare Vitamins for Women to Any Other Supplement.

You will quickly see why Dr. Budoff's formulas are superior. VfW contains 23 ingredients that are essential to the female body. In fact, her formula contains *more* of these essentials than 2 or 3 of the most heavily advertised brands *combined.*

As another plus, she has included Vitamins, A, E, Beta Carotene and Selenium, which according to the latest cancer research, have certain protective properties. Dr. Budoff personally sees that her tablets are carefully manufactured, natural, and free from sugar, starch and preservatives.

With proper care, exercise, nutrition, and a *medically formulated supplement,* there's every reason to expect your body to remain beautiful for a lifetime.

Two Tablets Contain: (Over 40 Formula)

DAY TABLETS

Vitamin A	5,000 IU	Magnesium	100 mg
Beta Carotene	1 mg	Bioflavinoids	100 mg
Vitamin D3	400 IU	Rutin	10 mg
Vitamin C	500 mg	Iodine	80 mcg
Vitamin B1	25 mg	Iron	15 mg
Vitamin B2	25 mg	Zinc	15 mg
Vitamin B6	200 mg	Copper	1 mg
Vitamin B12	50 mcg	Selenium	50 mcg
Niacinamide	50 mg	Chromium	100 mg
Folic Acid	400 mcg	Manganese	5 mg
Calcium	250 mg	Biotin	25 mcg

NIGHT TABLETS

Vitamin E	200 IU
Calcium	750 mg
Magnesium	200 mg



Penny Wise Budoff, M.D. An authority on women's health, Dr. Budoff has published many research articles in prominent medical journals on menstrual pain, menopause, premenstrual syndrome and breast cancer.

A noted lecturer and author, her books, "No More Hot Flashes and Other Good News," and "No More Menstrual Cramps . . ." are best sellers.



TO ORDER: **CALL TOLL FREE 1-800-331-1750 Operator 603**
(Nebraska *only*: 1-800-343-4300 Oper. 603)

Please send _____ packages of Ages 14 to 40 Formula @ $19.95 each.

Please send _____ packages of Over Age 40 Formula @ $19.95 each.

For a total price of: $_____
(This includes postage and handling)

Each package contains nite and day formulas in 2 separate bottles of 120 tablets each.

LHJ5-5

Or: Mail this coupon to: *VITAMINS FOR WOMEN*
P.O. Box 305, Woodbury, NY 11797

☐ Check or Money Order enclosed for: $_____

Charge to: ☐ American Express ☐ MasterCard ☐ VISA

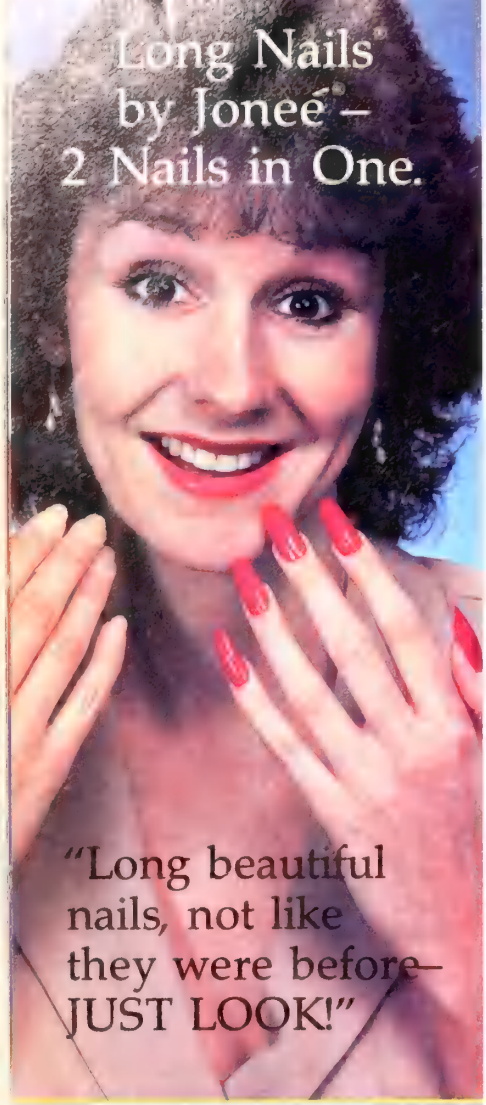
Credit Card No. _____

Expiration Date _____

Please Print: _____
First Name Last

_____
Street or Box Number

_____
City State Zip



Long Nails® by Jonee® are so natural, you can wear clear polish on them — or even put your hands in hot water!

They are fast and easy to apply — and you can do it yourself! Wear them either as a full nail or just a nail tip.

Long Nails® solves your nail problems with a complete line of nail care products for your every need!



Available at your favorite drug store and supermarket!

GREEN THUMB JOURNAL

Q *I was considering placing some of my houseplants outside this summer. Is this a good idea or will the change in temperature and climate damage my plants permanently?*

A If you live in the country or have a terrace in the city, placing your plants outdoors for the summer can be a great convenience. It offers a respite from the regular watering and fertilizing chores, and with vacations coming up, you won't have to worry about finding someone to care for your plants while you're away.

Though this arrangement is convenient for you, it may not be the healthiest plan for all your plants. While some flourish outdoors, others suffer severely or even collapse from the experience. When plants are placed outside, they are exposed to much harsher conditions—including storms, changes in temperature and the attacks of hosts of insects and other pests.

For plants that can withstand the elements, the real advantages of outdoor summering are adequate sunlight and better air. Those that have difficulty blooming indoors may flower during their season in the garden. They may also end up better rooted and more vigorous by the end of the summer than they have been in the house.

The plants that will benefit the most from their new location are the hardy houseplants that require minimal care. Place them outside no earlier than two weeks after the final frost. More tender plants that require warmer indoor temperatures must wait until the nightly temperature reaches at least 55°F.

Place houseplants in areas that are partially or entirely shaded depending on how much sunlight they required when indoors. Only succulents need to be placed in full sun. Be sure the location allows for good air movement, which is important for growth. Avoid putting your plants under trees where they can be pounded with heavy drippings during rains or blocked from receiving adequate sunlight.

It's best to set plants potted into the ground so they can benefit from ground moisture that comes through the bottom of the pot. (In addition, this setting makes it easier to remove your plants from the ground at the end of the season.) Otherwise, lengthy dry spells during the summer can kill your plants.

Once your plants are outdoors, water them frequently if rainfall seems inadequate and spray with a pesticide regularly. Plant growth often accelerates in the open, so you may have to trim some of your plants that grow too large or become leggy. Cutting overgrown branches may actually make your plant healthier.

Your houseplants summering outdoors require more care than your garden flowers, but they will still demand less of your time than they do indoors. If you're attentive to your plants' special needs outdoors, they should flourish during the season.

Q *I've heard new miniature roses are available as houseplants. I'm thinking of buying a few. Can you tell me a little about them and how to care for them?*

A The new miniature roses make beautiful flowering houseplants, and they're also very versatile. Outdoors they are hardy plants that blossom during spring and summer and lose their leaves in winter. But indoors they never stop growing and blooming, so they supply color year-round. And because they are available in at least a dozen varieties, you can place mini-roses throughout your house and garden.

In addition to their attractive appearance and adaptability, mini-roses are easy to grow and maintain. Most are available already established and can be grown in packaged houseplant mix if more soil is necessary.

Mini-roses need to be kept moist and should be fertilized with a high-nitrate formula, such as 10-5-5 (these numbers represent, respectively, the amount of nitrogen, phosphorus and potassium in the fertilizer), once a month. Twice a year feed your plants a dose of micronized iron (your garden center or florist can tell you how much to use). Mini-roses will flourish in any window except north.

Though mini-roses can grow up to thirty inches high outdoors, by trimming them regularly they can be ideal indoor plants. In addition, frequent trimming will produce more branches and flowers that are better proportioned to the size of the plant.

Mites were once a serious threat to roses kept indoors, but pesticides now available from your florist or garden center have alleviated this problem. Spray your plant periodically with a pesticide to keep your roses healthy.

Mini-roses are avilable from the Miniature Rose Company, 200 Rose Ridge, Greenwood, SC 29647. Their catalog is free.

—GEORGE A. AND VIRGINIE F. ELBERT

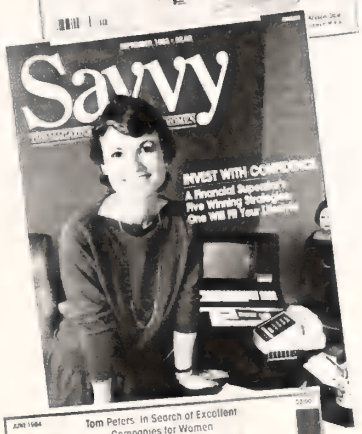
Do you have a houseplant question you'd like answered by our plant experts? Mail questions to Green Thumb, LHJ, 3 Park Ave., New York, NY 10016. Regrettably, only questions selected for use in this column can be answered.

SAVE 37%

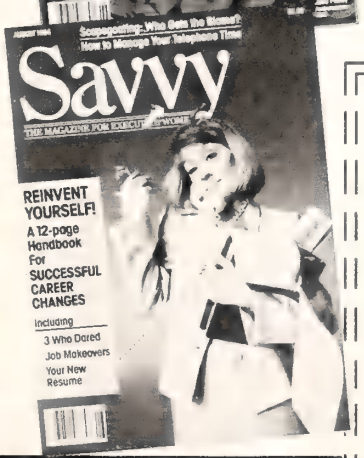
"GUARANTEED" SUCCESS WITH Savvy

SAVE 37%









Success in the business world requires the right combination—the right strategies, the right contacts, the right image. Success also requires the best business advice. For today's executive, success requires SAVVY—the magazine for executive and professional women.

SAVVY is the voice of authority for women in business. Discover management techniques to help you gain the most from your career, your colleagues, and your employees. Get on the inside track with the best business bets—investments, technology and travel. Meet top women executives and share in their strategies for success.

With every issue of SAVVY, you get:

The business of dollars and sense:
Conversation With A Stockbroker
Negotiating the Best Perks for You

The business of believing in yourself:
The Extra Edge—Personal Power
Skills Gaining Confidence Under Fire

The business of following the leaders:
Self-Made Millionaires
Top U.S. Businesses Run By Women

The business of being at the right place at the right time:
The Best Corporations for Successful Managers
Risk-taking Entrepreneurs

The business of achieving management excellence:
Delegating Responsibility
Managing Your Time

Your successful career requires SAVVY. Make the right business decision and join over one million SAVVY readers—**Subscribe Today!**

SAVVY'S GUARANTEE

If at any time, you are not completely satisfied with your subscription to SAVVY, we will refund the unused portion of your subscription.

Send no money now—mail this form today! ▼

Savvy P.O. BOX 2495, BOULDER CO. 80321

SAVE $6.03!

SAVE OVER 37%!

☐ **Yes!** Please send me 8 issues of Savvy for just $9.97 (saving me $6.03 off the Newsstand cost.)

☐ PAYMENT ENCLOSED ☐ BILL ME LATER

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Offer good in U.S. Please allow 6 to 8 weeks for first copy. 5LH59

FROM L'EGGS! ACTIVE SUPPORT™
PANTYHOSE



ACTIVE SUPPORT is a trademark of Consolidated Foods Corporation for pantyhose. ©L'eggs Products, Inc. 1984

GERALDINE FERRARO

continued from page 136

President Reagan. Yet despite the initial excitement over Geraldine Ferraro's nomination, women had evidently fizzled as a political factor. They had not made the difference in 1984 that their leaders expected.

In an attempt to make some sense of the Year of the Women that never was, and to find out what kind of political influence women would wield in the future, I decided to go to the source: Geraldine Ferraro herself. So on a wintry January afternoon I traveled to her congressional office in Queens, New York.

I found the office in a state of dismantlement, filled with packing cartons in preparation for Ferraro's return to private life. Her husband, John Zaccaro, had pleaded guilty the week before to a misdemeanor indictment charging him with a fraudulent scheme to obtain financing for a real estate deal, for which he was later sentenced to 150 hours of community service. But Geraldine Ferraro herself retained that afternoon the effervescent, inextinguishable vitality that had enabled her to survive the vicissitudes of the campaign.

How historic in fact was the campaign? I asked. Had she really established a precedent? Would women routinely be on major party tickets in the future? "I think there will be women running in the primaries in both parties," she replied. In the primaries? I asked, rather surprised; you mean the *presidential* primaries? "Yes."

"I never thought it was really going to happen," she said of her own nomination. "Staff-wise, we just weren't ready for it. Had Gary Hart been the vice-presidential candidate, he already had his organization. He was ready to go. If I had had six months of running for President in those primaries, I would have had time to pull an organization together. To put a national campaign together overnight is very difficult. It was like I had been thrown into deep water. I had to find people who knew how to swim until I could learn. I don't think a woman will let that happen to her next time.

What about sexism during the campaign? "I can't say that I found much. People called me 'honey' occasionally, which is hardly what you call the vice-president of the United States. But it was usually done by older men who afterward caught themselves."

What, in retrospect, was she least prepared for in the campaign? "The media attention," she replied. "I was on television every night, which was unusual for a vice-presidential candidate, and I was always caught rapping the President. Some of the stuff was funny, but it would be fifteen seconds of Gerry giving Reagan a zing-o. As a result I came out very flip, I came off as attacking an institution, and I didn't come off as likable."

After the election, I reminded her some feminists claimed that the Mondale-Ferraro campaign had not really tried to mobilize women, that she herself had not used "gender gap" issues to get out the women's vote. "Everyone knew that I was out in front on women's issues, but I just couldn't focus on those issues alone," she replied. "I had to let audiences know a little more about me; I had been a member of the House Budget Committee, but nobody ever mentioned that. I had been fighting for programs that were important. I was talking about defense, trade policy and the Third World debt crisis. . . . I couldn't be there strictly on women's issues.

"Still there was real frustration about women volunteers. They were not utilized the way they should have been. Women wanted to be put to work and to be told 'You're needed.' But where does money go in a campaign? It doesn't go for literature and posters and bumper stickers and yard signs. It goes for

irty-second TV spot. And do you need lunteers then? No. The problem is at when you ignore the volunteers, u lose commitment."

'Knowing what you know now, con-lering the consequences of the nomi-tion—your husband's financial dis-sure troubles, your own troubles er the abortion issue with the Arch-shop of New York—would you do it ain?" I asked.

"I think if God had said to me six nths ago, 'Gerry, here is the picture what's going to happen to you and hn over the next six months,' I would ve said, 'No, I don't want to do it.' I uld not have subjected my husband, y mother, my mother-in-law, my fa-er's memory, my father-in-law's mem-y, my kids hearing all this stuff for e first time—I wouldn't do that to em. You don't deliberately submit ople you love to something like that. t some other woman be the first. As ng as they're going to take a woman, at's fine. I don't think I'd run again vice-president." She paused, laughed. Next time I'd run for President."

Did she see any problem for Catho-s in politics? I recalled that in 1960 hn Kennedy had said he did not cept the right of any "ecclesiastical ficial to tell me what I shall do in the here of my public responsibility as elected official. . . ." If the Catholic erarchy had behaved in 1960 the way me prelates behaved in 1984, I sug-sted, Kennedy would never have en elected.

"Would you believe what's happened the last twenty-four years?" Geraldine rraro asked. For a moment, she was eply troubled. She loves her church. ne anti-abortion pickets proclaiming r a "baby killer" had upset her. Because of my background—having en reared in the convent at Mary-ount, having graduated from Cath-ic elementary school, high school, col-ge and law school, going to Mass and tar rail every Sunday—I think some ople feel that my position on abortion an absolute betrayal," she said.

"It was never an issue for me before 78. I opposed abortion, and that was . But after I was elected to Congress, honestly felt it was not right for me to pose my religious views on other ople. And it's only a religious view at makes me opposed to abortion. I n't know at what point a fetus be-mes a baby, at what point it has feel-gs. None of us who are lay people do. fact, doctors don't know."

Monsignors told Ferraro that the presumption" is that life begins at nception. "I said, 'Okay, I'll accept the hurch's teachings because I accept all ne Church's teachings, and God has ven me the gift of faith.' But how can I impose my religious presumption on somebody else? It is the worst issue to have to deal with," she said sadly—and harder for women in politics than for men. After all, Robert Kennedy had supported the New York State abortion law, and the Archbishop of New York had not attacked him.

"There will never be a constitutional amendment passed in this country that eliminates abortion," Ferraro continues. "If it got through the Congress, it would never pass the number of states needed to ratify it. The Right-to-Lifers are absolutely spinning the wheel. But they sure are vocal."

What about Ferraro's future? "I intend to be active in the party." She was very definite. "I intend to raise money for the party and for women candidates. That's women helping women, and I think quite frankly that that's the only way we're going to elect women to office. I intend to articulate where I think the party should be going."

As for her personal plans? "I don't know. I've been focusing on the immediate. I always complain that people don't think long-term; they think short-term, and that's not good for the country. But when people ask, 'What are you doing?' I say I'm thinking short-term, because I've got to figure out my life first." The *(continued)*





Taste the pure juice and nothing but the juice.

Taste the pure goodness of fruit juices with no added sugar. No preservatives. No additives. Nothing but the goodness of nature itself. Taste the clean freshness of four natural Tree Top combinations. All 100% pure. 100% natural. 100% delicious. All perfect for the healthy way you live and play. All purely made to Tree Top your day.

Manufacturer's Coupon • No Expiration Date



20¢ Off

On Tree Top Fruit n' Apple, Fruit n' Grape, Fruit n' Berry, Fruit n' Citrus, 40 oz. or 6 oz. 6 pack.

Mr. Retailer: Tree Top will reimburse you for the face value of coupon, plus 8¢ handling, provided you redeem it on products indicated. Any other use constitutes fraud. Invoices supporting purchases may be requested. Coupon may not be assigned or transferred. Customer must pay sales tax. Void where taxed or regulated by law. Good only in U.S.A. Cash value 1/100¢. For redemption mail to: TREE TOP, INC., P.O. Box 1448, Clinton, Iowa 52734. Limit one coupon per purchase.

28700 107668

Manufacturer's Coupon • No Expiration Date



20¢ Off

On Tree Top Fruit n' Apple, Fruit n' Grape, Fruit n' Berry, Fruit n' Citrus, 12 oz. frozen.

Mr. Retailer: Tree Top will reimburse you for the face value of coupon, plus 8¢ handling, provided you redeem it on products indicated. Any other use constitutes fraud. Invoices supporting purchases may be requested. Coupon may not be assigned or transferred. Customer must pay sales tax. Void where taxed or regulated by law. Good only in U.S.A. Cash value 1/100¢. For redemption mail to: TREE TOP, INC., P.O. Box 1448, Clinton, Iowa 52734. Limit one coupon per purchase.

28700 107676

GERALDINE FERRARO
continued

ok she is writing on her experiences ll be published this fall.

Many New York voters hope Geralne Ferraro will run against Republican fonse D'Amato for the Senate in 1986. ut some politicos think that her husnd's troubles have damaged her prosects. Recent polls reportedly show her nning behind D'Amato. The negative action is not because she is a woman. 's because she is a wife. Washington lumnist Mary McGrory called it the aramount irony that the first female ndidate for vice-president was judged ot for herself, but for her husband.

But Ferraro's 1984 campaign has letimized the idea that women can asre to the highest office in the land. nspired by her example, more women an ever before will run for public ofce—and more voters will support nem. Whatever her own future, Geraline Ferraro has already left an indelble mark on American history. As she aid about her candidacy on election ight, "We opened a door that will ever be closed again." **End**

rthur Schlesinger, Jr., has twice won a ulitzer Prize—for his studies of the presidencies of Andrew Jackson and John F. Kennedy. His new book, The Cycles of American Politics, *will be published shortly.*

MERYL STREEP
continued from page 137

to give her first refusal on every major woman's role isn't her idea of a full life. Streep insists on being a wife (a real wife, not just a movie star with a marriage certificate) and a mother (she has two children, Henry, five, and Mary Willa, one year).

An example of her commitment to her family: During the filming of *Sophie's Choice* in Yugoslavia, she persuaded director Alan Pakula to let her fly to New York for one day so she could be with her husband, artist Don Gummer, at the opening of his sculpture show. This meant that at the height of the shooting for this difficult film, in which she had to play brutal, heartbreaking concentration camp scenes, she flew to New York on a Saturday, was with her husband at his SoHo art gallery on Sunday and flew back to Yugoslavia and was ready for the filming on Monday. The strength of resolve and the stamina Streep needed to fulfill both personal and professional roles astonished Pakula. Streep will not make excuses; she simply will not sacrifice her family life for her career.

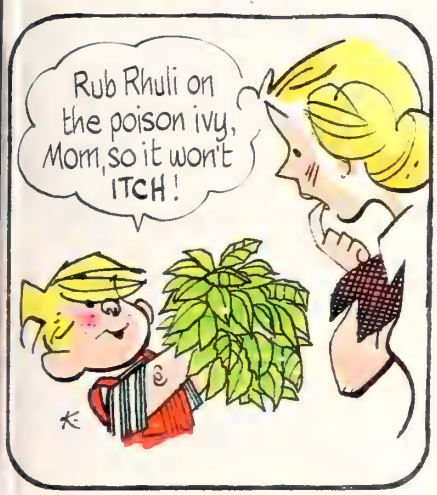
Having lunch one day with Meryl at New York's Russian Tea Room, I asked her how she was handling stardom.

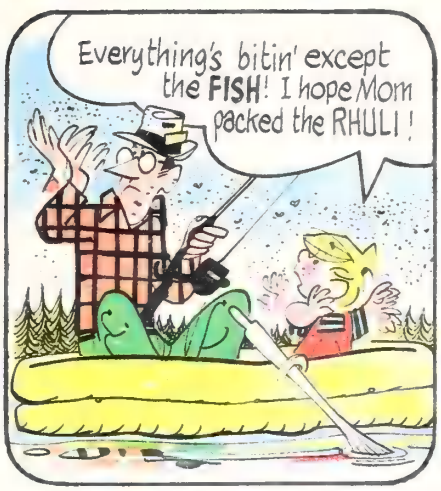
"A star?" she said, with a self-deprecating laugh. "I'm not a star. Morgan Fairchild, that's a star!"

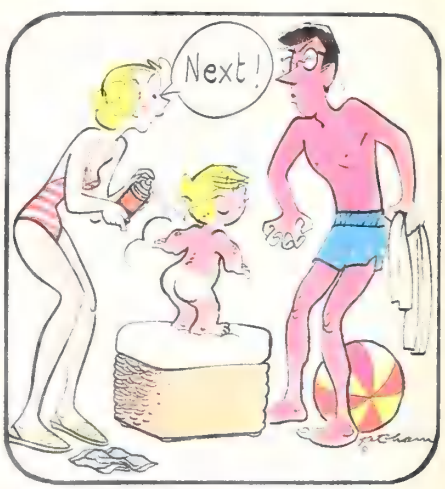
Her answer wasn't a matter of false modesty, nor was it a put-down of Morgan Fairchild. She meant that she and Fairchild are different. Fairchild readily accepts the trappings that go with being a celebrity; she revels in the attention, the photographers, the reporters, the screeching fans, the hype and tripe. Meryl, while by no means a recluse, tries her best to sidestep the barrage of plastic praise that inevitably accompanies superstardom.

In fact, far from becoming self-absorbed and basking in the adulation of fans and industry sycophants, Streep focuses on the world around her. Last year Meryl, along with actress Jane Alexander, won the Helen Caldicott Leadership Award from Women's Action for Nuclear Disarmament (WAND), a group founded by Dr. Caldicott. Meeting Caldicott, says Streep, has been an inspiration. "I had seen her book, *Nuclear Madness*, but I didn't want to pick it up. I didn't want to know." *(continued)*

Rhuli® to the Rescue...for itch, sting, bite and sunburn







Prepare for the "Summer Menaces," the itching of poison ivy, poison oak, insect bites, sunburn and other minor skin irritations.

For fast, soothing itch relief... it's Rhuli to the Rescue.

Available in gel, cream or spray.

MANUFACTURER COUPON EXPIRES 12/31/85



© 1985 Rydelle Laboratories, Inc. LHJ

SAVE 50¢

on Rhuligel,® Rhulicream,® Rhulispray,® and Rhulicaine®

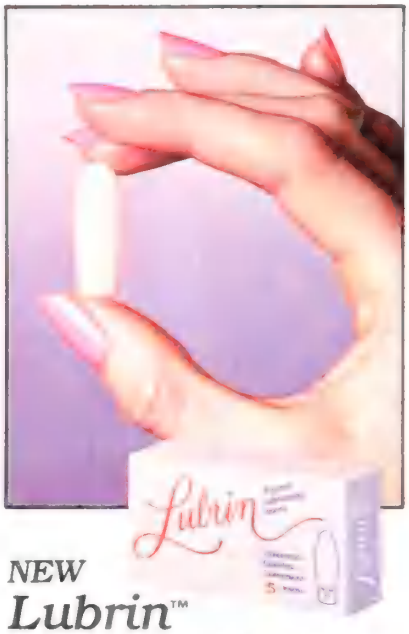
To The Dealer: For each coupon you accept as our authorized agent, we will pay you the face value plus 8¢ handling charges, provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void where prohibited, taxed or restricted. Your customer must pay any sales tax. Cash value 1/20 of 1¢. Offer good only in U.S.A. Redeem by mailing to Rydelle Laboratories, Inc., Redemption Center, P.O. Box 1711, Elm City, NC 27898. **Limit one coupon per purchase.**

122879

© 1985 Ketcham® Dennis the Menace. All rights reserved. Rhuligel, Rhulicream, Rhulispray and Rhulicaine are registered trademarks.

When insufficient lubrication interferes with sexual intercourse

Introducing
NEW
Lubrin™
Vaginal Lubricating Inserts



What is Lubrin?

New Lubrin is a vaginal lubricating insert specially formulated and designed for women when the lack of sufficient lubrication interferes with sexual intercourse. A problem that millions of women have but seldom talk about.

New Lubrin is an easy-to-use insert that is unscented, colorless and nonstaining. Because Lubrin liquefies within the vagina, it can be conveniently and discreetly inserted prior to intercourse to simulate your own body's natural lubrication.

Lubrin isn't messy like foams or jellies. It provides long lasting lubrication yet is easily washed off with water. Because each premeasured insert is individually foil-wrapped, Lubrin is convenient to carry in your purse or pocket.

Lubrin is gynecologist-tested, gentle and nonirritating. Use it with confidence.

NEW
Lubrin™
A product specifically designed for vaginal lubrication
Available without prescription at your pharmacy's feminine hygiene counter.

©1984 Upsher-Smith Laboratories Inc., Minneapolis, Minnesota 55441 All Rights Reserved.

MERYL STREEP
continued

Meryl had always been wary of getting involved in political causes, but becoming a mother helped change her attitude. "My commitment is quite emotional," says Meryl. "Although I'm not completely comfortable standing on a platform speaking publicly, I'm also a mother and intimately involved with the next century. I want us to get there. I have many fears we won't unless the tide of armaments is stopped." Characteristically, Meryl puts herself down, referring to "completely inarticulate people like me," but she says that winning the Caldicott Leadership Award for her activity with the Union of Concerned Scientists and the Performers' Action for Nuclear Disarmament was "better than an Oscar. Acting is my poetry," she says, "but my concern with issues and WAND is very much prose."

Streep's political conscience seems to influence her choice of roles, too. "I look for good art," she says, "and when I find it, it always in the end seems to be politically right, too." What attracted her to *Silkwood* was not so much the political message in the story of the nuclear plant worker who became an activist, got radiation sickness and died in mysterious circumstances. It was instead the complexity of the character and the rich reality of her world. As Meryl sees it, "In many ways Karen Silkwood was a pain in the ass. She was no saint, but a real, contradictory human being. That's what I loved about the role."

Watching Meryl Streep perform and talking with her, you begin to realize that it's largely due to her example that the intelligent movie actress is acceptable, even desirable, in American films. It's striking how many actresses give her credit for making this breakthrough. Following Streep, others like Keaton and Lange are now having their say in the total creative effort in films—writing, producing, everything. When Robert Benton allowed Streep to rewrite her courtroom scene in *Kramer vs. Kramer*, he may not have realized that it was a watershed event. That was more than Hollywood ever did for the likes of Carole Lombard or Katharine Hepburn, who in many ways are Streep's predecessors. Dustin Hoffman was impressed with the courage and brains that made Meryl lock horns with him on the interpretation of many scenes. "I hated her guts, but I respected her," Hoffman says. "She's not fighting for herself; she's fighting for the scene. She sticks to her guns and doesn't let anybody mess with her when she thinks she's right."

Meryl has had her detractors; inevitably, as her star has risen, she's been scrutinized with microscopic care. The formidable movie critic Pauline Kael, whose standards are as severely high as Meryl's, has faulted Streep for accepting too many "noble" roles: "If only she would giggle more and suffer less," wrote Kael. And as a matter of fact, Streep's innate gift for comedy has not really been tapped on-screen. Her teachers and fellow students at the Yale School of Drama knew her as a natural and ferociously gifted clown. Her role in *Falling in Love* was a tentative move in the direction of comedy, and while in London recently, she and her *Falling in Love* co-star, Robert De Niro, indicated that they're working on a mysteriously provocative comedy project.

Streep was in London to film the movie version of David Hare's play *Plenty*. The lead role of Susan Traherne, whose life mirrors the history of England from World War II to the present, is one of the most powerful women's roles in modern theater.

Immediately after finishing this exhausting role, Streep went off to Africa to star in Sydney Pollack's production of *Out of Africa*, based on the classic novel by Isak Dinesen. Streep's co-star in this movie is Robert Redford, and the pairing of the two talented blonds may make this one of the most exciting movies of the decade.

Years ago, it was director Joseph Papp who gave Meryl her first New York stage role after she graduated from Yale. When she rocketed to movie stardom, he was worried. "Hollywood looks for a quality, and they try to exploit that quality," he said. "You can't do that with her because she has too many variables—you can't stamp out cookies with Meryl." There are many actresses with talent and beauty, but Meryl has something more—she is the embodiment of a generation that believes it can achieve both worldly success and a transcendent humanity. Some time ago, as I walked with Meryl in SoHo, the artists' district in New York City, a young woman came up and said how much she admired her. "You're my sister," the woman said. **End**

Jack Kroll, winner of the George Jean Nathan Award for Drama Criticism and the Page One Award of the Newspaper Guild, is film and theater critic for Newsweek *magazine.*

PRINCESS DIANA
continued from page 137

those early photographs, you'll be surprised at how plump and, well, homely was the duckling who *(continued*

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his backyard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc* brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM DELUISE'S VEGETABLE SOUP

2 tbs. vegetable oil
1 clove garlic, minced
1 onion, chopped
½ tsp. sugar
2 qts. chicken stock
2 tbs. parsley flakes
Salt & Pepper to taste
12 cups frozen vegetables, chopped or cut in bite-sized pieces (celery, carrots, green-beans, broccoli, cauliflower, zucchini, peas, mushrooms, corn)
4 tbs. pastina, Grated Parmesan or Romano Cheese

Heat oil in 5-quart saucepan. Just add garlic and onion, and saute until golden. Stir in sugar. Add chicken stock and bring to boil; add parsley and vegetables. Cover pan and cook over medium heat 15 minutes. Add soup macaroni (pastina). Cook over medium heat for 10 minutes or until macaroni is cooked. Sprinkle with cheese.

HINT: Freeze plenty of fresh vegetables in Ziploc Freezer Bags so you can enjoy homemade soup anytime of the year!

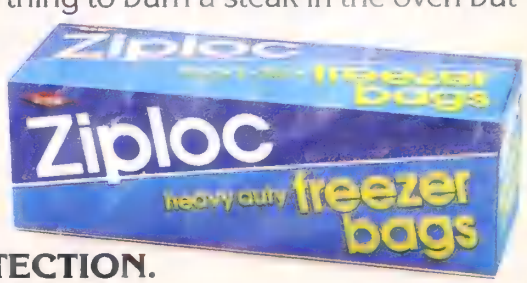
And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

The "Freezer King." He taught me how to turn a freezer into a summer garden.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

*Trademark of The Dow Chemical Company

CAN YOU CONTROL HOW WELL YOU AGE?



Perhaps you've noticed that while some women really show age, others seem to defy it. Aging well is the result of many factors. Heredity, exposure to the elements, and, of course, the way you care for your skin. As you get older, your skin demands special care. The kind you get from Oil of Olay.® The remarkable beauty fluid that works in mysterious ways.

You'll notice instantly how extraordinarily sheer and greaseless it feels. As each cool, light drop disappears under your touch, precious fluids work to replenish your skin's natural fluid supply.

One touch will tell you just how smooth, how silky your skin has become. Your skin will take on an altogether younger appearance as tiny lines mysteriously seem to fade from view.

Discover the mystery of Oil of Olay and discover younger looks at every age.

Now with warmer weather around the bend, a little more Oil of Olay at the throat will help prepare you for summer's lower necklines.

has blossomed into the exquisite swa
There were those predictable off-th
rack sweaters and skirts. That awfu
blue engagement suit. That outrageou
low-cut black dress for her first nigh
out as Charles's (finally!) fiancée.

And yet . . . it was precisely thos
clothes that first won our hearts. Th
truth was, until the fashion staff at Bri
ish *Vogue* took her in hand, the prin
cess-to-be had no formal dress sense a
all. But who cared? It was the self-a
serting individuality of that sassy blac
gown that we loved.

Above all, perhaps, it was the casua
hairstyle—slavishly and lucratively co
ied all over Britain and the world—tha
made her one of us. No wonder the publ
collectively gasped in disappointmer
last autumn when Diana appeared wit
her hair in a severe chignon. And wit
due deference to popular opinion, th
hair came down again very quickly (bu
not before Diana's ex-hairdresser, Kevi
Shanley, gave a comb-and-tell intervie
to the British press in which he reveale
that the princess highlights her ha
blond, and that he found her new look tc
"glossy and plastic").

But the changes did her image r
harm at all. For the secret of Diana's su
cess and staying power is that she is th
superchild of her generation, whose sty
and values are very much those of the
elders. In Britain, as in America, Diana
age group is more conservative, more r
spectful of the ways of its parents' genera
tion than were its predecessors.

And Charles, though he grew up at th
tail end of the sixties, was never exactly
flower child. He leaped straight from u
gainly youth to stolid middle age. Sinc
Diana's generation is, in its way, alread
middle-aged, she and Charles, despit
the twelve-year age gap, have a marriag
of minds and of hearts.

And although there was a great deal
worry early in the marriage that Dian
would not be able to withstand the pre
sures of life as a royal, she has prove
herself over the last few years. She sti
slips, as when she recently, in a repeat
an episode of over a year ago, stormed o
the ski slopes to escape photographer
leaving behind her embarrassed hu
band. And the privileged Princess didn
endear herself to the public when she a
mitted that she hated being in freezin
Liechtenstein, and said, "I can't wait t
get to the Bahamas." There's no doub
that even the aristocratic Diana undere
timated the pressures of life in the roya
goldfish bowl. But with her royal statu
enhanced as the mother of future king
Diana is growing more confident an
self-possessed—not to say pushy.

In the last year, Great Britain ha

watched the spectacle of its future King being dominated by his wife. Far from surrendering her identity to his, as was confidently predicted when this teenager became engaged to an older man well set in his ways, Diana has charmed Charles into changing some of his habits.

One of the first to think that perhaps the Prince had become a bit of a crank, and to take a dim view of developments, was his father, Prince Philip. When Charles made fewer public appearances last autumn, apparently preferring to stay at home with his young family, the Duke of Edinburgh made his displeasure public by refusing to visit his new grandchild, Prince Harry. His son, the future King, Philip told confidants, lacked "backbone." It looked like it was all that young girl's fault.

Early this year came the most dramatic development yet: The couple's private secretary, Edward Adeane, resigned suddenly under mysterious circumstances. With Adeane's departure, every member of Charles's intimate staff at the time of his marriage is now gone. His valet, Stephen Barry, fled to New York and wrote a tell-all book. The assistant private secretary, Oliver Everett, disappeared to look after the Queen's library. Press secretaries came and went. Even Charles's financial manager, Michael Colbourne, an old shipmate from Navy days, said farewell.

What was Di up to? In her own characteristic way, it seems, she was inching the monarchy toward the twenty-first century, and the courtiers just didn't like it. For instance, when she expressed a preference that Prince William receive an unconventional education at a Montessori school, she was firmly reminded she was talking not just of her own son, but of Britain's future King. Di being Di, she wasn't going to hand over the upbringing of her children to Palace committees.

As the plot of the royal soap opera—dubbed "Palace Dallas" or "Dynasty Di" by the British press—thickened, the Princess of Wales retained the devotion of her legion of faithful fans. No matter which otherwise popular member of the royal family appeared to be against her, Di reigned supreme.

So Princess Anne should have known better than to take her stand last Christmas by conspicuously spending the day at home shooting rabbits while the rest of the royals, including her own children, were attending Prince Harry's christening. Not being asked to be a godparent to either of her brother's children, it seems, was the last straw in Anne's rocky relationship with her sister-in-law. Anne lost points with the British public after that, despite having gained popularity for her tireless work for the Save the Children fund.

Today, four years after joining the cast of Britain's upper-crust serial, the Princess of Wales is still very much her own woman. Diana's saving grace, whatever wrath she may arouse, is that she has the full support of her mother-in-law, the Queen, for the approach she is taking to royal life.

Thanks to her evident sixth sense for these things, the Princess has evolved her public style into a judicious mix of "trad" and "pop," with which the Queen is delighted. In her thirty-three-year reign, Queen Elizabeth herself has done much to modernize the face of the monarchy, but her own shrewd instinct has made her aware that the younger generation can now do much more. So she is especially relieved about Diana, after the early worries that so young a girl might crack under the strain.

This meshing of "trad" and "pop" that so delights the Queen is clearly what also appeals strongly to Diana-worshipers of all ages and nationalities. Another important reason for her popularity is that she has preserved a real spontaneity in those brief exchanges that so endear royalty to their people. Chatting to factory workers while pregnant last year, for instance, Diana declared, "If men had babies, they'd only have one each." Women all over Britain applauded. Few royals appear so natural.

There is such a thing as royal protocol, however. In Australia Diana was introduced to a one-armed man and caused shudders among the royal entourage when she blurted out, "Oh, I'll bet you have fun chasing the soap around the bath!" But the crusty courtiers were shamefaced when Diana's "victim" thought it a huge joke and admitted she was absolutely right.

By perfecting her own brand of royal one-liners Diana has come to epitomize a spontaneity rare in royalty, and she has preserved her claim to being the People's Princess. Of all the varied women in the Best This and Most Admired That lists of 1985, Diana, Princess of Wales, is surely the only one who will still be there, as popular as ever, at the end of the decade. It will be a triumph as much of careful and canny calculation as of natural beauty and charm. Perhaps, after all, Madison Avenue should be proud of her. **End**

Royalty expert Anthony Holden is author of the authorized biography of Prince Charles, titled Charles, Prince of Wales, *and* Their Royal Highnesses, *written about Charles and Diana at the time of their wedding.*



GOOD SPORTS FROM OUR PAST

As seen on page 124

Ladies' Home Journal Offer
Department J051
P.O. Box 506
Chappaqua, NY 10514

Fully refundable if not satisfied!

You may order up to five FREE two-print sets of each pair.

Quantity		Total
	Please send me the following print set(s) as indicated. I have included postage & handling charges as listed.	
_____set(s) (#270)	"The Sailor and Her Mate" and "The Swimmer" only $1 postage & handling per set.	$ _____
_____set(s) (#271)	"The Tennis Player" and "The Golfer" only $1 postage & handling per set.	$ _____
_____set(s) (#272)	All four prints ready to hang in antique pink frames @ $16.95 plus $3 postage & handling per set.	$ _____
_____set(s) (#273)	All four prints ready to hang in black frames @ $16.95 plus $3 postage & handling per set.	$ _____
	Total enclosed	$ _____

Enclosed is my check/money order payable to RMS Sales, Inc. Or please charge my ☐ Mastercard or ☐ Visa (charges for framed sets only).

Card No. _____ **Exp. Date** _____

Signature _____

Print Name _____

Address _____

City _____ **State** _____ **Zip** _____

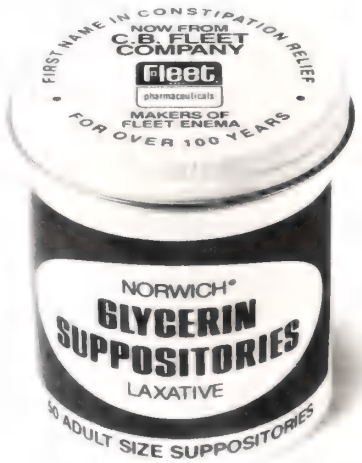
Canadian orders in U.S. dollars or equivalent. Add $1.00 for unframed and $2.00 for framed sets.

When you're constipated, you want a name you can trust.

C.B. Fleet, the name Americans have trusted for constipation relief for over 100 years, is now the maker of Norwich Glycerin Suppositories.

That's good news for constipation sufferers because Fleet's Norwich Suppositories work fast—in as little as 15 minutes. They're gentle too, since they work just where the problem is they won't upset your system like oral laxatives can.

For fast, safe relief of constipation, get the brand name Americans have been relying on for over a century: C.B. Fleet, now the makers of Norwich Glycerin Suppositories.



LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

The 15 minute laxative you can trust.

Available in adult and children's sizes. Use as directed

NANCY REAGAN

continued from page 138

may not be right for another. Whether a woman chooses a career outside the home or one as a full-time mother, or whatever, what's important is that she do what feels right for her. I am very pleased by the fact that there are so many more choices available to women today than ever before, and I think the eighties have brought about greater acceptance and understanding of the various options that are available to women.

"Certainly in the next half of the eighties we will continue to see more and more career opportunities available to women. With the increasing number of women entering the workplace, one of the biggest challenges will continue to be the struggle to find a healthy balance between one's career and one's home life. It becomes even more difficult when children are involved, and I think we need to find some way of ensuring that they do not suffer as a result.

"Overall, I think women are happy with the progress in the eighties, and I am proud of the countless contributions women have made toward the betterment of society." —BETH WEINHOUSE

MARY LOU RETTON

continued from page 139

prior to 1984, American female gymnasts had taken only *one* Olympic medal—a team bronze in 1948.

Much more than muscles contributes to Mary Lou's success; genes may have been an additional factor. Her father, Ronnie, was a college basketball star who played professional baseball with a farm team. All three of her older brothers were high school and college athletes. Her older sister is also an exceptional gymnast, training to be a coach.

And Mary Lou has a champion's personality. She began acrobatics training at age four, gymnastics at seven, and by her early teens realized that she'd gone as far as she could in her hometown of Fairmont, West Virginia. So she left home at fourteen to study in Houston with Karolyi; there she worked out four hours a day, seven days a week, in preparation for the Olympics. Her determination to be the best sustained her through two medical crises: a broken wrist the day before an important pre-Olympic qualifying competition, and arthroscopic knee surgery just six weeks before the Olympics.

What's next for America's top woman gymnast? More education, for a start. Mary Lou was taking a high school correspondence course before the Olympics and will try to graduate now. She is living in Houston with her brother, Ronnie, so that she can continue to train with Karolyi. And *(continued)*

Important New Vitamin Facts
from Yale-New Haven Hospital:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

troducing new, advanced rmula Unicap M.® lore "appropriate" help rebalance nbalanced meals the way utritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say utritionists in an independent udy at the Department of ood and Nutritional Services, ale-New Haven Hospital.

According to them, among e 105 multivitamin/mineral upplements studied, only 16 ere judged "appropriate" for ost vitamin users. And that's e kind whose formulation rovides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as new, advanced formula Unicap M.

It's why the nutritionists at Yale-New Haven Hospital consider a formula like Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. New Unicap M, for most vitamin users, the "appropriate" choice.

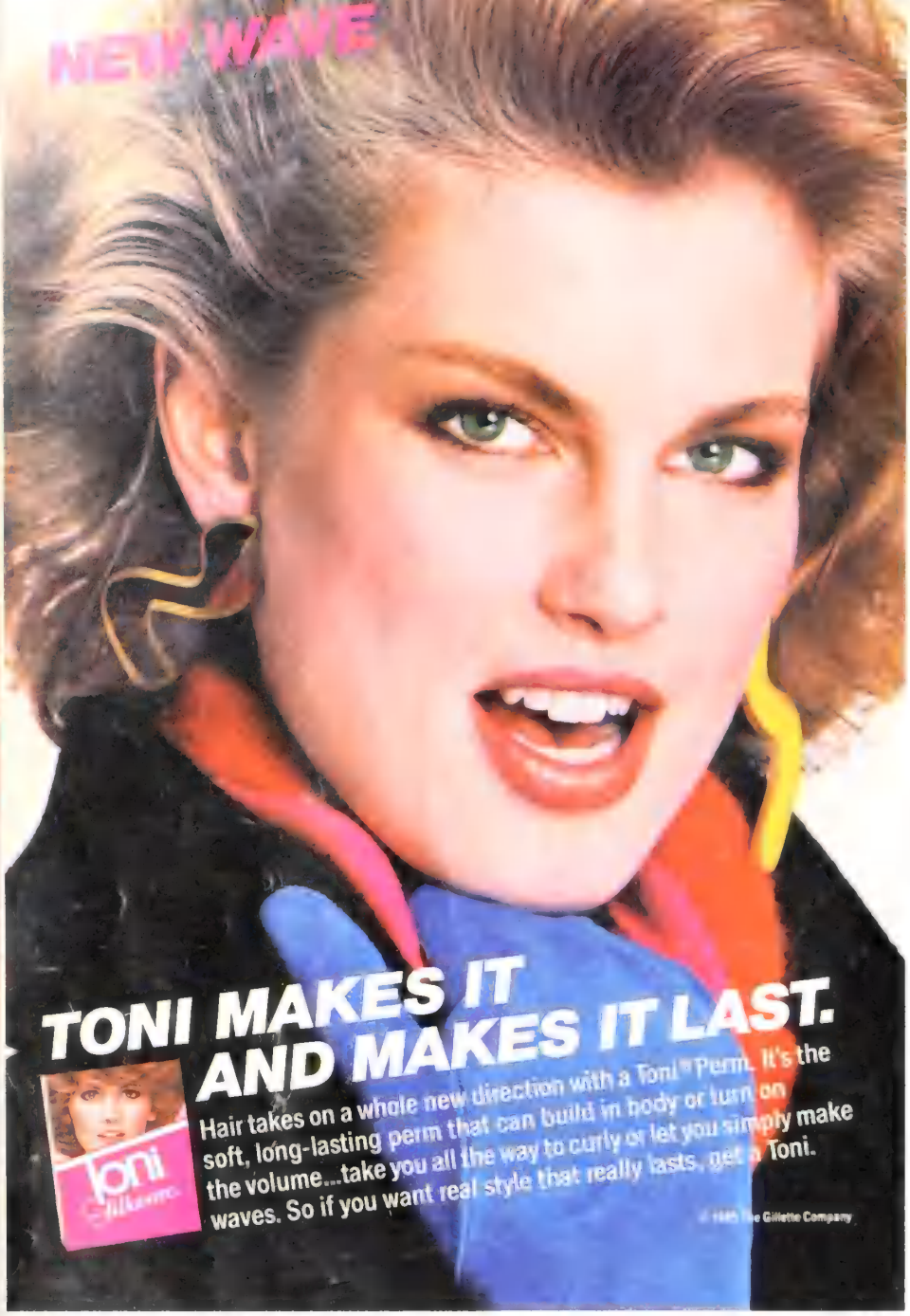
For additional information write, The Upjohn Company Yale-New Haven Hospital Study, Dept. 9001-88-95, 7000 Portage Rd., Kalamazoo, MI 49001.



The Better-Balanced Vitamin from Upjohn



Potency guaranteed.
• Sugar free • Sodium free



MARY LOU RETTON

continued

besides representing Wheaties, she's a spokesperson for McDonald's and Vidal Sassoon. Plus she has her own line of activewear. The money from these ventures is put in a trust fund so she can retain her amateur status.

Now that the Olympics are over, Mary Lou has just a bit more time to tool around town in her red Corvette, listen to rock and roll music and see movies featuring her idol, teen star Matt Dillon. She has, she says, no regrets for having traded an ordinary adolescence for an extraordinary one.

Says Mary Lou, "The eighties have meant a lot to me, both personally and professionally. The Olympics had always been my dream. I worked long and hard, and it finally paid off. Now I can be more carefree and easygoing.

"I'm young, still in school, and haven't yet had to face many of the problems women face. But I think we will continue to be more independent, bolder and more successful. I hope we take a stronger stand and make more demands for better jobs and better pay. We've come a long way in terms of independence and equal opportunity. I just hope that as I get older, things will be even better." —BETH WEINHOUSE

ANNA FISHER

continued from page 139

barely had a chance to water the plants—but when Anna was thirty-three years old (she's now thirty-five) they decided the time was right. Anna kept her pregnancy secret from NASA for five months. Then, as she grew bigger, she simply borrowed former astronaut Alan Shepard's old spacesuit. Fisher even went snow-skiing five months into the pregnancy and went skiing two weeks before delivery. Kristin was born on a Friday, and Fisher was back at work on Monday.

Anna's stamina will come in handy—being the mother of a toddler and being an astronaut are both jobs requiring lots of energy. As for Kristin, when she gets older her mother plans to give her a necklace that Bill made and that she carried into space as a special souvenir for her daughter.

Says Fisher, "I think that women are in a transition time, and that in the second half of the eighties we are going to continue to meet the challenges facing us now. We're still hoping for professional success: It will be a challenge to reach the point at which it will not be *unusual* to have women in any career. The ERA's not being passed is a disappointment to me personally, and, I think, to most women. But I realize that many of the things the ERA says are already in effect. If you look at women's accomplishments—we had a woman vice-presidential candidate, there are women going into space, women heading big corporations—you realize that even though that amendment wasn't passed the spirit of it is there.

"This is precisely what pleases me most about women's positions in today's society, that there are now opportunities for women to do almost anything imaginable. For young women today there are role models in every field. For instance, when I was young I thought about being an astronaut. But I didn't know how to go about it. There were no women in my field until 1978 [when Fisher and five other women became the first female astronauts]. There were, however, women in medicine, and I did think that someday doctors would be needed on space stations, so that's the route I took. But today women can be professional homemakers, astronauts or President.

"I think career *parents* (not just mothers) face the greatest challenge, the challenge of balancing their roles. After all, you love your job and want to do well, but you love your children and want to do a good job by them, too. How you balance is the biggest issue facing women today." —BETH WEINHOUSE

continued from page 129

miles by freeway, for his job as a divisional manager with Union Carbide.

The family's first home was in Walnut Creek, the town next to Danville. Then, Shirley remembers, "it was Fresno for two and a half years, Salt Lake City for four and a half, back to the San Francisco area for three years in Danville, then down to Southern California for three and a half years, and back to Danville for the last three years."

She has spent her life being uprooted, so she takes the moves in stride. "I was an Air Force brat," Shirley explains. Her father was a colonel and squadron commander; she spent seven years of her childhood in France and Germany, and she was graduated from the American High School at Kaiserslautern, near Heidelberg.

Jim, a Californian, had a more conventional childhood, and Shirley realized what she had missed when she accompanied him to his twenty-year high school reunion. "It was neat seeing people who remembered him from way back when. I was never able to accumulate friends in any one place: Mine are scattered round the world."

In California, where there are many down roots. "Everywhere we go, we join a church and have an instant family." But the process of moving is burdensome. Every Mormon family is supposed to store a year's supply of food against emergencies, and for each move Shirley must deal with crates of groceries as well as a houseful of furniture. Fortunately, she inherited her mother's talent for making every house look comfortable and welcoming.

Wherever she and Jim have lived, Shirley has provided day care. When her own children were tiny she took in older ones; now that they are older, she prefers infants. She has noticed a subtle change; nowadays, it is usually fathers who deliver the children to her house in the mornings. "The mothers pick them up in the afternoons, but it used to be the mothers doing both. After a time you get real close to these women. They still work harder than their husbands. They're still the ones who fix dinner and put the baby to bed."

This inequity exists in Shirley's own marriage, though the relationship is clearly a happy one. Jim leaves the house at five in the morning and is home by four in the afternoon. Shirley is up at five-thirty and continues to be busy until she goes to bed at eleven.

about $200 a week, and after tithing 10 percent to her church, Shirley uses the rest to provide extras for the home and clothes for herself and the children. Although Jim earns $50,000 per year, she feels the need for her own money. She says the income gives her "self-esteem," a word that comes into her conversation a lot. She lacked it as a child, she says, and is determined to sustain it now and pass it on to her children.

Shirley's day begins with a three-mile jog. She cherishes this early-morning exercise alone as "my time for me." Upon returning home, she may do half an hour's gardening before making beds and fixing breakfast for James Severin (known in the family as J.S.), who is seventeen, sixteen-year-old Bob, fourteen-year-old Carolyn and nine-year-old Carie Anne. Carolyn was born with cerebral palsy and needs help getting dressed. She is a lot more independent than she used to be, thanks to Shirley's insistence that she have all possible surgery to straighten her legs and improve her mobility. Determined that her daughter be self-reliant, Shirley also insists that she take a share of household chores; as a result, Carolyn is able to do more for herself than her doctors predicted. *(continued)*

How to Get Your Teenager Talking – to You.

If you believe your young teenager is worth talking to, this free book is worth reading and using.

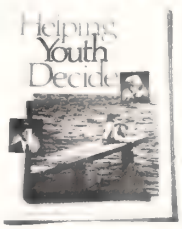
Developed by professional educators, "HELPING YOUTH DECIDE" can help you help with the important decisions too many teens are silently making alone ... whether or not to take a job, drink, smoke, borrow money, quit school, get married.



Single copies of "HELPING YOUTH DECIDE" are free to parents of teens, with funding from The Tobacco Institute.

Get your free copy and get your teenager talking to you. Fill out and send the coupon today.

Please send my free copy of "HELPING YOUTH DECIDE."



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Mail to: **The National Association of State Boards of Education**
P.O. Box 1176, Alexandria, VA 22313

L-5

A PUBLIC SERVICE OF THE NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION AND THE TOBACCO INSTITUTE.



- Rings won't twist with new Finger-Fit!
- Rings slip on and off easily even over swollen knuckles.

Jeweler can attach to any woman's ring, old or new. Opens 3 sizes, snaps closed for snug fit. 14K yellow or white gold or platinum.

U.S. PAT. NO. 2771753

Thousands of satisfied customers coast to coast! Mail coupon for name of Finger-Fit jeweler near you

FINGER FIT... *for a Comfortable Fit!*
DEPT. L-5, BOX 640, PLYMOUTH, MI 48170

NAME

ADDRESS

CITY, STATE, ZIP

THE WAY WE LIVE NOW
continued

As the family is finishing breakfast about seven-thirty, the babies start arriving at the house. Shirley straps them into the family's eight-seat van when she takes her turn in the car pool that delivers her own daughters to school. Back home again, she puts on the VCR in the family room and does Jane Fonda exercises, advanced level, while the children play around her. Then she organizes activities for them until it is time for their mid-morning nap. While they sleep, she cleans house, does laundry, makes phone calls in connection with her many church activities and prepares her Sunday school lesson for a class of teenage girls. She cares a lot about these girls, and if any of them have problems, she meets with them individually during the week. Shirley studied child development and family relations in college and still reads psychology books.

After the babies are given lunch, her own children start arriving home from school. Then Jim comes home, the mothers come for their infants, and it's time to fix dinner. About three evenings a week are taken up with church-related social activities, many of them organized by Shirley. Shirley has no worries about her children becoming involved with drugs because, she says with a smile, "we keep them too busy to get into trouble. And they don't see a double standard at home."

Every Friday night, as they have done since their courtship, Shirley and Jim go out on a date. "As corny as it sounds," says Shirley, "I still go to bed and dream about my husband. Aside from the fact that we love each other, the thing that has helped our marriage most is commitment. Even when times have been tough, we are both so committed that no matter what, neither of us would ever pick up and leave.

"Marriage isn't fifty-fifty," Shirley says. "It's nearer eighty-twenty, and it switches. Sometimes he is giving eighty percent and sometimes it's you. But to a vast extent, it's you."

Doreen Rose
New York City schoolteacher

Doreen Rose spends a lot of her waking hours worrying about money. As she sees it, the $30,000 salary she earns as a public school teacher would be a comfortable income if she had only herself to think about or were married to another wage earner. But for a single parent in New York City it is never enough.

When her only child, Jeremy, was a year old, she instigated divorce proceedings "because I could not see raising a child in a tense and loveless environment." She is impatient with the belief among some of her fellow teachers that broken homes breed troubled children. "Some women think they should stay in a bad marriage for the sake of the children. But it was for the sake of my child that I got out of mine."

While Doreen is among the 50 percent of Americans whose first marriages end in divorce, she is one of the few of that group to remain unmarried. She feels that her prospects are limited because of her race. "There are not many educated black men of my age around," she says. Doreen is now thirty-eight, and Jeremy is seven.

Born on the island of Jamaica, Doreen came to New York when she was twenty, put herself through college, married and became an American citizen. She teaches in a program designed to enrich the lives of youngsters who for reasons of truancy, family misfortune or lack of motivation have missed too much school. Constantly concerned about "how much these children do not know," she performs small miracles with them. But she worries about how many more years she will have the stamina to carry on. Many of her male students are larger than she is, and she has been physically threatened. "You have to be strong to teach kids with emotional problems," she observes. "I have known really tough men to reach the point where they had to quit in the middle of the day."

The high school where she teaches, in a working-class New York neighborhood, is a far cry from the Anglican girls' private school she attended on the outskirts of Kingston. "That was patterned after the English system and gave me a very good education. There you had to raise your hand to speak to a teacher and stand up when one came into the room. If you gave a teacher a funny look, you were considered impertinent."

While Doreen misses the love and security of the extended family she knew in Jamaica, she knows that she and Jeremy have a better life in the United States. She rents a two-bedroom apartment in middle-class Forest Hills, New York. She moved there last year, after several years in a smaller place. Jeremy used to sleep on a high-riser in the living room; now he has his own bedroom. It is small and sunny, painted white and furnished in bright colors, with Jeremy's best drawings pinned to the walls, classroom style. The living-dining room is also spruce and tidy, with a new sofa and armchair upholstered in sapphire-blue velvet—furniture chosen because it is comfortable and should wear for years. Doreen intends to buy some prints for the walls, but time and money are always lacking. She has not gotten around to fixing up her own bedroom.

Of the $30,000, her take-home pay is only about $16,000 after deductions are made for federal, state and city taxes, pension and union dues, as well as payments on a loan against her pension. Jeremy's father, who sees little of his son, provides $50 a week in child support. After paying $512 in rent, Doreen is left with about $1,000 a month to cover all expenses. These include food, clothes, automobile costs, payment of a daily sitter for Jeremy between the hours of his homecoming and hers (Doreen has an arrangement with a woman who lives in the same apartment house), and "a lot" of insurance.

"I am allowed only ten paid sick days a year. After that I have to take a leave of absence. I cannot afford a long illness, so disability insurance is important. There is only me to take care of Jeremy, and if, God forbid, I had to go into the hospital for several weeks, we could be in a desperate situation."

Doreen has been teaching for twelve years. After another three she will qualify for a pension upon retirement. With the future in mind, and to augment her present income, she has just started learning the business of real estate, spending two evenings a week and Saturdays in a real-estate office. The business appeals to Doreen, "because it involves dealing with people and because it might help me find a way of buying a house of my own. I would like a slice of the great American dream."

Doreen has never been able to save much. An unexpected expense can force her to borrow against her credit card or pension fund, and it takes months to repay the debt. Her last vacation was in 1980, on the strength of *(continued)*

ive ways to add spirit to everyday meals.



reate
ontinental
itlets: Dust 4
irkey cutlets with
our, salt and pep-
er. Sauté until
rowned and re-
ove cutlets. Add
cup Marsala
ooking Wine to
an, stir to a boil.
our over cutlets.

Tastier fish or chicken: Mix 2 Tbsp. White Cooking Wine, ¼ cup melted butter, and 1 tsp. chopped parsley. Pour over 4 filets or a 3½ lb. quartered chicken before broiling or baking.

Memorable marinade for steak or chicken: Mix ½ cup Sherry Cooking Wine, ¼ cup soy sauce, 1 Tbsp. brown sugar and 1 minced garlic clove.

Savory stuffing: Add 2 Tbsp. Vermouth Cooking Wine, 3 Tbsp. water and 2 Tbsp. butter to each cup of packaged stuffing mix.

Taste the difference in hamburgers: Mix ¼ cup Red Cooking Wine to 1 lb. of ground beef and form patties.

Save 25¢ on any Holland House® Cooking Wine

CONSUMER: Offer good only in U.S.A. and on product indicated. You pay any sales tax. Limit one coupon per item purchased. RETAILER: Coupon will be redeemed at face value plus 8¢ handling if properly redeemed. Failure to provide on request evidence of purchase of sufficient stock to cover coupons submitted voids all such coupons. GENERAL: Void where prohibited, taxed or restricted. Coupon may not be transferred, assigned or reproduced. Cash value 1/20¢. Mail coupon to: Rose Holland House, P.O. Box 1346, Clinton, Iowa 52734.
Expiration date: December 31, 1985.
Store Coupon 16600 800425

1985 Rose Holland House, Inc.



a check for some back pay it had taken her three years to recover.

Doreen's daily schedule is crammed from morning to night, with little time for spontaneity or leisure activities. Occasionally she dates, but not seriously. "I do not want a procession of men in my life. It would be confusing for my child. I have a small circle of very good friends, including men, and they are my social life. Someday it would be nice to find someone with whom I could have a loving relationship, but I don't go out looking for it. If it happens, it happens. If it doesn't, c'est la vie."

On schooldays she sets her alarm for five-thirty. She showers, has coffee, fixes Jeremy's breakfast, makes sandwiches for his lunch box and wakes her son at six-fifteen. She gently persuades him to have a nourishing meal before taking him to her neighbor's apartment, where he will wait until school time. Then she drives to school and is at her desk by seven-thirty. This gives her time to read the newspaper (she teaches current events) and to put the day's work on the blackboard before the students arrive at eight-ten. She has never been late for work.

She teaches until two-thirty, stopping for a diet soda during lunch break. On the two days that she doesn't drive straight to the real-estate office, she picks up Jeremy, gets him started on homework and prepares dinner. She always prepares meals from scratch and is proud of the fact that Jeremy has never tasted a TV dinner. Doreen treats Jeremy with great love and firmness. Although he is in a class for gifted children, she still takes time to check his homework and explain things he may not understand. "When a child is still young, it's important for parents to direct, explain and cajole so that good work habits are instilled," she says.

She reads to him before bedtime, spends a couple of hours on her own schoolwork and by nine-thirty in the evening is falling asleep. On evenings when she goes to work at the real-estate office, Jeremy stays with a neighbor. Sunday mornings are her only chance to sleep late, and on weekends she tries to take Jeremy to the park, a museum or a movie.

Doreen cannot foresee much change in her life, but she still feels she has more opportunities than her mother. "She ran a restaurant and was a good businesswoman, but she did not have the chance of a higher education as I did. If I didn't have to work, I would go back to school; I love learning. If money weren't a problem, there's nothing I'd enjoy better than being a student again."

Patricia Reed
Illinois secretary

Eleven years ago, when she went back to work after the birth of her second child, Patricia Reed was given a piece of advice by an older colleague. "She told me never to think of my family while I am at work, and I don't. I am Mommy at home and Abbott [Abbott Laboratories, where Pat works] at the office, and I am careful never to let the roles cross. That advice has helped me keep my sanity."

Pat, thirty-eight, is a secretary at Abbott, which is the largest employer in Lake County, Illinois. She lives just seven miles from the plant, in the blue-collar town of Waukegan, on the northern shore of Lake Michigan. Her husband, Ken, is an electrician, and she has two children—seventeen-year-old Christina and eleven-year-old Michael. Across the United States there must be millions of three-bedroom ranch houses like theirs, yet to Pat this place is special. "My home is my sanctuary. It is where I regroup."

She has decorated the living-room walls with crewel pictures *(continued)*

SNAZZY SWEATSHIRTS



Fabulous fashion find: A pair of pretty pullovers just right all year round. . . at special prices if you act now!

Our super, soft shirts are sporty yet sleek. Stylish detailing—pouch pockets, contrasting white collars, make them perfect for work or play. The cotton/acrylic blend sweatshirts are machine-washable and fleeced on the inside for cuddle-in comfort. Available in the choice of colors shown (purple and red), as well as pink and black. And, they're attractively priced: just $15.95 for one, $29.95 for two.

RMS SALES, INC DEPT. J-053 BOX 506 CHAPPAQUA, NY 10514 *Fully Refundable if not Satisfied*

Total Sweatshirts ordered_____
Any 1 for $15.95 plus $2.50 postage & handling
Any 2 for $29.95 plus $3.00 postage & handling

☐ Enclosed is my check/money order payable to ***RMS SALES, INC.***

Please charge my ☐ MasterCard ☐ VISA

Quantity	*Purple # 221*	*Red # 220*	*Pink # 219*	*Black # 218*
Small				
Medium				
Large				

Signature _____ ***Card No.*** _____ ***Exp. Date*** _____

Print Name _____

Address _____

City _____ ***State*** _____ ***Zip*** _____

Canadian orders in US funds or equivalent plus $3.00



losed 50c. Please send me the YAFFA DESIGNS booklet and where I can hem

to YAFFA DESIGNS
17 Industrial Drive, Cliffwood Beach, NJ 07735

e _____

ess _____

_____ State _____

_____ Phone (_____) _____





of flowers she embroidered over the years. There are several hanging plants, and a crocheted afghan is folded over the back of the sofa. A console television stands in one corner with a VCR on top. Pat's idea of a pleasant evening is to replay a black-and-white movie from the fifties. She does not mind that Ken prefers to read a newspaper. "It's just good to know that he's in the same room. He's a nice person to be with, even if we aren't talking. I am very lucky to be married to him."

Ken, thirty-seven, is her second husband. Pat was first married when she was nineteen, to a boy she met in high school. After a year and a half he became physically abusive, and Pat decided that "I wasn't going to stay around to become a battered wife." Taking her baby daughter, Christina, she moved back into her parents' home and sued for divorce.

Ken has raised Christina as his own child, and she has always called him Dad. Christina is planning to enter Southern Illinois University in the fall. Neither her mother nor her stepfather had a college education, nor do they feel the lack of it, but so long as Christina works hard and contributes from her own earnings, they are prepared to pay the bulk of the fees. Christina thinks she may want to be a lawyer.

Pat and Ken have one child of their own, Michael, whom Pat describes as "a carbon copy of his dad." Father and son do a lot together, such as going to car races and making winter expeditions on their snowmobile. Pat doesn't usually go along, preferring to watch old movies or read.

In recent years the family has taken vacations to Las Vegas, Colorado, Washington, D.C., and Hawaii. They recently bought a trailer and plan to take it on a camping trip to Yellowstone National Park this summer.

Ken earns about $35,000 a year working for a private contractor. Pat's salary was $21,855 last year, and it is this that helps makes possible Christina's college tuition, the snowmobile, the vacations and the trailer. Pat started working at Abbott Laboratories fifteen years ago, before she married Ken, and feels that the job suits her admirably.

"There are opportunities for advancement I could go for, but I'm not all that ambitious," Pat says. "I like what I do, and I think I'm well paid. I am secretary to two gentlemen, both fun to work for and different from each other. I set up meetings, answer a phone that is ringing constantly, type memos and letters and make travel arrangements for my bosses. I am never bored." The only exception she makes to the rule of not mixing business and family is that she insists her children telephone her at work every afternoon to let her know they are safely home.

Pat gets up at quarter to six each weekday, an hour before Ken. She feels she works harder than he does, but she does not resent this. "Men may be physically stronger, but women have more endurance. They are the ones who really run things." On the weekends she cleans house, does about seven loads of wash, and irons. The only time in her marriage when Pat didn't have a full-time job was for six months after Michael's birth. Soon she became so bored, she found herself washing walls that didn't need cleaning, so she went back to Abbott.

"At that time we saved every cent we could. But when I hit thirty-one, I began to wonder why I was working so hard and not enjoying life. So I began to push for us to go on a vacation." She longed to make a trip to Hawaii and swim in the Pacific, but Ken is not paid for time off, and "it was like pulling teeth to persuade him." Once persuaded, he enjoyed himself so much that they went back for a second visit. Now they dream of settling there. They plan another Hawaiian trip in 1987, "and this time we'll go job hunting." If they are not successful, Pat will cheerfully put in another twenty years at Abbott to qualify for a pension. She recognizes that her steady income has locked the family into a lifestyle that obliges her to continue working until retirement, but she does not mind. Her mother also worked, but in a factory, and Pat feels that hers is a much more pleasant life.

For personal recreation Pat sometimes takes evening classes; these have ranged from economics to needlework. She would also like to learn a second language. She is trying to lose weight by taking a speed-walking class at her local high school; two evenings a week she paces around the running track wearing Michael's head-set tuned to bebop music to keep her going.

Pat has always had a weight problem and hopes that the exercise will help. She dieted strenuously once, then put all the weight back on. "I would like to get this excess weight off because, Lord knows, I feel better when I'm thinner," she says, "but I have learned to accept my bigness. My husband loves me no matter what."

Pat doesn't worry about getting older, either, because her life has been consistently getting better. She and Ken have been saving for their retirement, and if they can't spend it in Hawaii, they will happily settle for a smaller house in the *(continued)*

WHEN YOU MAKE FRIENDS WITH A KITTEN YOU'VE MADE A FRIEND FOR LIFE.



© Ralston Purina Company, 1984

It's easy to make friends with kittens. Just give 'em a rubber ball. Or a piece of yarn.

Or better still, just hold them.

Because soon, kittens outgrow yarn and toys. But they never outgrow that first person that held them.

Pets add a great deal to our lives. And Purina® wants to add as much to theirs. That's why for more than half-a-century we've searched for ways to help pets live longer, healthier lives. And that's why Purina pet foods contain all the nutrition your pet needs.

The next time you look for pet food, look for the Checkerboard.

And help your pet live a longer, healthier life.

We're helping pets live longer, healthier lives. Purina®



West—this time with a big master bedroom and a fireplace in the living room.

Nancy Roberts, Baltimore executive

Nancy Roberts had to spend the last four months of her pregnancy in bed, but she never stopped working. As a thirty-one-year-old executive whose staff depends on her, she felt it would be disastrous to take that much time off. "So although I had to remain horizontal, I had staff meetings in my bedroom and even interviewed applicants for a job vacancy. I wanted things to go on as usual. We installed a small refrigerator in my bedroom so I could have people in for business lunches. My husband would fix the food before he left for work, and when my guest arrived I would throw the front-door key out of the bedroom window."

Nancy heads the Baltimore Citizens' Planning and Housing Association, a forty-four-year-old public-interest group that has been a catalyst for much of the recent rebuilding of Baltimore. She has held the job since she was twenty-five and is keenly aware that her youth could be seen as a disadvantage by the public officials and corporate executives with whom she has daily dealings. "So I always make a point of being very well prepared for these meetings. As a result, people seem to judge me on the basis of my work."

Her husband, David Gillece, thirty-five, works in a similar field—as deputy director of the Greater Baltimore Committee, an influential organization of community-minded business people. Their joint annual income is about $90,000, and they live, in Nancy's description, "one block east of chic," in an old Baltimore neighborhood that is being gentrified. Their house is a three-story brick dwelling with front doors that open onto the sidewalk. His Subaru and her Volvo are parked at the curbside.

"We certainly fill some of the criteria for yuppies," Nancy agrees reluctantly. "We are young, urban and professional, but ours is not the empty, disposable kind of lifestyle the media associate with yuppies. We don't own a VCR or a microwave. But we do live very comfortably. We have two cars, three televisions and a stereo. We like to eat out and go to the theater, and that costs money. We use a lot of our disposable income on these passing expenses."

A constant expenditure is the live-in nanny for their daughter, Casey, born on Leap Year Day, February 29, 1984. She is a bright, happy child, doted on by her parents, though Nancy finds it hard to visualize being a full-time mother.

"I love my family and I love my work," she explains. "Casey is the world's easiest, nicest baby, but I'm not sure I would be great at doing one job exclusively. I think I have it worked out so that neither suffers, and I really do like the mix. While I am at the office, there is someone very loving to take care of Casey, so that if I have to be at a lot of evening meetings, I do not fret. And my schedule is flexible enough so that I can come home to help her if I need to."

On weekends when the nanny is off, David helps with Casey but admits, "I do not carry fifty percent of the load." He remembers the time they were without help for a week, which made them realize how totally their lifestyle depends upon reliable child care. They took turns carrying Casey into the office, which caused a sensation but hampered work.

While her job is high-pressured and demanding, Nancy is clearly successful: *Baltimore* magazine has described her as "a woman to watch in the eighties." Through lobbying, hard-headedness and personal charm, she has persuaded some of the best brains in Baltimore—economists, policymakers, bankers, community leaders—to volunteer their time and expertise for the greater good of the city. A typical work day for Nancy may begin with a *(continued*

Now!

Get the beautifully upholstered, all hardwood stool free when you order—

THE BENJAMIN FRANKLIN DESK



Over two-hundred years and still in style! The Benjamin Franklin Desk is a reproduction of the same tables used by the forefathers of our country. The beauty and rich tradition are timeless.

Add charm and grace to almost any area of your home with this totally practical piece that is guaranteed to bring you compliments for years to come. The desk is constructed of sturdy all-natural hardwood and is finished in a beautiful rich walnut.

The desk measures a full 25½" x 19½" and is 32½" high, which is plenty for all your writing needs. There are five cubby compartments and one drawer to help you get organized. The shelf above the cubby compartments is perfect for keeping your pencils and other accessories, or for displaying vases and decorative household beauties.

Free offer As a result of a special purchase, you will also receive the upholstered hardwood stool that matches the desk. The stool measures 14" x 14" and is 18" high. It's perfectly sized for use with the desk, or as a separate piece in another room. But order now, as quantities are limited!

RMS SALES INC. Dept. J-052 Box 506 Chappaqua, N.Y. 10514

Please send the desk with the free stool for only $99.95 plus $8.00 postage and insurance. I understand that if I am not fully satisfied I may return them within 90 days for a refund of the purchase price. Master/Visa Card, check or money order accepted.

Name _____ Card no. _____ Exp. Date _____

Address _____

City _____ State _____ Zip _____



© 1985 Allegheny Pharmacal Corp.

BEAT THE "HUNGRIES" WITH HUNGREX®

Take a Hungrex for quick appetite control.

With the Hungrex Reducing Plan—
You crave less, eat less, lose weight fast.

Doctor used, doctor tested, proven for 33 years.

AVAILABLE AT FINE CHAIN and INDEPENDENT DRUG STORES

Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal: We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

Change of Address
Please remove my name from your rental list

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii. In Iowa call **800-532-1272**). Please have your magazine or bill handy.

FCP 5

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to: LHJ, P.O. Box 9400, Bergenfield, N.J. 07621

ATTACH MAILING LABEL HERE

seven-thirty breakfast meeting followed by an office conference with some of her staff of seven. After that she may pay a personal call on a city official and have a sandwich lunch on the run before returning to her office to meet with the chairman of her housing committee, then a round of phone calls to key members of the state legislature. Nancy goes nonstop, fortifying her natural adrenalin with coffee. On a good day, she will be out of the office at five-thirty—but occasionally she stays until ten or eleven at night.

On evenings at home, Nancy cooks simply: chicken and vegetables or pasta and salad. Every Wednesday, she and David go out to dinner together, "often to an Italian restaurant we like, nothing fancy." On Sunday mornings, they take Casey out to breakfast in a diner and have bacon and eggs.

Even before this only child of theirs was conceived, Nancy and David agonized over her religious upbringing. Nancy is Jewish, David is Catholic, and faith is important to each of them. "We did not want to homogenize," Nancy recalls. "We wanted our baby to have an identity and after a great deal of discussion decided she should be Jewish. David's family has been very understanding, and I have no intention of separating her from the things he does as a Catholic. Catholicism is part of his heritage just as Judaism is part of mine."

Nancy feels that this is very much a problem for the eighties. "There were always mixed marriages, but now they are more prevalent. It is difficult to find out how the various options are likely to work. We had to make our own decision. We'll have a lot of tough questions to answer when Casey gets older."

Nancy and David are willing to spend whatever it costs to give their daughter the best education. The next priority is fixing up their house—a project they call a continuing adventure. They recently bought a lovely old marble fireplace for their living room. Now they are searching for "the perfect oak dining table with pedestal feet."

The house is narrow, with four bedrooms, two on each of the upper floors. A fifth bedroom has been turned into a modern bathroom with dressing room, and the long wall from the dining room to the kitchen has been stripped to the bare, rose-colored brick. Framed art posters decorate it, bistro style.

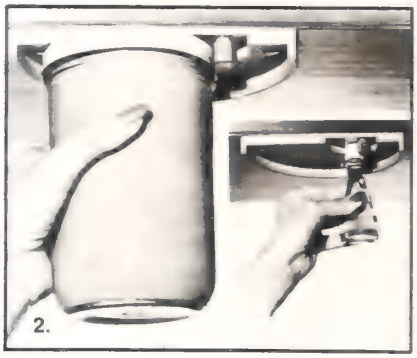
"There's nothing I really want that I can't have," Nancy says happily. "I don't pine for major material possessions. But I am always interested in new career challenges, and one day I shall want to move on." **End**

Journal Store

By Sheryl Kraft



1.



2.

3.



Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!

1. **Colorful Huarachees** Comfortable woven leather upper, with sling-back strap, closed toe. Comes in the following colors: Natural, fuchsia, white, tan, bright blue. Ladies full sizes only, 5-10M. $14.95 plus $1.95 p&h, or buy 2 and save $25.90 plus $2.95 p&h. OLD PUEBLO TRADERS, Dpt. BRT1B, 3740 E. 34th Street, Tucson, AZ 85713.

2. **Open lids easily** No more twisted wrists! No more frustration! Just slip your jar into the UN-SKRU until it wedges, then turn the jar . . . quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." A wonderful kitchen aid. Send $7.50 plus $1 p&h; save on 2 for $14.50 plus $1.45 p&h. HOLST, INC., P.O. Box 370, Dept. LHU-585, 1118 W. Lake, Tawas City, MI 48763.

3. **Introductory color photo offer** Just send your favorite photo or instant print (5" x 7" or smaller), to get four 2½" x 3½" borderless color copies for only $1. As an added bonus, you get a free 5" x 7" color enlargement of the same photo! Send your photo, and a check or money order for $1 to: RELIANCE COLOR LABS INC., STUDIO FLH-5, P.O. Box 159, STAMFORD, CT 06904.

DYNASTY T.V. SERIES DOLLS



Signature Collection proudly presents The Hits of This Season. Krystle and Alexis and other famous Personality Dolls. Send for our FREE brochure and ordering information.

Signature COLLECTION
5-15 49th Avenue
Dept. 2530
Long Island City, N.Y. 11101
(718) 361-1833

S-25

STOP SWEAT FOR 6 WEEKS!

© 1985 GEN MED CO



HANDS $100 pr. **UNDERARMS** $100 pr. **FEET** $100 pr.

DRIONIC® — the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic leaves these areas dry for 6 week periods — **without chemicals!** Actively prescribed by dermatologists.

AVAILABLE BY PRESCRIPTION ONLY. Dr.'s info. avail. Send doctor's prescription and remittance (check or M/C or Visa# and exp. date) direct to manufacturer. CA residents add 6% sales tax.

45 DAY MONEY BACK GUARANTEE
GENERAL MEDICAL CO. Dept. LJ-131
1935 Armacost Ave., Los Angeles, CA 90025

GENUINE LEATHER CLOG

only **$19.95** *a $24 retail value*



lightweight, perforated to let your feet breathe. 1 ½" cork wedge heel on long-wearing rubber sole. CAMEL, WHITE, NAVY, RED. Full & half sizes: 6½-10 N, 5-10 M, 5½-10 W
SATISFACTION GUARANTEED OR MONEY BACK!

ORDER NOW and receive our CATALOG and a $2 BONUS CHECK good on *NEXT* order.

CHARGE ORDERS CALL (602) 747-5000
We accept VISA, Diners Club, MasterCard & American Express
$19.95 + $1.95 p&h. AZ. res. add 7% tax.

Dept. BTR1A, 3740 E. 34th St., Tucson, AZ 85713
Old Pueblo Traders since 1946

GOVERNMENT BOOKS & MORE!

Send for your free copy.
New Catalog
P.O. Box 37000, Washington, D.C. 20013

Be seen by over 17 million women!

For mail order advertising information, call Sheryl Kraft at 212-719-3065.

AUTHORS WANTED BY NEW YORK PUBLISHER

Leading subsidy book publisher seeks manuscripts of all types: fiction, non-fiction, poetry, scholarly and juvenile works, etc. New authors welcomed. Send for free, illustrated 40-page brochure LH
Vantage Press, 516 W. 34 St., New York, N.Y. 10001

A Place in Medicine Awaits You!



Receive the latest in office automation equipment! Home study programs prepare you to be a Medical Receptionist, Medical Transcriptionist or Medical Office Administration computer professional. Get outstanding lesson material, faculty support and equipment—an IBM computer in CMOA course—from an accredited resident college. Job placement aid and financial aid available.

Call toll free: 800-892-8880 or write to Maric College, Dept. C, 7202 Princess View Dr., San Diego, CA 92120 for free brochure.

Maric College

40 WALLET PHOTOS ONLY $2.50



BEAUTIFUL COPIES on KODAK paper!

BORDERLESS ★ FULL COLOR
FIVE CHOICES only $2.50 each

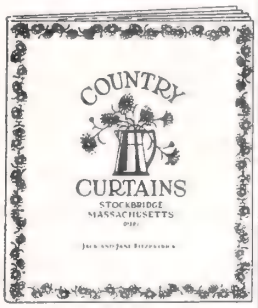
- ★ 40 Wallet Photos
- ★ 32 Wallets & One 5"x7"
- ★ 16 Wallets & Six 3½"x5"s
- ★ 8 Wallets & Four 5"x7"s
- ★ 2 Custom 8"x10"s

Send only photos up to 8" x 10" (RETURNED). Include 75¢ each set for handling and 1st class postage. MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO P52-5 P.O. BOX 159
STAMFORD, CT

COUNTRY CURTAINS®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, lined and unlined Waverly curtains, charming pillows and dolls, wooden curtain rods . . . many wonderful items for your home. Free color catalog. Please call 413-243-1805 or write us. **Satisfaction guaranteed.**

☐ PLEASE SEND FREE CATALOG

Name _____
Address _____
City _____
State _____ Zip _____

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 9975, Stockbridge, Mass. 01262

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2½ x 3½
- 48 Pocket Photos 1¾ x 2½
- 1-8x10 Enlargement or
- 3-5x7 Photos

Send any photo (no polaroid) 8x10 or smaller (returned). Add 65¢ per selection for postage and handling, and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

Two Famous Farmers!



These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just **$3.00** plus $1.25 shpg. Also available set of 12 notecards of picture for $4.95 plus $1 post.

Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept.FJP-585 1118 W. Lake Box 370, Tawas City, MI 48763



Distinctive Burner Covers add European charm to brighten your kitchen

Europeans discovered decades ago the beautiful touch burner covers add to the kitchen. Now you can too! With your choice of over 18 colorful designs, burner covers will give a distinctive charm to **your** kitchen.

- made from strong steel and porcelain enamel
- heat resistant and easy to clean
- sizes for electric **and** gas ranges
- inexpensively priced
- burner covers make unique gifts

Brighten your kitchen and show your special individual taste. Write or call for our **FREE** color brochure today!

MAX BURTON ENTERPRISES Dept. L-5
502 Puyallup Ave., Tacoma, WA 98421
(206) 627-2665

Please mail me your FREE color brochure and price list for ☐ Electric ☐ Gas Ranges

Name _____
Street _____ Apt. _____
City _____
State _____ Zip _____

Ladies' Home Journal

June

How to get your life off hold

Exclusive from Dr. Sonya Friedman's new best-seller. You'll never get stuck in a rut again!

Summer eating at its best

How to entertain at a moment's notice, plus savory chicken al fresco recipes.

I do, I do

A special report on marriage today, and bridal makeovers for all ages.

Notes from a decorator

Professional tricks that translate easily to your own home.

How good are our hospitals?

A probing exposé on medical care in America, with a chance for you to share your opinions.

Plus . . . a warm-weather wardrobe from seven easy pieces . . . deciding when (or whether) to have a second baby . . . an interview with Alexandra (*Great Sex*) Penney . . . and lots, lots more. On sale May 14.

Last Laughs

Here are a few good laughs from some of the most popular books of the past five years.

REAL MEN DON'T EAT QUICHE

Real man quiz #1

Q. How many Real Men does it take to cross a river?

A. 5,000. 4,999 to build the suspension bridge, and one to drive across in the tractor-trailer.

Real man quiz #2

Q. How many Real Men does it ta to screw in a lightbulb?

A. None. Real Men aren't afraid the dark.

From REAL MEN DON'T EAT QUICHE by Bruce Feirstein. Text copyright ©1982 by Bruce Feirstein. Reprinted by permission of Pocket Books, a division of Simon & Schuster, Inc.

MOTHERHOOD: THE SECOND OLDEST PROFESSION

By Erma Bombeck

Motherese—it's a language unto itself, spoken and passed on from one mother to another. The following phrases will get a mother through the first seventeen years of a child's life.

Oldies but goodies

Little pitchers have big ears.
Keep your hands where they're supposed to be.

On age

When are you going to act your age?
I'll treat you like an adult when you start acting like one.
You'll always be Mama's baby.

Guilt grabbers

I'm sending that food you left on your plate to the starving Armenians.
This is the last time I'm going to beg.

Great exit lines

That does it. I'm sending you to reform school.
Where did I fail?
Why me, God?

Philosophical bon bons

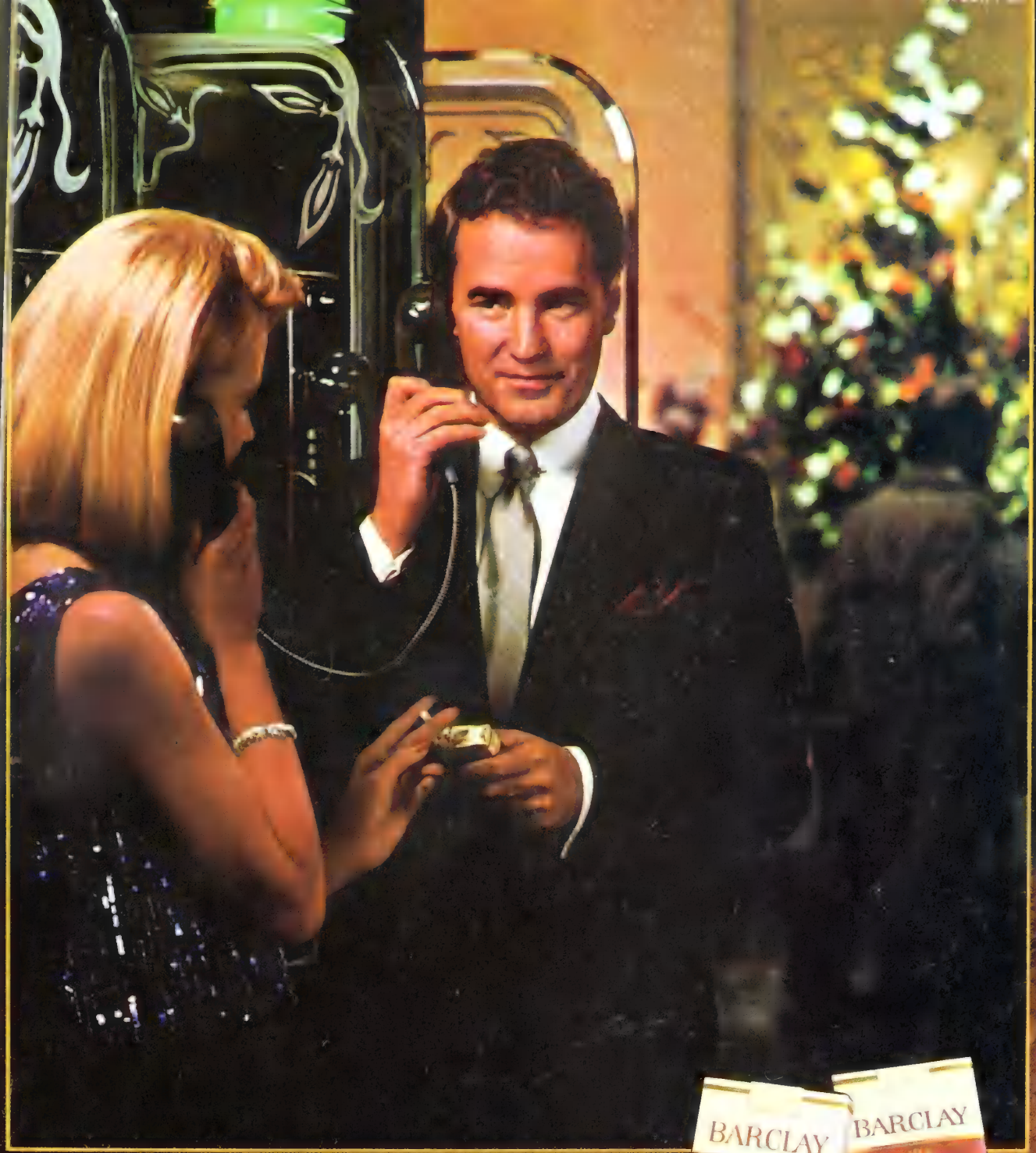
You made your bed, now lie in it.
I may not always understand you, but I am always willing to listen.
What's a mother for but to suffer?

From MOTHERHOOD THE SECOND OLDEST PROFESSION. Copyright ©1983 by Erma Bombeck. Reprinted by permission of McGraw-Hill Book Company.

From THE OFFICIAL PREPPY HANDBOOK, edited by Lisa Birnbach, the most popular nicknames. For girls: Muffy, Missy, Buffy, Bitsy, Bootsy and Bunny. For boys: Skip, Chip, Kip, Trip, Bif and Bink. So now you know.

GARFIELD LOSES HIS FEET





BARCLAY
UNEXPECTED PLEASURE



Surprising richness in an ultra low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


STRIKE A CLEAR NOTE
Cascade
AUTOMATIC DISHWASHING DETERGENT
FOR VIRTUALLY SPOTLESS DISHES
LEMON SCENT
Cascade
AUTOMATIC DISHWASHING DETERGENT
FOR VIRTUALLY SPOTLESS DISHES
THE CASCADE LOOK
VIRTUALLY SPOTLESS

3 9042 01801727 4

June 1985

Lose up to ten pounds
THE FOUR-DAY WONDER DIET

$1.50
June
1985
dies'
lome

Journal



OW TO BE A
URVIVOR:
ne Wyman
onna Reed
ne Baxter

ed hot!
ECRETS OF
REAT SEX

hat
ppened
caring?
HE
AILURE OF
MERICA'S
OSPITALS

ranger
an fiction
TALE
F TWO
OTHERS



"How our show became number one"

TALKING (AND LAUGHING) WITH BILL COSBY

TERRIFIC SUMMER FOOD!

Last-minute entertaining

New chicken recipes

Gala ice cream cakes



The perfect summer wardrobe

HOW TO GET WHAT YOU WANT OUT OF LIFE

8-page bonus

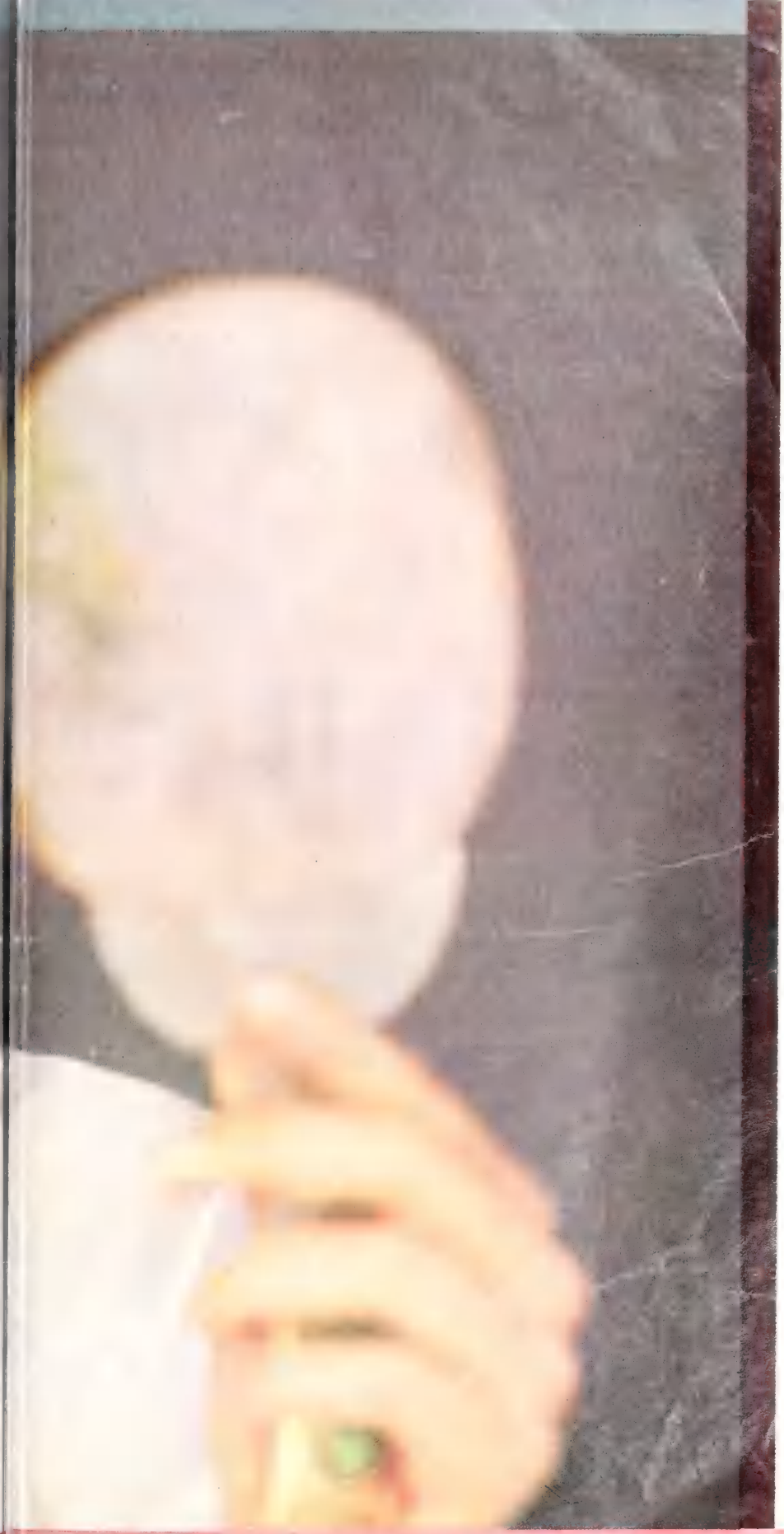
Guide to bringing up baby

BURLINGAME
MAY 21 1985
LIBRARY


Jewelry by Eric Bertrand © 1985 Clairol Inc
YOU ARE LOOKING AT THE REASON PROFESSIONAL COLORISTS CHOOSE MISS CLAIROL MORE OFTEN THAN ANY OTHER HAIRCOLOR.
Rich, long-lasting color. Color so soft, it feels like you. Color so professional, it can be mistaken for the real thing.
That's why professional colorists at salons everywhere reach for Miss Clairol again and again. To give you the kind of color you're looking at now.
MISS CLAIROL®
PROFESSIONAL COLOR

MISS CLAIROL


REVLON



While your ego may need something showy, what your skin needs is plain and simple.



New Moon Drops.

Your real motive for choosing skincare should be your skin. So Moon Drops combines the latest scientific discoveries with nature's most skin-sympathetic substances: cool, soothing aloe; whole egg protein; and, moisture-rich honey. Culminating in three highly effective regimens that nurture skin to its peak of perfection. Moon Drops.

A simple plan, scientifically implemented. For glowy, moist, truly healthy-looking skin. Isn't that what you really want to feed your ego?

Revlon. The difference between looking good and looking great.

LADIES' HOME Journal

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin **Sondra Forsyth Enos**
EXECUTIVE EDITORS

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, senior editor
Beth Weinhouse, senior editor
Roberta Anne Grant, senior editor
ADAM COHEN ANNE VACCARO

BOOKS AND FICTION
Mary Lou Mullen, editor
SOFIA MARCHANT

COPY DIRECTOR
Randi Blaun

BEAUTY AND FASHION
Lois Joy Johnson, editor
MARY CLARKE

FOOD AND EQUIPMENT
Sue B. Huffman, editor
JAN TURNER HAZARD
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
DEBORAH S. JAMES
LEE HERMANN

EDITORIAL PRODUCTION
Charlotte Barnard, editor
JANE FARRELL, copy editor
ROSEMARIE SMITH, copy editor
NORDICA FRANCIS

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Christine Silver, associate
ELLEN R. GEISELMAN
DEBRA F. LEWIS
JAMES M. FRANCO, photo researcher

ART PRODUCTION
Frank Della Femina, coordinator

Paul Sawyer, graphic system manager

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
GWEN ROBYNS (LONDON) RITA ROONEY
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Family Media Publication
Robert E. Riordan
President

EDITOR'S JOURNAL

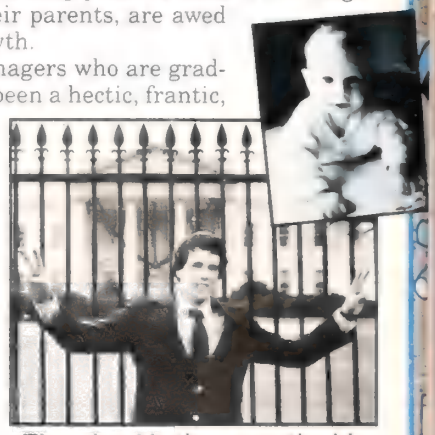
By Myrna Blyth

Leaving the Nest

Recently my husband took the baby picture you see below right to be copied. The man behind the counter was charmed by the smiling three-month-old, head held high so proudly. "She's adorable. Who is she?" he asked. My husband was at a loss for words. How could he explain that "she" is a "he"—a "he" who sometimes has to shave twice a day?

That enchanting, sweet-tempered baby is long gone, obviously. The picture was being copied to be used on my son Jonathan's senior page for his high school yearbook. Many other seniors have also used baby pictures of themselves. Perhaps it's because at this turning point in their lives—high school graduation—the kids, just like their parents, are awed by this great disappearing act called growth.

Several of us *Journal* mothers have teenagers who are graduating from high school this June. It has been a hectic, frantic, occasionally traumatic year for both the kids and Marilyn, Sue, Tamara and me. Together, we've discussed, practically daily, SATs, college application deadlines, college interviews and the dreaded senior slump that turned amiable youngsters into snarling slugs. Jonathan told us practically every other day that he was "counting the days until college." Sometimes during January, February and March, I was counting the minutes.



The adorable three-month-old, the eighteen-year-old with big plans: Jonathan Blyth

But now that June is almost here, I find myself teary-eyed and gloomy at the prospect of my son's going away. A decade or so ago, women's magazines used to write all the time about the empty nest syndrome. Our nest isn't empty quite yet. Jonathan's fourteen-year-old brother, Graham, is still around, delighted at the prospect of two rooms and a television to call his own. Magazines used to explain that women were unhappy because the children's leaving meant their job was done. I'm not sure they were right. For I've always had another job as well, and I still do. Maybe there's another reason for this sense of loss: To me, Jonathan wasn't work but a whole lot of fun. I find myself looking at the two pictures you see here, and the scenes that flash into my mind to connect them are filled with joy. Of course there were some bad times, too. But overall we have been fortunate as a family, and Jonathan has been, quite honestly, a wonderful son (and I hope that he won't blush when he reads this).

Happy graduation to all our *Journal* seniors and to all high school grads throughout the land (and their moms and dads). We made it! Now if I can handle next year without Jonathan as well as I think he'll handle his first year at college, I'll be almost all right.

© 1985 Family Media, Inc., New York, NY. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Family Media, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal® (ISSN 0023-7124) June 1985. Vol. CII, No. 6. Published monthly by Family Media, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Subscription prices: U.S. and Possessions, 1 yr. $20.00; 2 yrs. $32.00; all other countries, 1 yr. $26.00; 2 yrs. $44.00. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621.**

Change of address: Send full details with latest mailing label to Ladies' Home Journal, P.O. Box 9300, Bergenfield, NJ 07621. See coupon elsewhere in this issue. Please allow 8 weeks for change. Send all other subscription correspondence to P.O. Box 9400, Bergenfield, NJ 07621 or, if you prefer, call this toll-free number: 800-247-5470. (In Iowa, call 800-532-1272.)

Gregory W. Dunn, VP/Advertising Director
James C. Whitelaw, New York Manager
Robert Kelly, Eastern Manager
Michael C. Eyster, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Melanie Kickert, Prime Showcase Manager
Terry Giello, Sales Administration Manager
Mitch Lurin, VP/Marketing Services
Esther Laufer, Promotion Director
Ron Valerio, VP/Associate Publisher, Family Media
Jeremy Grayzel, VP/Operations
Michael J. Brennock, VP/Chief Financial Officer
Patricia Gardiner, VP/Circulation Director
Robert Conklin, VP/Consumer Marketing
Michael C. Senior, Newsstand Sales Director
Peter Hesse, VP/Director of Manufacturing
John Condit, Production Director
Denise Clappi, Assistant Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

SAVE $15 ON THE PERM THAT'S PRICELESS

ANNOUNCING THE REVOLUTIONARY PC-2000 COMPUTER PERM



Glorious curls. Beautiful, soft, silky waves. Natural, bouncy body. Tell your hairstylist what you want, the PC-2000 tells your stylist exactly how to get it. No more guesswork. The hairstylist and the PC-2000 calculate your perfect perm. Predictably. Precisely. Consistently frizz-free.

You'll get exactly the curl you want.

And you'll get it for less.

Does anyone else offer you so much?

REVLON

SO TAKE THIS PAGE TO YOUR FAVORITE SALON AND TELL YOUR HAIRSTYLIST THAT YOU WANT THE REALISTIC® PC-2000 COMPUTER-PERFECT PERM.

sent this page to a participating PC-2000 salon prior to receiving the PC-2000 Service. Participating salons take fifteen dollars off their regular price for a PC-2000 Perm. (Of course other services you may request at the salon's regular prices.) LIMIT ONE PC-2000 SERVICE PER AD PRESENTED. ONLY ORIGINAL GAZINE ADS ACCEPTED.

participating salon: Revlon-Realistic will redeem this page for four PC-2000 perms, if you receive it on the e of a PC-2000 Service and if you submit this page along with salon name and address and empty PC-2000 box to: PC-2000 offer, P.O. Box 35775, Jacksonville, Fla. 32236. Mail no later than December 31, 1985 and submit upon request invoices proving purchase of sufficient stock to cover ad pages presented for redemption. Page may not be assigned or transferred. Salon/patron must pay any sales tax. Void where prohibited taxed or restricted by law. Good only in USA. Cash value 1/20 of 1¢. Coupon will not be honored if presented through outside agencies, brokers, or others who are not salon distributors of merchandise or specifically authorized by us to present ad pages for redemption. This ad page good only on the purchase of the PC-2000 service. Any other use constitutes fraud. Offer expires 12/31/85.

NOW

Feminine itching

simple to relieve

...as easy as a headache

Now there's a medication that relieves feminine itching as easily as aspirin relieves a headache.

Which is really good news, because minor feminine itching affects so many women. In fact, it's just about as common as a headache—brought on by everyday things like jogging, pantyhose, tight jeans, your period, even normal perspiration.

Well, finally there's a solution. VAGISIL®

VAGISIL® Feminine Creme Medication has been specifically formulated to relieve external feminine itching. Much like aspirin was formulated to relieve common aches and pains.

It's medicated to check bacteria, soothe irritated membranes, and to help speed natural healing and protect against further irritation. But best of all, it gives instant relief to the common complaint of minor external feminine itching.

Of course, should the irritation persist, common sense indicates a visit to your doctor. VAGISIL is not designed to replace your physician. But if you're like millions of other women VAGISIL will relieve the problem. As simply as aspirin relieves a headache.

Vagisil

Use as directed

1985 Combe Inc.

LADIES' HOME

Journal

VOL. CII NO. 6 JUNE 1985

Articles

4 EDITOR'S JOURNAL

14 CAN THIS MARRIAGE BE SAVED?
"My husband treats me like a child"
By Jane Marks

20 A WOMAN TODAY
"I saved my husband's life"
By Shirley Smithson

30 TALKING WITH COSBY
By Alex Haley
The star of America's favorite sitcom talks about his own big, happy family . . . and the hit television show they inspired.

45 THE FAILURE OF AMERICA'S HOSPITALS
By Ellen Switzer
There's something missing from medicine today: Up-to-the-minute science and advanced technology are no substitute for good, old-fashioned humane caring.

50 MONEY NEWS
By Katherine Barrett and Richard Greene
Shrewd and sensible financial tips to help make you a better investor, a smarter consumer.

97 THE MARRIAGE REPORT
By Margery D. Rosen
The state of the union —plus three bridal makeovers.

56 MEDINEWS
By Beth Weinhouse
Talk/sing test for runners; a new way to take estrogen; the most prescribed pills; immunizations adults need.

66 HOW TO GET YOUR LIFE OFF HOLD
By Sonya Friedman, Ph.D
Don't just hope for change —make it happen. LHJ's resident psychologist offers surefire advice for getting what you want out of life.

77 SECRETS OF GREAT SEX
By Mary Lou Mullen
An interview with best-selling, sometimes controversial author Alexandra Penney on how to make good sex great.

86 NEWS FOR PARENTS
By Mary Mohler
Information about child rearing in the eighties.

91 THE 4-DAY WONDER DIET
By Margaret Danbrot
A no-nonsense diet to help you pare the pounds in time for summer.



120 WARM-WEATHER ENTERTAINING
By Sue B. Huffman
Quick and easy menus and appetizers for breezy last-minute get-togethers.



A world of flavor in an ultra light.

MERIT
ULTRA LIGHTS





'hilip Morris Inc. 1984

gs: 4 mg "tar," 0.3 mg nicotine av. per cigarette, FTC Report Mar.'84.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.





EXTRA BODY & SET

OGILVIE

HOME PERMANENT

contains EXCLUSIVE PRE-PERM® conditioner with protein

also contains
POST-PERM body and setting lotion
for limp, dry, fine or tinted hair

REGULAR BODY & SET

OGILVIE

HOME PERMANENT

contains EXCLUSIVE PRE-PERM® conditioner with protein

professional-type for all hair styles



OME
RMANENT

OGILVIE

SOFT
BODY WAVE

contains EXCLUSIVE PRE-PERM®
conditioner with protein

with special
PERM-SOFT,™ a professional-style
after-perm conditioner

HOW TO PERM LIKE THE PROS.

Whichever look you're looking for, there's one truly professional perm.

Ogilvie Home Permanent.

Because only Ogilvie has an exclusive Pre-Perm® conditioner.



It helps put your hair in its best possible condition before perming.

And it's protein-enriched so your home perm has lots of body, bounce and shine.

Just like a salon perm.



■ Use Corn Starch for true fresh fruit flavor and color. As a rule of thumb, to convert recipes from flour-thickened fruit pies to Corn Starch, use half as much Corn Starch.

■ Mix the Corn Starch and sugar, then toss with the fruit and turn into pie crust.

■ For a glazed top crust, brush with a little milk and sprinkle lightly with sugar before baking.

■ To prevent edge of crust from browning too much, cover with a strip of foil; remove during last 15 minutes of baking.

GINGER PEACH PIE

Stir together **¾ cup sugar, 3 Tbsp ARGO® or KINGSFORD'S® Corn Starch** and ½ tsp ground ginger. Toss with **6 cups peeled, pitted, sliced peaches** and **1 Tbsp lemon juice** until well coated. Turn into pastry-lined 9″ pie plate. Cover with top crust. Seal and flute edge; cut slits in top. Bake in 425°F oven about 40 min or until filling is bubbly and crust is browned. Makes 1 (9″) pie.

BLUEBERRY-PEACH PIE

Omit ginger. Use **4 cups peaches and 2 cups fresh blueberries.**

FRESH BERRY PIE

Use **1 cup sugar.** Omit ginger and lemon juice. Substitute **4 cups fresh strawberry halves or blueberries** for peaches.

For more Corn Starch recipes write to: Argo® and Kingsford's® , Box 307A, Dept. P, Coventry, CT 06238.

1985 **Best Foods,** CPC International Inc.



118 A TALE OF TWO MOTHERS
By Linda Wolfe
Truth really is stranger than fiction, as this testament to mother love demonstrates.

172 LAST LAUGHS

Good looks

28 BEAUTY JOURNAL
Brush up on beautiful brows; a toner for upper arms; new-product notes.

112 THE PERFECT SUMMER WARDROBE
By Lois Joy Johnson
We show you how to build the wardrobe you need for this sunny season with seven easy pieces. They'll do the work of a closetful of clothes.

At home

106 DECORATOR'S COLORING BOOK
By Marilyn Diane Glass
Color your home beautiful! Dos and don'ts from internationally renowned interior decorator Alexandra Stoddard.


Tom Arma

141 BRINGING UP BABY
By Dr. Lawrence Balter
What to do when the baby cries . . . and many more of your questions answered.

By Jody Gaylin
Deciding to have a baby isn't any easier the second time around.


Steve Schapiro/Gamma Liaison

58 HOLLYWOOD COMEBACKS
By Cliff Jahr
Anne Baxter, Jane Wyman, Donna Reed—are back, in nighttime soaps.

Food

52 HEALTHFUL TASTE OF CALIFORNIA
By Sue B. Huffman
A community cookbook featuring recipes for dishes that are as mouthwateringly delicious as they are good for you.

88 EASY AS 1-2-3
By Jan Turner Hazard
An Italian accent: Spinach pasta and two tangy cheeses—Gorgonzola and Parmesan—make this an especially zesty feast.

110 ICE CREAM CAKES
Cool and colorful party cakes, positively perfect for this festive month of weddings, graduations—not to mention birthdays and just plain summer fun!

104 CHICKEN SUMMER STYLE
You'll love our eight fair-weather ways—warm and cold—to wing it with everybody's favorite fowl (especially our Mexican-inspired bird marinated in tequila). Olé!

124 RECIPE INDEX

Photographs on the cover: Bill Cosby and Phylicia Ayers-Allen by Frank Carroll/NBC; Jane Wyman by Globe; fashion photo by George Barkentin.



"Crisco makes eatin' right... right good eatin'."

Tomato-Cheese Pie

Pastry:

- **1-1/3 cups sifted all-purpose flour**
- **1/2 teaspoon salt**
- **1/2 cup Crisco Shortening**
- **3 tablespoons water**

Preheat oven to 425°F. Sift flour before measuring; spoon lightly into measuring cup and level without shaking or packing down. Combine flour and salt in a mixing bowl. Cut in Crisco with pastry blender or 2 knives until mixture is uniform. Mixture should be fairly coarse.

Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. When all water has been added, work dough into a firm ball.

On a lightly floured surface, press dough into a flat circle with smooth edges, roll dough to a circle 1/8 inch thick and about 1-1/2 inches larger than inverted 9" pie plate.

Gently ease dough into the pie plate, being careful not to stretch the dough. Trim 1/2 inch beyond edge of pie plate. Fold under to make double thickness around rim. Flute edge of pastry as desired.

Prick bottom and sides of shell with fork. Bake 425°F for 10 to 15 minutes or until lightly browned.

Filling:

- **1 cup grated cheddar cheese (about 4 oz.)**
- **1 cup grated mozzarella cheese (about 4 oz.)**
- **1 cup ricotta cheese**
- **1/4 lb. mushrooms, sliced and sautéed**
- **2 Tbls. chopped onion**
- **1/4 cup canned salmon, drained and flaked**
- **3-4 medium size ripe tomatoes, sliced in thin wedges**
- **1 tsp. basil, crumbled**
- **1 tsp. leaf oregano, crumbled**
- **1/4 cup chopped green onions**
- **Salt and pepper**

Reduce oven temperature to 325°F. Combine cheddar, mozzarella, ricotta, chopped onions, mushrooms and salmon; spoon into baked pie shell. Arrange tomato wedges in tightly overlapping circular pattern over filling. Sprinkle with herbs, chopped green onions, salt and pepper. Bake at 325°F for 20 minutes. Cool 15 minutes before cutting.

- 8 servings



Crisco'll do you proud everytime.

"What makes my tomato-cheese pie so delicious? Why, Crisco of course. 'Cause Crisco makes food that's good for you... taste good too. See, nothing makes a piecrust flakier. And Crisco's all-vegetable, with no cholesterol, salt or preservatives.

So you just try my recipe, and see how cookin' good and eatin' healthy can both start with Crisco."

Loretta Lynn





Open up your kitchen; let the sun shine in

The Designer Solarian® floor sparkles in this sun-filled room.

The Room



How did this kitchen go from small and dark to bigger, brighter, more beautiful?

First, the back wall with the stingy window was replaced with a striking glassed-in enclosure. Now, sunlight floods into this newly created space that's perfect as a sunny breakfast nook.

Next, the old floor gives way to a no-wax Designer Solarian vinyl floor. This brand-new bright-white Armstrong floor carries the sunlight to every corner of the kitchen.

Appliances and abundant storage are built in along both sidewalls. And the three-tier fan table unfolds to provide an extraordinary amount of useful counter space. Plus, there's additional working counter space that pops up on each side of the island-sink.

And these are just a few of the exciting and practical ideas in this converted kitchen. If you'd like to make your too-small kitchen big, bright, and beautiful, fill out the coupon below. We'll send you additional photos, a complete floor plan, and how-to information.

The Designer Solarian Floor

The remarkable sparkling realism of this Armstrong Designer Solarian floor begins with Inlaid Color™. With most no-wax floors, the color and design are just printed on. Designer Solarian is different. Its uncommon richness is the result of Inlaid Color, an exclusive Armstrong process that builds up the design with thousands of vinyl granules—creating a crafted look no printed floor can match.

And Designer Solarian floors have another beautiful difference—Armstrong's super-durable Mirabond® XL surface that keeps its like-new look far longer than ordinary vinyl no-wax floors.

See Designer Solarian floors at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials." Floor Fashion Center® stores offer the full selection of Armstrong floors.



Armstrong



FREE OFFER. For additional photos, a complete floor plan, and detailed how-to information, write or call the toll-free Armstrong Consumer Line. Ask for Dept. 56FLH. 1 800 233-3823.

Send to: Adventures in Space, Dept. 56FLH, P.O. Box 3001, Lancaster, PA 17604

Name

Zip

By Jane Marks

"My husband treats me like a child"

Mandy was Rob's "little girl." What happens to a marriage when a man won't let his wife grow up?



This case is based on information from the files of Family Service of Westchester, in White Plains, New York, a nonprofit agency accredited by the Council on Accreditation of Services for Families and Children, and a member of United Way of Westchester. The true story reported here is from interviews. Names and other details have been altered to conceal identities. The counselor in this case was Kathryn Groth, A.C.S.W.

Mandy's turn

"As far as Rob's concerned, I can't do anything right," said Mandy, twenty-two, a petite blond in a long challis skirt and cotton-knit sweater. "I try so hard to please him, but he always finds fault. When I go grocery shopping, for example, either he says I spend too much, or he gets mad that I buy the cheap bacon because it's all fat. He criticizes me for wearing jeans and sweaters, but when I bought a dress I thought was sexy and sophisticated, he said I looked like a little girl playing dress-up. Even when we have a dinner party, he insists on preparing the entree, the salad dressing *and* the dessert. Just last night his mother was coming over, and he started telling me how I should wear my hair, as if I were five years old. I really wanted to scream.

"Maybe it was a mistake to marry someone so much older and wiser than I am; I can't seem to catch up. I was an art student when we met—I'd dropped by the ski shop Rob owns to ask if he'd donate a sweater for our scholarship auction. Rob looked just like Robert Redford. We started talking, and when he discovered I had never skied before, he invited me to join him and his friends that Sunday.

"Needless to say, the day was wonderful. Rob was a terrific teacher, and he took such good care of me, I wasn't even scared. A couple of times, I fell into his arms, and I thought I would melt. I felt so lucky to be his date, but since he is seven years older than I am, I figured his interest was strictly big-brotherly—especially when he said, 'You're adorable, Mandy. I'm going to have to find a terrific husband for you.'

"We saw each other a lot throughout the winter, and I started to fall deeply in love. One night in May when Rob was walking me back to the dorm from a nearby restaurant, we were hugging, and I blurted out, 'I love you.' 'Good,' Rob said, 'because I've decided that *I'm* the one who's going to be your husband.'

"I couldn't believe this was really happening. I never thought I would find a man to love. My own parents—both over forty when I was born—were always grouchy and impatient with me and with each other. They often warned me not to expect happiness in marriage. I never knew if they felt that real happiness simply didn't exist . . . or that I just wasn't the girl most likely to succeed.

"As soon as we announced our engagement, Rob's mother, Claire, a vibrant, young-looking widow who wore dozens of gold chains and bangle bracelets, insisted we go with her to a wholesale jeweler she knew to buy my engagement ring. I didn't want them to suspect how little I knew about jewelry, so I just listened quietly as Claire and Rob argued good-naturedly over which was best. In the end, I just murmured, 'It's beautiful,' even though I really wasn't crazy about the ornate, bulky ring that was placed on my finger. But to be honest, I didn't care—the important thing was that Rob loved it.

"In the weeks that followed, I was so caught up with preparing my final portfolio for graduation, I was somewhat relieved when Claire took over the wedding plans. After all, my parents lived out of state, and since Claire and Rob were so close, I knew she would choose what would make him happy. Besides, I had never heard of the fancy wines and pâtés that she wanted to serve, so I just agreed to all Claire's arrangements.



Doug Taylor

"After the wedding, I moved into Rob's condo, and I see now that the pattern for our marriage was probably set back then. Our very first night at home, I tried to make a quiche for dinner, but it was a soggy disaster. Rob shook his head indulgently, and we ended up making love instead of having dinner. Between kisses, he said that he'd gladly do the cooking from now on. He was sweet, but I hated flunking my first test.

"To boost my self-confidence, I decided to look for a job in commercial art. Within a few months, I landed a spot designing logos and layouts for a printing company. Rob suggested that we put my whole salary into a savings account and live on his money. I would have liked to have my own source of funds, but to say so would have sounded selfish, so I agreed. In fact, I fell into the habit of smoothing over a lot of potential problems by simply agreeing to everything Rob suggested.

"However, one problem I simply couldn't smooth over by being the complacent wife was the constant battle about keeping our small apartment neat. Rob is an easygoing guy with his friends, but at home, he is a neatness fanatic. If I pile magazines—which I happen to need for my work—on the floor because there is no room to store them anyplace else, he harps on it like a parent lecturing a messy kid. And when he's in a bad mood, he picks on me for small things—like *(continued)*



Save $20 on designer lingerie from *Eve Lights.*

With EVE LIGHTS, the first thing you notice is taste. And now with EVE LIGHTS, you can save on tasteful, elegant lingerie designed by ANNE ROTHSCHILD.

Send in two pack ends from 100's or 120's with the coupon below. For a cream colored Satinessa® and lace chemise. A $30 value, now only $9.95.



Also available in 100's.

Please send me an elegant ANNE ROTHSCHILD chemise. I've enclosed two pack ends from EVE LIGHTS 100's or 120's, along with a check or money order for $11.95 ($9.95 plus $2.00 postage and handling). I certify that I am at least 21 years of age.

SIZE: ☐ small (6-8) ☐ medium (10-12) ☐ large (14-16)

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

MAIL TO: Eve Chemise Offer, P.O. Box 1037, Maple Plain, MN 55393. Please allow 10 weeks for delivery. Offer expires 12-31-85. L

© 1985 Liggett Group Inc.

120's: 14 mg. "tar", 1.2 mg. nicotine,
100's: 13 mg. "tar", 1.1 mg. nicotine
av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



CAN THIS MARRIAGE BE SAVED? "I thought that women wanted men to help cook and clean," Rob said.



continued

when I accidentally leave my electric rollers on the bathroom counter. I hate myself for it, but I actually find myself apologizing if he cuts himself shaving!

"I'm so tired of feeling guilty! My parents always treated me as if I had done something wrong, so I used to try hard to gain their approval. I swore I wouldn't slip into the same pattern with my husband, and yet I can't seem to manage to change.

"Lately, I've been finding excuses to call Rob at work so I can monitor his mood. If he calls me Snuggles, then I relax. If he's tense or preoccupied, I feel rotten and start to prepare myself for the long evening ahead.

"There's another unresolved conflict I should mention. I'm an inveterate chocoholic. I'm always nibbling on something, and it drives Rob up the wall. I'm not the least bit overweight, and I've never had a cavity, but this is one habit that my husband, the fitness freak, can't abide. He commands me to stop eating candy—even threatens not to kiss me if I don't. Well, part of me rebels: Like a kid, I sneak a candy bar when he's not home. But since the other part of me desperately wants Rob's approval, I can't win. I'm twenty-two and too scared to eat a candy bar! I've lost myself in my love for Rob—but I just can't go on dancing to his tunes."

Rob's turn

"I don't know what's gotten into Mandy," said Rob, twenty-nine, a strikingly handsome man with blond hair and a mustache. "As far as I can figure, she started falling apart about a month ago, when I asked her not to stuff herself with candy bars. I said it because I love her, but she got so upset, I'm becoming very concerned.

"Maybe I'm too quick to worry when I see someone I love in a funk, but I remember the way my father was—ill with Alzheimer's disease for most of my childhood; he died when I was fourteen. Watching him deteriorate was a painful experience, but my mother—a whiz at coping—was always in control, and she kept me from falling apart. Yet I think the nightmare of those years made me reluctant to get involved in a serious relationship. I just wanted to have fun. No complications. I didn't think I could bear losing someone I loved again.

"I certainly never planned to get married, but then I met my little Mandy. I knew she had a crush on me—it all shows in those lovely blue eyes. She was so sweet and gentle, I just wanted to protect her. But though I try to make her feel good, lately she attacks me for everything I say or do. If I tell her how nice her hair looked the other night and suggest she wear it like that again, she shouts, 'Stop controlling me!' When I told her she's far too pretty to run around in jeans all day, she came home with a totally inappropriate outfit. Was I supposed to tell her it looked great? I know something about clothes—I do all the buying for my ski shop, and my customers are always raving about the lines.

"Even when I help out in the kitchen, Mandy freaks out. I thought modern women wanted their men to help cook and clean. Well, Mandy acts as if I'm usurping her place. Listen, I've been cooking for myself for eight years, and I've taken courses in French and Chinese cooking. I *like* cooking, for heaven's sake, but it's just not Mandy's strong suit. That's okay with me. So why is she on the verge of tears when I explain it's worth the extra money to buy bacon that isn't a hundred percent fat?

"Am I being petty to question what she buys at the supermarket? I don't get it—if I let her keep every penny she makes, can't I put some limits on how fast she scatters mine?

"Mandy is so sensitive, I try to give her a lot of affection and reassurance. The only time I really get nuts is when she leaves her stuff all over the apartment. I can't stand chaos. Sometimes I wonder if I was wrong to marry someone so young and emotionally needy. Maybe I just can't fulfill those needs.

"I adore Mandy. I had hoped that marriage would help her grow up, but instead of coming out of her hole, she seems to be burrowing deeper. If *I'm* the problem, maybe counseling will help."

The counselor's turn

"Rob and Mandy wanted desperately to make each other happy," said the counselor, "but they didn't know how. In a misguided attempt at chivalry toward his young bride, Rob tried to take charge of all household and financial responsibilities. But instead of being delighted, Mandy felt diminished by Rob's insistence on doing everything. She tried not to show her unhappiness—as a child deprived of affection, she was well versed in the art of responding to other people's needs while ignoring her own—but as a result, much frustration and distance built up.

"This couple needed to stop appeasing each other and begin talking about how they felt. With my encouragement, Mandy admitted, haltingly at first, that she hated to be patronized and wished Rob would treat her like a partner instead of a pet. As he listened, Rob nervously twisted his mustache and then exploded: "You're incompetent. You're sweet and pretty, but you're helpless." Mandy was shocked, but she maintained her composure.

"To get past this tense moment, I ventured the opinion that as much as Rob claimed he wanted Mandy to grow up, perhaps he had been undermining her self-confidence, keeping her dependent. I told him I believed that his "you-just-sit-back-I-can-handle-it-all" role actually masked deep emotional needs.

"Rob looked angry at first, but then he said, slowly, 'I think you're right.' He recalled how helpless he had felt growing up with his very strong, intimidating mother doing everything, while his frail father grew weaker. I suggested that Rob keep a diary of his feelings, current as well as long buried, as he thought about the issues we were discussing. In the counseling sessions that followed, Rob emerged as surprisingly competent at figuring out how past events were affecting this relationship. He realized that in an effort to cope with the grief over his father's death and to compensate for the out-of-control feelings he had experienced during the period of his father's illness, he had come to believe that the only way he could get a handle on his life was to become dominating and independent. Once he was able to accept the fact that it was healthy and nurturing to need someone else, Rob was able to risk connecting with Mandy in a more mature, less controlling way.

"As Rob relaxed and allowed Mandy to do more at home, she revealed that though she wanted to, she feared she was truly incompetent when it came to shopping, cooking, even knowing how to put herself together fashionably. I told her firmly that she had no innate deficiency in taste or judgment and that the only thing holding her back was her lack of experience and her crippling fear of not pleasing. She agreed to begin her campaign for confidence by first taking some of her banked earnings and opening her own *(continued)*

© 1985 BRISTOL-MYERS



HOW TO RELIEVE ARTHRITIS PAIN AND INFLAMMATION

Take Bufferin® to relieve minor arthritis pain fast. The medicine in Bufferin goes into your bloodstream fast and works where you hurt to quickly relieve minor arthritis pain. So you feel better for hours.

Take Bufferin to reduce inflammation. Many people with arthritis pain, swelling, and stiffness don't realize that inflammation is the primary cause. Bufferin reduces this inflammation so that in several days it begins to relieve the stiffness, swelling, and painful pressure around your joints.

Arthritis can be serious. If pain persists more than 10 days or redness is present, consult your doctor immediately.

BUFFERIN. MEDICINE FOR THE PAIN AND INFLAMMATION OF ARTHRITIS.



Use only as directed.

BRISTOL-MYERS



checking account to buy food and household items, alternating this responsibility every week with Rob.

"I also suggested that during the week that Mandy was responsible for grocery shopping, she be responsible for providing dinner as well—anything she chose, including take-out fast food if that's what she really wanted. The only rule was that she think very *selfishly* about what would please *her*.

"The results of our tests were dramatic. After five weeks, Mandy had bought a wok and a stir-fry cookbook and found she could whip up a variety of inexpensive, healthy dinners. For his part, Rob discovered how pleasant it is to be on the receiving end at times. And with the new system in place, he no longer felt compelled to scrutinize Mandy's shopping for wasteful 'errors.'

"The self-confidence that Mandy gained from one especially successful dinner party led to a new awareness that she didn't have to look to Rob for a ready supply of reassurances. Browsing through fashion magazines and local boutiques on her lunch hour, she found a personal style that looked and felt exactly right for her.

"Mandy's growing self-assurance also helped her become less fearful of Rob's complaints about the clutter in their small apartment. More accepting than he was before, Rob stopped blaming Mandy for the lack of badly needed storage space and instead focused on a real solution to the problem: building additional closets. Although this was an obvious idea, it had eluded both Mandy and Rob because they were so directed toward finding fault either with themselves or each other.

"By the time counseling ended, Rob was able to acknowledge—out loud—that he had often used Mandy as a scapegoat for his moods. He learned to say, 'This is me, not you, and my bad mood isn't forever.' This admission was important for Mandy, too: She realized Rob was entitled to be in a bad mood at times, and that it was not always her responsibility to fix it. Furthermore, Rob came to understand that he couldn't dictate orders to Mandy: If she wanted to eat a candy bar, for instance, that was her decision, not his, and he must not punish her for it.

"Last week was the couple's final session, but just this morning Mandy stopped by the office to show me her engagement ring: the same diamond in a new, more graceful setting. She had asked Rob if she could change it, and he had agreed. 'I'm so glad I spoke up,' Mandy said. 'Now I feel our marriage is really beginning.' " **End**

Women who use Revlon PermLife



know they can have it all.



To retailer: This coupon will be redeemed for 50¢ plus 8¢ handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be honored and will be void if presented through outside agencies, brokers, institutions or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so, may at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in U.S.A. Any unauthorized use constitutes fraud. For payment, mail coupon to Revlon/Realistic Professional Products, Inc., P.O. Box 3085, Clinton, Iowa 52734. Offer limited to one coupon per package purchased. ***Manufacturer's coupon expires 6/30/86.***

30997 107799

SAVE 50¢ ON REVLON PERM LIFE INSTANT STYLING PERM

By Shirley Smithson

"I saved my husband's life"

I screamed as my husband collapsed to the floor. The woman's voice on the phone asked, "Do you know how to do CPR?"

It started like any other day. The morning was chilly and rainy, typical of weather on the coast in Washington state. I was glad when I got the coffee going. While I was fixing sack lunches for our two children, Michael, twelve, and Alice, nine, I could hear my husband, Mark, getting ready for work. When he came into the kitchen I smiled at him. He'd had a tooth infection recently, but he'd taken some penicillin for it and now he looked well, his brown beard neatly trimmed and his brown eyes bright. People have told me that Mark's size—he's six feet two inches and weighs two hundred and forty pounds—gives him an imposing presence. But to me he's always been a gentle, kind and caring man, and I greeted him affectionately as he sat down to eat his poached eggs. I sipped my coffee. It was too early for much conversation.

When Mark finished his breakfast, he was frowning. "My ear hurts. It might be another infection. I'm going to take some of that penicillin."

The bottle of pills, left over from his tooth infection, was sitting on the kitchen counter. Mark stood at the sink, looking out the window at our backyard, which borders a park. Wrapped in my bathrobe, feeling close to him, I stood there, too, looking at the lovely, peaceful scene.

Suddenly I realized Mark was gripping the side of the sink. "Shirley," he gasped, and slumped down on his knees. Mark's normally ruddy complexion had turned white. He had collapsed at my feet. I couldn't believe it. I yelled to Michael to go across the street and bring our neighbor, Dee. He gave me a startled look and took off like a shot. Mark was lying on the kitchen floor, taking up almost the entire narrow space. I weigh about half what he does, and it was a struggle to move him so that he was lying flat and I could get around him to grab the telephone.

I called the emergency number posted on the phone, my fingers racing to dial the seven digits. In seconds the emergency dispatcher was on the line. I gave her my name and address first, because I was afraid that in my panic I would forget the information. "My husband has collapsed! He's lying on the floor; he's not moving! I need an ambulance immediately!" The words rushed out of me. "He just took some medicine for his ear, and then he fell down!"

"Help is on the way," said the woman's calm voice. "Now answer me: What does your husband look like?"

Shirley and Mark Smithson, now closer than ever before.



Christopher Johns

I glanced down at Mark. All the life seemed to have drained right out of him. "He's white as a sheet. He has foam coming out of his mouth. He's having trouble breathing, he's almost choking," I answered. I was vaguely aware that our neighbor, Dee, had arrived and was standing beside me.

"Does he know his name? Ask him!" commanded the dispatcher.

"Mark!" I screamed. He didn't move at all. His eyes were closed, and th foam trickled down his chin. "Mark!" slapped him hard across the face. N response. He just lay there.

"He's not answering," I yelled int the phone. "What should I do?"

"Do you know how to do CPR?" aske the voice at the other end of the line.

"No!" I had kept planning to take class at our local community center i cardio-pulmonary resuscitation, bu there were always more pressing thing to do. "Tell me how, I'll do it!"

Dee held the phone to my ear as knelt on the floor beside Mark. The dis patcher told me to make sure Mark wa flat on his back, and to pull h shirt back to expose his chest. My hand trembled as I tore at the snaps on h blue flannel work shirt. "Now pinch h nose. With your other hand, lift his chi so his head bends back. Completel cover his mouth with yours, and forc four deep breaths of air into his lung like you're blowing up a balloon."

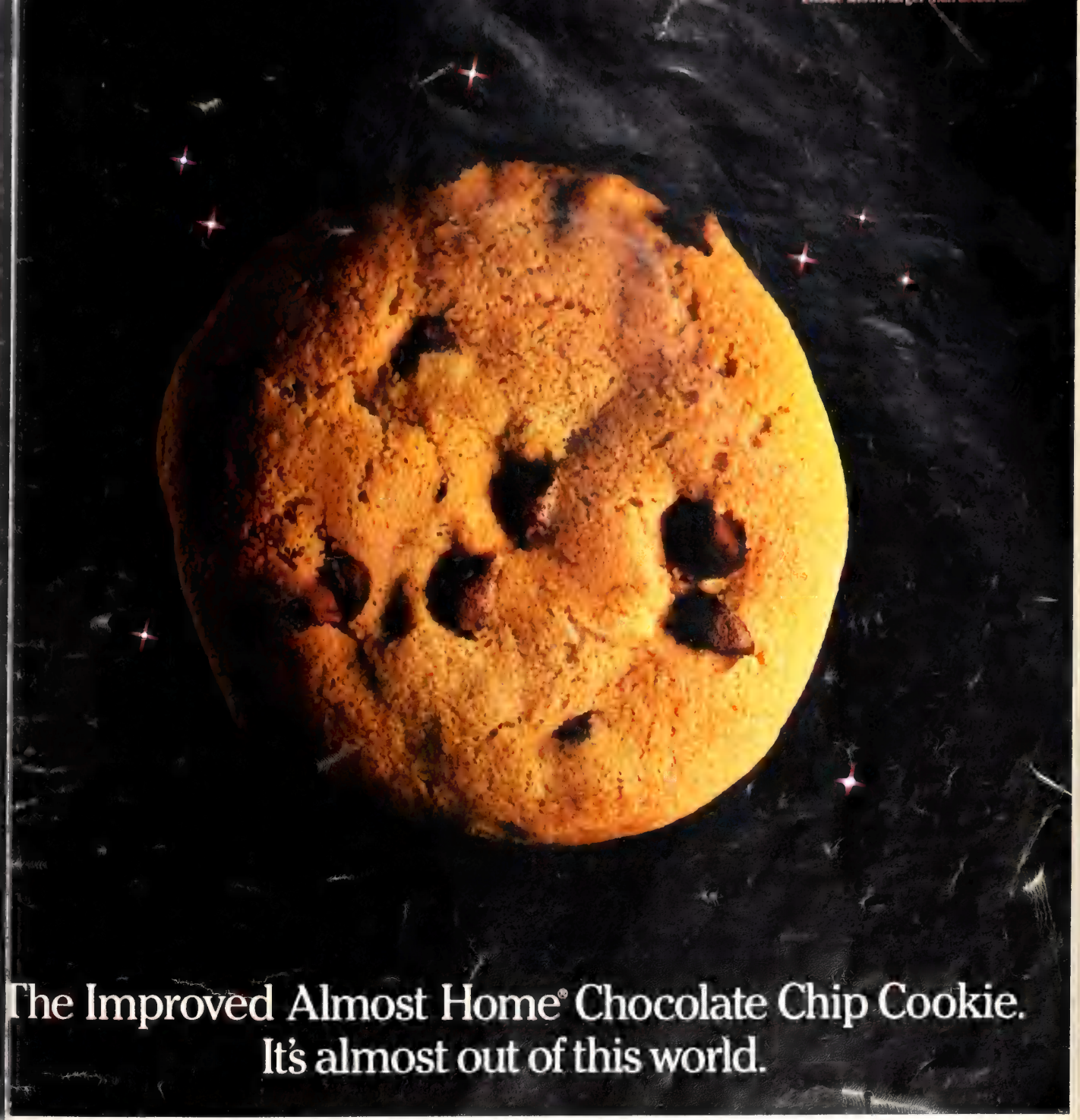
I blew with all my might. Mark la motionless, with no sign of life. "He just the same, he's still not breathin right!" I began to panic.

"Listen carefully." Her voice was u gent, but calm. "Now put the heel your hand on the center of his chest . right between the nipples. Put th other hand on top of that hand. Pus down firmly only on the heels of you hands, one or two inches. Do it fiftee times." Her orders were clear.

I followed her instructions precisel counting, breathing, pushing. M mouth began to ache terribly, and m arms were sore, but I kept on alterna ing between the four breaths and th fifteen pushes. All I saw in front of m was Mark's mouth and chest; all wanted was to see him respond.

Finally, after what seemed like a eternity, I heard the wail of the am bulance siren. Within moments the pa amedics were beside me, taking over.

I was in a daze. *(continued on page 24*



The Improved Almost Home® Chocolate Chip Cookie. It's almost out of this world.

As good as our original choco-
ate chip cookies were, these are
etter. We added more chocolate.
0% more, in fact.

Go ahead, have a taste. And be
repared to find Almost Home®
ery familiar. You see, just like Mom, we give
ur chocolate chip cookies a smooth, buttery



flavor. We make them deliciously moist. With a texture that's incredibly chewy.

You might think these almost-out-of-this-world cookies would be hard to come by. Not at all. They're now as near as your neighborhood grocery store.

NABISCO BRANDS

20% more chocolate chips make our new cookie even better.

1985 Nabisco Brands, Inc.


NEW, UNSCENTED!
Tide
AMERICA'S FAVORITE
Tide's In... Dirt's Out.
NOT AVAILABLE IN SOME AREAS.

NOW, ALL YOU SMELL IS CLEAN.

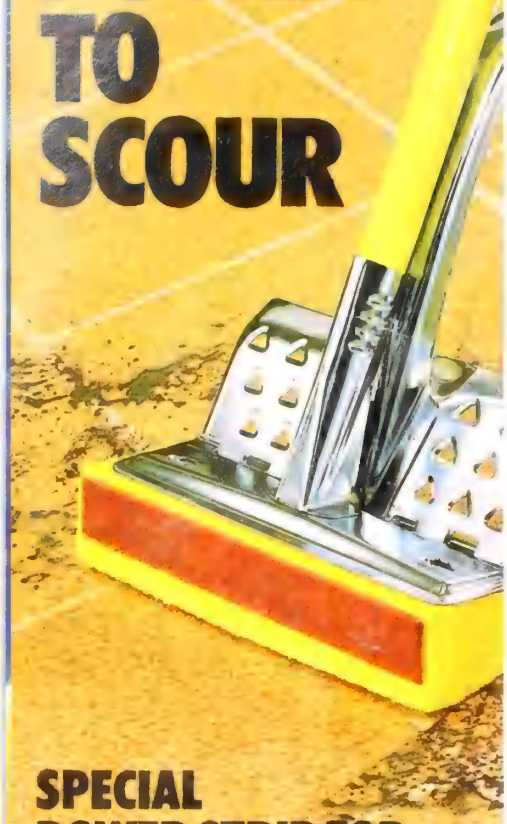
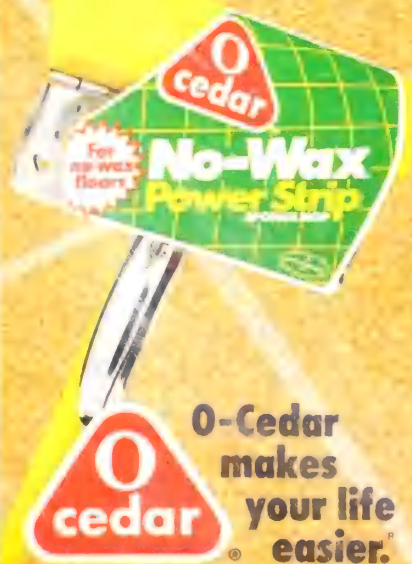
SCRATCH 'N' SNIFF

INTRODUCING NEW UNSCENTED TIDE

What you smelled was nothing, wasn't it? And nothing is what you'll smell with New Unscented Tide. Nothing but Tide clean clothes. New Unscented Tide leaves no fragrance behind on clothes. Regular Tide still adds a fresh scent. The choice is up to you. But either way, you'll get the great clean of America's favorite detergent.



REGULAR OR NEW UNSCENTED...TIDE WON'T QUIT TILL YOUR CLOTHES ARE CLEAN.

The O-Cedar Difference
POWER TO SCOUR

SPECIAL POWER STRIP FOR NO-WAX FLOORS
scours away stubborn dirt without scratching.


O cedar
O-Cedar makes your life easier.®

A WOMAN TODAY

continued from page 20

Exhausted, I leaned against the wall, watching them work. At one point a medic said Mark didn't have a heartbeat, but they kept up their efforts. They continued doing CPR. They put tubes in his mouth and arms and gave him a shot of adrenalin to help get his heart started.

Suddenly, the color returned to Mark's face. He was conscious for a moment, then gone again. But his heart was beating on its own.

"We're taking him to the hospital; he's stable now," said a paramedic. "You did a good job." Numbly, I followed them out the door, and saw my husband loaded into the ambulance. The doors slammed. Dee had taken the children to her house, so I only had to get dressed and grab my purse and keys. I climbed into our truck and followed the ambulance down the winding road.

Mark was already in the emergency room when I arrived at the hospital. I wasn't allowed in to see him until I had filled out admittance forms and answered questions that seemed so totally irrelevant—how old was he, what kind of insurance did we have? A nurse came up to me and said I had saved Mark's life, but I was too numb with fear to respond. All I really wanted to know was that my husband would live.

Finally the doctor came out of the examining room and told me Mark could be moved to the intensive care unit. He explained that an allergic reaction to the penicillin had caused Mark's heart to stop beating. Mark had taken the drug for years without problems, but the doctor said that sometimes a person can become suddenly allergic to a medication. Most people break out in a rash, but Mark had had an extreme reaction. When his heart stopped, my doing CPR had kept him alive.

Later I was able to see Mark. He was hooked up to heart-monitoring equipment, and there were tubes in his arms, but he was breathing normally. The doctor wanted to keep Mark in the hospital for a few days to make sure he hadn't suffered any brain, kidney or heart damage. I stood there looking at my husband, just needing to see him.

I drove myself home automatically, not thinking. Michael and Alice were waiting for me with Dee. One glance told me they were frightened. I hugged them for what seemed like forever and told them their father would be all right. For several minutes we just sat together on the couch, clinging to each other. I told them again and again that Mark's heart was now beating normally and that he would be back home with us in no time at all.

I was calm . . . or so I thought. I had handled it, I told myself. Everything is going to be all right now. I realized I felt sweaty and dirty, and I wanted to clean up. I left the kids and went into the bathroom. Mechanically, I stripped off my clothes and got into the shower. Standing there, with the pulsating water beating down on me, I was finally able to release the fear, the terror and the horror I had held in my heart. I knew the children could not hear me and I sobbed for a long time.

Mark stayed in the hospital for three days. The doctors told me he would be fine but that he needed to rest, so he stayed home from work for two weeks. We worked in the yard, played games with the children and spent a lot of quiet time together. I found myself drinking in the sight of him during that time, taking pleasure from watching him become his old self, healthy and strong. And at first the kids seemed to watch him closely too. But as they saw him recovering, they relaxed. In fact, by the end of the first week, Mark was tired of being cooped up at home and ready to go out into the world. His impatience to return to work and get on with normal life brought a smile to my face.

It may sound strange, but I think the terrifying ordeal has changed both of us for the better. Mark was always kind and gentle, but now he's even more patient with the children. He worries less, because he says he knows just how precious life really is.

I also value life more. I'm less inclined to take the important things in life for granted. I feel more able to cope with day-to-day difficulties because I know how trivial most of them are.

And I am overwhelmingly grateful to the paramedics, and to the dispatcher whose words enabled me to keep my husband alive.

Some months after our trauma, I discovered how lucky we are to live where we do. The telephone CPR program in King County, Washington, was one of the first of its kind in the nation. It's now three years old, and only a few communities across the country have this life-saving service. The sooner CPR is started, the greater the victim's chance of surviving a cardiac arrest. I hope more cities and towns start these programs so other people can be told what to do in an emergency. Without the telephone CPR program, I know Mark wouldn't be alive today. **End**

To find out where you can take a course in CPR, call the American Heart Association, your local Red Cross chapter or, in some communities, your local fire department. Information about the telephone CPR program can be obtained from King County Emergency Medical Services, 500 Smith Tower, Seattle, WA 98104.



For readers of Ladies' Home Journal:

The New Encyclopaedia Britannica-

an invaluable resource for your family and for you!



YOURS FREE
when you preview BRITANNICA... this valuable 3-volume **DESK REFERENCE SET**

848-page Merriam-Webster Dictionary, 634-page Merriam-Webster Thesaurus and 480-page Pocket Book of Quotations—all in a handsome, handy slipcase (an $11.85 value).



oday's woman needs today's Britannica ecause she knows that learning is a elong experience!

ritannica offers you and your family the ost priceless advantage of all: authoritative nowledge, clearly and beautifully presented.

nd now, Britannica gives you even more an before! Today's Britannica has been vised and expanded and offers over),000 pages . . . 44 million words . . . and 4,000 photographs, drawings, maps and t works. Britannica is a complete Home earning Center. . . and America's *only* cyclopaedia with this unique format:

New 2-volume Index makes ritannica easier than ever to use.

12-volume Ready Reference puts e facts at your fingertips. Ideal for mework.

17 volumes of Knowledge in Depth ll you more about entire fields of nowledge.

One-volume Outline of Knowledge rveys major fields of study and guides u to learning on your own.

LUS—for new Britannica subscribers—e unique and invaluable new Britannica orld Data Annual gives you instant cess to the latest statistical information all 206 countries in the world. And your st copy of this exciting volume is urs as a FREE GIFT from Britannica Home Library Service, Inc., when you acquire Britannica.

Today's Britannica provides more up-to-date facts about more subjects than any other single source to better meet your family's need for knowledge.

And yet, Britannica is not out of your reach. It is available now direct from the publisher on a convenient and affordable Book a Month Payment Plan.

Discover Britannica for yourself

For more information about Britannica—with no obligation—mail the attached card. We'll send you a full-color booklet which describes Britannica in detail and explains how easily you can give your family The Britannica Advantage. You'll also receive the free 3-volume Desk Reference Set when you preview Britannica.





Please read the reply card carefully. There's no obligation, so mail the card today.

303

Encyclopaedia Britannica, Inc.—also publishers of Great Books of the Western World

© 1985 Encyclopaedia Britannica, Inc.



Mail card for FREE Desk Reference Set and FREE Group Discount Details

Beauty Journal

A focus on brows; a call to (firmer) arms; conditioned lips, specialized mousses and flowery perfumes

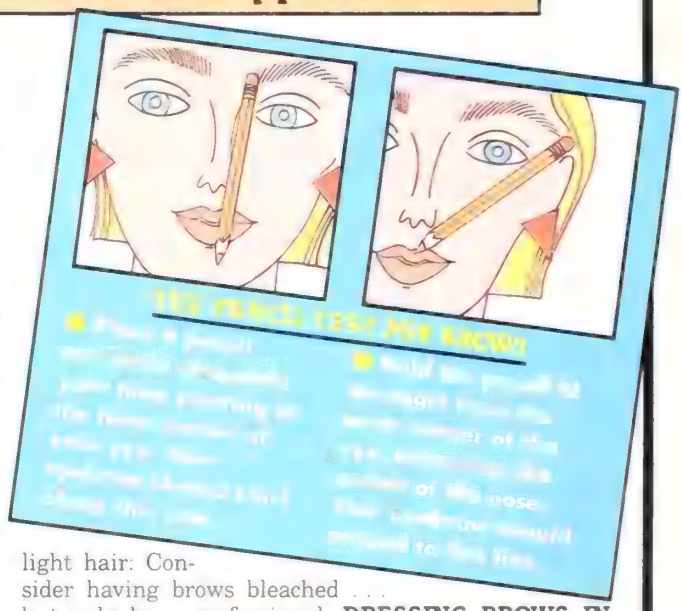
BEAUTIFUL BROWS



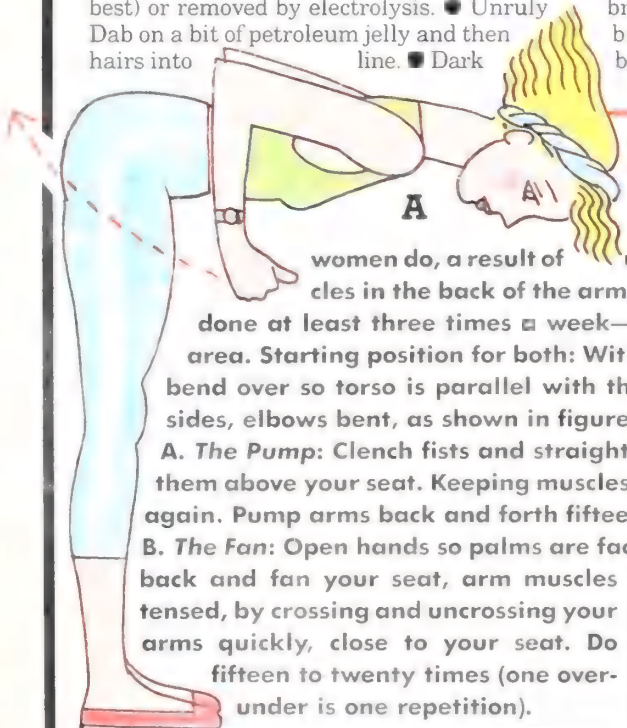
Globe Photo, Inc

Gone are skimpy crescents: Lush, full brows, à la Brooke Shields, are in. Here's how to make the most of yours.

HOW TO TWEEZE BROWS It's important to keep brows in line—but don't overpluck. Best time to tweeze: after a bath or shower, when skin is softened. (Don't tweeze just before going out or applying makeup—the brow area needs a rest.) 1. Use brow brush to sweep hairs up and out. 2. With slant-edged tweezers, pluck one hair at a time, in the direction of hair growth, grabbing each hair as close to the root as possible. 3. Tweeze any hairs that fall outside of the brow-measuring guidelines illustrated at right, and any strays below the brow, but never tweeze hairs above brow. 4. When you've finished, wet a cotton ball with cool water or toner and press gently against tweezed area to soothe it and reduce redness and swelling. **BROW FIXERS** ● Long, wiry hairs: Brush brows up, clip hair at point even with top of browline with small scissors. ● Bushy brows: Excessive growth across the nose, for example, can be plucked (at a salon is best) or removed by electrolysis. ● Unruly brows: Dab on a bit of petroleum jelly and then brush hairs into line. ● Dark brows, light hair: Consider having brows bleached . . . but only by a professional. **DRESSING BROWS IN STYLE** ● Brush hairs down to reveal where fill-ins are needed. Apply powder shadow in a shade matching your brows and brush brows back up to blend. ● Use an almost-dry mascara wand to thicken brows, brushing upward. ● For a natural look with pencils, use one lighter and one darker than brows. Make feathery strokes and finish with an eyebrow brush.



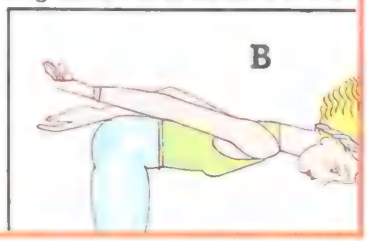
UPPER-ARM TONERS



If you have wobbly upper arms, join the crowd: Many women do, a result of underdeveloped triceps muscles in the back of the arm. These two easy exercises—done at least three times a week—can help firm and trim the area. Starting position for both: With feet shoulder width apart, bend over so torso is parallel with the floor; hold upper arms at sides, elbows bent, as shown in figure A.

A. *The Pump*: Clench fists and straighten arms backward, holding them above your seat. Keeping muscles tensed, bring arms forward again. Pump arms back and forth fifteen to twenty times.

B. *The Fan*: Open hands so palms are facing backward. Extend arms back and fan your seat, arm muscles tensed, by crossing and uncrossing your arms quickly, close to your seat. Do fifteen to twenty times (one over-under is one repetition).



Lois Joy Johnson

Exercises adapted from THE FIRM UPPER ARMS BOOK, by Jan Aaron. McGraw-Hill Book Company. Copyright © 1985 by Jan Aaron

New products

● *Long-lasting lips: Almay's Conditioning Lipstick fills in tiny lines, moisturizes and protects lips from the sun. Available in cream or transparent gloss in twelve shades. $3.95.*

● *Mightier mousses: Revlon's new Flex Body-Building Styling Mousse comes in three formulas, for regular, permed or fine hair. $2.29.*

● *Summery scents: Oriental Lotus, Black Orchid, Island Gardenia, Jasmine and Misty Tea Rose create a heady new bouquet; from Jovan. $7.50.*


Tab's got Sass
STORE COUPON
EXPIRES 12/31/85
SAVE 20¢
TAB
Caffeine Free
TAB
Less than 1 Calorie
Get this 18" x 24" poster for only $2.95 when you buy TAB.
To order, send your name, address (including zip code), and your check for the total amount ($2.95 per poster) to: TAB Poster Offer, P.O. Box 888247, Atlanta, GA 30356. For each poster, include a cash register receipt from a 2-liter bottle or any multi-pack of bottles or cans of TAB or Caffeine Free TAB with purchase price circled. Allow 6 weeks for delivery. Offer expires 12/31/85 or while supply is exhausted. Deliveries cannot be made to P.O. Boxes. Offer void in Canada, USA and is void where prohibited, taxed or restricted. This offer is being fulfilled by Homework Fulfillment Center, 5545 Woodsong Trail, Dunwoody, GA 30338.

Talking with Cosby



Barbara Walz

America's favorite TV father doesn't have to go far for the material that's made his show number one—he has lived most of it himself. No wonder you were sure it was your house he'd been bugging all this while!

By Alex Haley

I first met Bill Cosby many years ago, when he was a rising young comedian, still practically unknown. Now, more than twenty years later, *The Cosby Show* is the most popular prime-time program in America, and Cosby one of the most successful, most respected multimillion-dollar, multitalented superstars around.

After all these years, I was finally meeting him again—this time to interview him at his lavish California home. When I arrived, I was told that he had not yet finished his daily run. I found Cosby loping easily around the track at UCLA, with his longtime friend, actor Clarence Williams III, of *Mod Squad* fame. Cosby's muscular, six-foot-one-inch, one-hundred-and-eighty-pound body jogged easily; his trademark cigar was, for once, nowhere in sight. Williams and I drove back to the Cosbys' home in the Pacific Palisades area of Los Angeles while Cosby finished his run. Bill arrived a half hour later in a car driven by three UCLA freshmen girls, all giggling their heads off in disbelief at their good fortune. He had met them after jogging, and thrilled them by accepting *(continued)*

Beauty and Softness go hand in hand.



New *very* Softsoap™ with a patented organic moisturizer.

Softsoap™

Liquid soap

©MINNETONKA, INC. Minnetonka, MN 55343 USA

Advertisement

Health tips From Nurse Joan Kane



What to do if someone gets diarrhea while on vacation.

Nothing spoils a vacation faster than the discomfort of diarrhea. That's why I recommend what doctors and pharmacists recommend most. Kaopectate® It's the diarrhea specialist—the only leading nonprescription medication created just for diarrhea. It's so effective it relieves diarrhea within 24 hours.



And Kaopectate is available in a convenient tablet formula that's easy to take and take along—on vacations or any time you're away from home. Kaopectate comes in Regular, Peppermint Flavored Concentrate, and convenient Tablet Formula, too.



What to do if someone has itches and rashes.

Again, I recommend what doctors and pharmacists recommend most. Cortaid® It's all you need to treat eczema, dermatitis, insect bites, poison ivy, and poison oak.



It even relieves itchy dry skin. So you don't need a lot of different creams or ointments. All you need is Cortaid. And it is a proven treatment. Over 40 million people have used Cortaid! And so should you to relieve all minor itches and rashes.



Upjohn

©1985 The Upjohn Company

COSBY
continued

their offer of a lift back to his home.

As Cosby and I made ourselves comfortable in the family's spacious living room, I was amazed at how he remained so relaxed and amiable amidst the hubbub of activity in the house. The three phones rang nonstop; his old and dear friend, actor Robert Culp, with whom he co-starred on his first successful series, *I Spy*, waited with a script for him to review. Two talent agents finally left for other appointments after waiting in vain for a meeting. Meanwhile, Williams shepherded and soothed at least a half dozen other people with urgent business for the star.

Cosby began by talking about television and the factors leading up to his creating today's number-one sitcom. "I grew up loving television; to me it was a wonderful, magical invention," he mused. "When I was a child, I just couldn't *believe* we could get a picture in our house. I remember getting up early, turning on the TV set and looking at the test pattern, thinking, Maybe they'll start early. Television is a *fantastic* medium that could very well be something, and *should* be something a family can look at and get a good feeling from. It should *not* be something that we feel afraid to turn on because it will grossly offend us or do a disservice to our children.

"Over the years," Cosby continued, "I'd seen an awful lot of the same kind of programs. On detective programs, everybody was driving down the block on two wheels, going through glass windows and dropping to their knees with a .357 Magnum. And the shows were rife with stereotypes. Anytime you saw a black actor or actress, you *knew* something negative was going to happen. When you saw a beautiful woman, you knew that she was the romantic link. Then with the easing of censorship, sitcoms could get laughs by having someone say 'boobs' or 'butt.'"

Obviously none of these are Cosby's idea of great programming. "I felt we should go back to the basics. I'd noticed that people were again enjoying Jackie Gleason and *The Honeymooners*, the old Lucille Ball shows, even Burns and Allen. It was clear that networks were losing viewers to cable. Maybe you could get people to come back if network TV would clean up its act."

Talking about his own new show's popularity, Cosby says, "So many people identify with what goes on in the Huxtable household. They ask themselves, 'How did they find out what's happening in *our* house?' Other times a situation will click and a parent will use it as a teaching tool. For instance, we did a show about my daughter's not really finishing her homework, then finding out she didn't do well. She was upset and blamed everybody in the house but herself. A mother said she videotaped that and showed it to her teenage daughter to point out why she wasn't doing well in school."

In spite of his success and his massive earnings (estimated to be more than $3 million a year), much of Cosby's appeal rests in his presentation of himself as one of us: a parent concerned with making a living and raising his kids properly. In fact, Cosby admits that his own family—his wife, Camille, and his four daughters and one son—are the grist for today's show. But he always relies on a seemingly endless supply of autobiographical material for use in all his comedy routines. His stand-up monologues are based on childhood memories of growing up in a Philadelphia ghetto with his boyhood companions—his brother Russell, Fat Albert, Old Weird Harold, Dumb Donald—now so well-known to us. He can make comedy out of a roller-coaster ride, a meal in a Chinese restaurant, or a teenage boy's despair over his acne.

In the series, Cosby (who is the show's creator, co-producer and executive consultant) plays a beleaguered but lovable obstetrician, Dr. Heathcliff (Cliff) Huxtable, who, like the real Cosby, has five children. Dr. Huxtable's wife, Clair, is a warm, elegant woman with a career as a Legal Aid lawyer—she's played by Phylicia Ayers-Allen, older sister of *Fame*'s Debbie Allen. The show's appeal, and its laughs, depend less on one-liners and intricate plots than on the affectionate ribbing between family members. For example, Huxtable tells his son that he can't join his friends for a basketball game until he clears off the table and stacks the dishwasher. Later, seeing the sorry job that the boy is doing, the exasperated father deadpans, "You know, you could be here for the rest of your life. By the time you finish, basketball may not even *be* a sport!" Cliff Huxtable is constantly dealing with what Cosby calls "children we love who are rejecting our wisdom as parents," an experience familiar to almost all of today's parents.

Cosby's special charm in dealing with children is one of his most winning attributes, and true to form, he gets rave reviews from the actors who play his kids on the show. Malcolm-Jamal Warner, fourteen, Cosby's TV son, Theodore, describes what it's like to work with "Mr. C": "Rehearsals with him are easy, because he's so funny. I remember one day Keshia [Rudy on the show], who is only five, was supposed to run and jump on the stage for a scene. She was scared, and when *(continued)*

IS AIRSPUN POWDER A MUST FOR A PERFECTLY FLAWLESS LOOK?



COTY SAYS YES

AIRSPUN
FACE POWDER

Powder spun so fine, skin looks perfectly flawless. Only Airspun comes in 14 micro-spun shades. Blends beautifully. Matches skin tone exactly. For that flawless finishing touch—it's a must. Do it. Powder your face perfect, with Airspun (Pressed formula too.)

Coty. The face powder authority.

EXTRAORDINARY ANSWERS. COTY

1984 Coty N.Y. Available in Canada. Model wearing Translucent Airspun Face Powder, Champagne Coty '24' Luminescent Lipstick. Gown by Tony Chase



BankAmerica Travelers Cheques introduces The SafeTravel® Network. The best protection yet against the unexpected.

When you go on vacation, you don't expect to wind up in the hospital. But it can happen. If it does, you'll wish you had BankAmerica Travelers Cheques. Now with The SafeTravel Network.

Protection against a world of misadventures. Suppose you're in a foreign country and suddenly need a doctor. The SafeTravel Network provides 24-hour referrals to English-speaking physicians throughout the world. It will also advance your hospital deposit up to $1000 and cover $1000 of your medical expenses.*

Suppose you lose your luggage. The SafeTravel Network provides $2000 Lost Luggage Insurance.*

The SafeTravel Network can even protect you if you get stranded by bad weather or an airline strike—$200 per day maximum for 3 days.* (See opposite page for more details.)

No other travelers cheque offers all this. The SafeTravel Network is invaluable in an emergency, and can save you thousands of dollars in the event of a major mishap. Yet when you buy BankAmerica Travelers Cheques your individual membership costs **only $5.** ($10 for a family of 2 adults and 2 children).

The SafeTravel Network. Only with BankAmerica Travelers Cheques. The best protection yet against the unexpected.



The SafeTravel Network at a glance.

Help is available 24 hours a day, 365 days a year. Membership is good for 45 days from the date of purchase. The following services are provided through International SOS Assistance, Inc. to SafeTravel Network members.

Medical Information and Referral to English-speaking doctors or specialists on 24-hour call, if needed.
Plus $1000 **Medical Insurance** ($25 deductible).* And up to $1000 guaranteed **Hospital Deposits**.*†

Travel Interruption Coverage. $200 per day maximum reimbursement for non-refundable expenses up to 3 days.*

Lost Luggage Insurance. $2000 coverage for losses in excess of those covered by the airline's standard liability and your homeowner's policy.

Legal Assistance. Referrals to local attorneys.

Referral to **Interpreter Service** as needed.

Avis Car Rental Discounts of 10% to 20% at participating dealers.

Individual Membership $5.
Family Membership $10.
(2 adults and 2 children)

Available at participating BankAmerica Travelers Cheques selling locations. For the location nearest you, call:

800-421-6104

From Alaska, California, or Hawaii call collect: (415) 622-3800.

*Applicable 100 miles or more from home.
Members must repay the deposit amount without interest within 45 days from date deposit is made.
A portion of the membership fee is applied to the purchase of insurance benefits offered in The SafeTravel Network. Fees for the purchase of Travelers cheques vary from location to location.

BankAmerica Corporation

she finally did it, she fell backward, hit her head and started crying. Her mother ran over and tried to calm her down. But Mr. C made Keshia start laughing by falling on the floor and kicking and screaming and wailing like he was hurt, too."

Malcolm continues enthusiastically, "He would be great to have as a father. He's kind but tough . . . and always funny. When I'm finally a father, I'd like to copy his style. He's very approachable. You can talk to him whether you're eight or eighty."

Lisa Bonet, seventeen, who plays the fashion-conscious and boy-crazy teenager, Denise, is another ardent admirer. An only child who lives alone with her mother, she has gone to Cosby with personal problems and relied on him for counseling.

When Cosby, who turns forty-eight next month, talks about his own family and about parenting, the parallels between himself and his alter ego, Huxtable, become even clearer. He is enormously proud of his children—Erika, twenty; Erinn, eighteen; Ennis, sixteen; Ensa, twelve; and Evin, eight—and explains that their names all begin with "E" because "it's a way of reminding them each day thoughout their lives that 'E' stands for excellence." Instilling proper values is among his prime concerns, and I ask him bluntly how he keeps his own children from the drug and alcohol abuse that plagues so many families with adolescents. He replies gravely, "It's very difficult, and I've relied on the values of the old days. Every one of our children can testify that I told them, 'There will be none of this!' I let them know that we love them, but that we expect respect within the family. I also let them know that I recognize the signs of drug and alcohol abuse, and so does their mother. And then, after all the love and education we give, and the warning that there would be some heads cracked and rolling around—after all that, I think it's just *luck*!"

Cosby credits his own mother, Anna, for keeping him from drug abuse and gang fighting as a poor, inner-city youth in Philadelphia. He remembers her reading to him from the Bible and Mark Twain, and says that he never wanted to disappoint her. The performer remains close to his roots, and doesn't want his children to take the family's affluence for granted. "I tell them that I'm going to leave them an awful lot of money," he explains, "but that nobody is getting anything unless they have a formal education and can understand what to do with that money. I tell them what Sophie Tucker said a long time ago, 'I've been poor and I've been rich, and rich is better.'"

Education is particularly important to Cosby, who dropped out of school twice. He left high school to join the Navy rather than repeat the tenth grade, and got his diploma through a Navy-sponsored correspondence course. He then entered Temple University on an athletic scholarship . . . and dropped out again to pursue his career in comedy—a summer job paying $60 a week to entertain in a Greenwich Village club (where he sometimes worked with a young Woody Allen) had convinced him that he could succeed in show business. He claims that when he told his mother he was going to drop out of college, she was so upset she took to bed for seven weeks. Today, this master of stand-up comedy is nothing if not confident. "If I were a youngster wanting to study stand-up comedy," he says, smiling broadly, "I'd study me!"

It was during these early years that Cosby met his wife, Camille, on a blind date while she was a student at the University of Maryland. The couple married in 1964, although Camille's parents voiced strong objections to a struggling stand-up comedian who they were convinced would never amount to anything.

Camille's parents were proved wrong rather quickly, because it wasn't long before the young Cosby was spotted performing in Pittsburgh by Carl Reiner, who introduced him to producer Sheldon Leonard. Leonard signed Cosby to co-star in NBC's espionage series *I Spy*—marking the first time a black actor had starred in a dramatic series. The role earned Cosby three Emmys.

Two decades later, his career and his marriage are still going strong. When Cosby talks about Camille, his voice is filled with love. "That lady has stood so *solidly* with me for all these years," he says fondly. "Whenever the time comes when one of us needs the other's support, that support is there, and it's real because we love each other. And we'll say, 'Thanks a lot for that. I really needed it.' I don't come home at night expecting Camille to be there to rub my back, but I do try to be there to rub hers whenever she needs it. These are the things that make our marriage work."

Camille, who is rarely photographed or interviewed, has made it clear that she's not just "Bill Cosby's wife." And to emphasize the point, she gave her husband a silver chain-link bracelet engraved, "Camille's husband," which the entertainer often wears. As a friend of the family said, "Camille doesn't give a damn about that celebrity stuff. She would love Bill just as much if he were a teacher." *(continued)*

COSBY
continued

Television viewers not only get an idea of the Cosbys' real home life by watching his show . . . they can actually see what that home looks like. The Huxtables' Manhattan townhouse is modeled after Cosby's, and he is one of the country's foremost collectors of American colonial antiques and one of Sotheby's (the prestigious New York auction house) best customers. In fact, Cosby recently purchased what may be the finest set of Tiffany Chrysanthemum-pattern silver ever to be auctioned. He wound up paying $95,000 for it because he was bidding against fellow comic Joan Rivers.

To ensure the accuracy of the TV show's stage sets, Cosby had Anita Kistlinger, the designer who did his New York house, act as a consultant. The Queen Anne chairs, upholstered wing chairs, case clock and Oriental rug are close reproductions of Cosby's furniture. Even the paintings, by black artist Varnette Honeywood, are very similar to items from his own private collection.

While the family's pieces are museum-quality, the Cosbys *use* their collection. The $77,000 J. Simon Willard tall case clock in the hall keeps time; the drawers of the $40,000 Connecticut highboy are full. "I never want to tell my children that they can't sit on this or use that," Cosby says. "We use our Tiffany flatware all the time."

Besides his New York townhouse and his Pacific Palisades home, Cosby also owns, and has restored, a nineteenth-century clapboard farmhouse on 286 acres near Amherst, Massachusetts. This house, too, is furnished with the antiques he has been collecting for the past six years. Recently, he purchased a fourth house near Philadelphia, in Montgomery County. "It's an old house, too, and it will take a lot to restore it to its 1783 condition," he says.

The four homes, the antiques . . . all are made possible by his success since *I Spy*. And the number of projects he has undertaken since then is mind-boggling. He did the first NBC *Bill Cosby Show* from 1969 to 1971, playing a physical-education teacher. There followed a weekly CBS variety show in 1971, and an ABC variety show for children (*Cos*) that was less successful. Along the way, he earned a doctorate in education from the University of Massachusetts (which was willing to grant him credit for "life experience," since he didn't have an undergraduate degree). He made twenty-two record albums (seven of them gold), picked up five Grammys, appeared in movies with Sidney Poitier (*Let's Do It Again*) and Raquel Welch (*Mother, Jugs and Speed*), and created the famous animated children's series, *Fat Albert*, which is still being produced today. He also appeared on the acclaimed Children's Television Workshop series *The Electric Company* and still does *Picture Pages* (four-minute segments aimed at making reading and writing fun for preschool children) for cable television's Nickelodeon channel.



Today, besides his hit series, he is seen regularly on commercials for Jell-O, Coca-Cola, and Texas Instruments. He has done commercials for Ford and Del Monte in the past. His grown-up kid image and the giggles he elicits from the children who appear in the commercials with him are entertaining . . . and effective. Cosby is one of the most credible celebrity spokesmen in the business, and he reinforces that image by claiming only to endorse products that he himself regularly uses.

"When the Coca-Cola Company first proposed that I make a commercial for them in 1969, I thought, These people are going to *pay* me to say that I love to drink this, when it's what I drink anyway?" he remembers. "And then came the Jell-O pudding ads—why, my mama used to make that for our dessert!" Recently, Cosby took his belief in Coke one step further: He and basketball superstar Julius Erving are now part owners of a Coca-Cola bottling company in Cosby's hometown, Philadelphia.

With his many media projects and his diverse investments, Bill Cosby is practically an industry all by himself, much like MTM (Mary Tyler Moore) Enterprises, also known for producing well-made, wholesome entertainment. And yet, with all his myriad achievements, his current show seems the culmination of *(continued on page 167.*

What Has This Toothpaste Got Against Plaque?



Plaque is the number one cause of adult oral health problems. And like it or not, plaque is attacking your teeth right now.

Check·Up® Toothpaste has an ingredient that works against plaque. It's called Microsil,™ a special form of hydrated silica, clinically proven to remove plaque safely and effectively everywhere you brush.

Try Check·Up paste or gel in the convenient pump dispenser or the new flip-top tube. It's got a lot against plaque. And that's good news for you.

Check·Up® The Plaque Attacker

DAZZLING COLOR THAT LASTS WITHOUT FEATHERING?



COTY SAYS YES

COTY '24'

Luminescent Lipstick

Soft shimmery color stays put for hours! Won't 'feather' because Coty's exclusive lip-lining formula actually helps hold color inside lip line. Moisturizes too. Color dazzles on and on and on. Now that's extraordinary.

EXTRAORDINARY ANSWERS. COTY

A POWDER PERFECT LOOK FROM FOUNDATION?

NOW IN LIQUID



COTY SAYS YES

AIRSPUN POWDERESSENCE FOUNDATION

Now Coty brings foundation and powder together as one! Slips on silky smooth like foundation—transforms into a soft matte powder finish. Feeling is believing. It's like no foundation you've ever worn. Looks so natural you never see "makeup". You only see beautiful skin. Powder perfect.

COTY. EXTRAORDINARY ANSWERS.

© 1984 Coty N.Y. Available in Canada. Model is wearing Dracaru Beige Airspun Powderessence Foundation. From [illegible]
The New Romantics Shadow 'n Liner Eyelet, and Radiant Bronze Sheer 'N Silk Lipstick. [illegible]

Who's got the best fitting jeans in these parts?



Right about here, Levi's 505® jeans give you a relaxed, comfortable fit that extends upwards to parts not shown above.

Levi's 501® blue jeans offer every part of you a unique personal fit, because they're the only jeans that shrink in the wash to hug every curve, knees included.

Levi's® Jeans cut for women

LEVI'S®

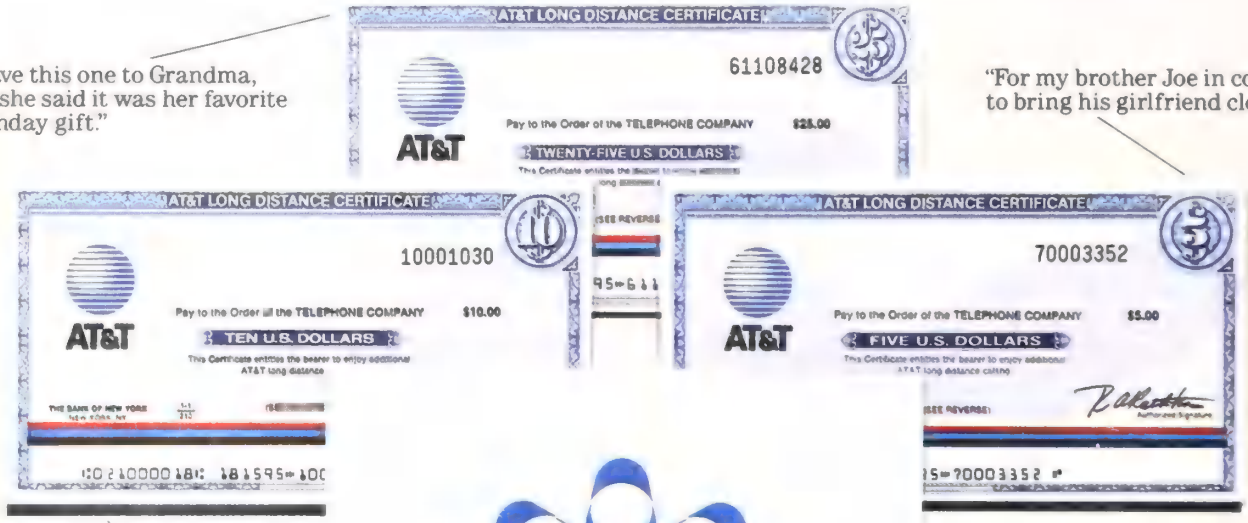
QUALITY NEVER GOES OUT OF STYLE®


And Levi's Super Straights are perfect if this part of you demands this kind of fit. So try great-fitting Levi's jeans soon. No matter what fit you need, you'll find we have you pretty well covered.
The word "Levi's" is a registered trademark of Levi Strauss & Co. San Francisco CA © 1985 Levi Strauss & Co

The gift.

"I gave this one to Grandma, and she said it was her favorite birthday gift."

"For my brother Joe in college, to bring his girlfriend close."



"To Auntie Mae so she can have some nice warm visits with Mom."

"And this card adds something special to the gift."

A GIFT FOR YOU
AT&T LONG DISTANCE CERTIFICATE

AT&T Long Distance Certificates.



The hero.

That's how you'll feel when you give someone you love an AT&T Long Distance Certificate. Because it brings faraway family and friends close. It says you care about keeping people in touch with the ones they love.

There's no warmer way to say "Happy Mother's Day." A thoughtful way to say "Congratulations" on birthdays, anniversaries, weddings, and graduations, too. It's the gift to give any time that's special.

The AT&T Long Distance Certificate comes with an attractive gift card and matching envelope. And there's one to fit every budget—$5, $10, $25.

The certificates can be used for payment on all AT&T Long Distance calls...any time...to anywhere in the U.S. and 250 countries and faraway locations. And they're redeemable with any local telephone company in the U.S.

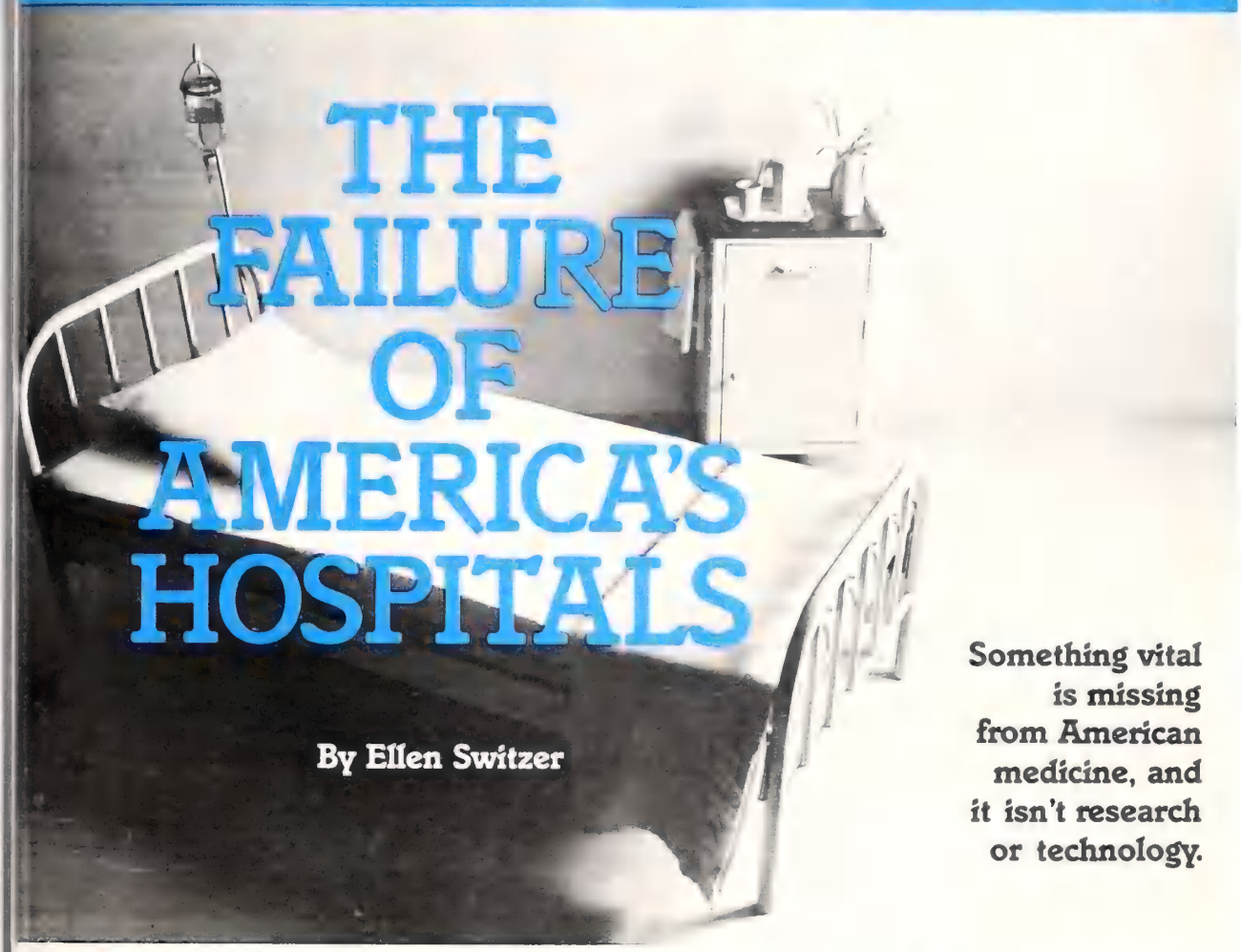
To order, call **1 800 222-8555, Ext. 450,** toll free. Or tear out the reply card. We'll mail the certificates either to you or to the persons receiving the gifts. Then you'll find out how it feels to be a hero.

Reach out and touch someone.®

AT&T
The right choice.

© 1985 AT&T Communications

Whatever happened to caring?



THE FAILURE OF AMERICA'S HOSPITALS

By Ellen Switzer

Something vital is missing from American medicine, and it isn't research or technology.

John Patrick woke up shortly before midnight to the insistent ring of his bedroom phone. When he answered, a slightly hysterical voice asked him if he knew where his wife was. The question seemed a little peculiar. He had left his wife about two hours earlier, in her private room in a prestigious university-affiliated hospital in a nearby New England city, dozing on her bed after apparently successful hip surgery. At that time the anesthetic was beginning to wear off, his wife was in pain, and at his suggestion, she was given what was described as a mild painkiller. The voice on the phone told him his wife had "disappeared." She was not in her room, nor was she in any other room in that section. The staff had checked lavatories, linen closets and other nooks and crannies, but she was nowhere to be found. Patrick said he'd be right over.

"I felt as if I were in the middle of a particularly scary Hitchcock movie," he says today. "After all, Linda had had surgery on her hip less than twelve hours earlier. That meant she could neither run nor tiptoe from the ward. And there were at least twenty people—nurses, technicians, residents and other medical personnel—on the floor. How could she simply vanish?"

Linda was finally located in an empty bed at the other end of the floor. She had apparently awakened, still confused from the anesthetic, and rung for a bedpan. When no one answered her ring, she painfully hoisted herself out of bed and went looking for a lavatory, using the corridor walls to steady herself. She got past the nursing station and out the door into another part of the floor without anyone's noticing.

The part of the hospital she had entered was empty and under renovation. She found a bathroom, but then, too exhausted and in too much pain to undertake the trek back to her room, she simply crept into an empty bed . . . and there she was found, two hours after she was first missed.

Linda was taken back to her own bed on a gurney. The staff doctors and the head nurse seemed more angry than embarrassed, according to Patrick. He was told he could go back home now; everything was under control. But just as he was about to leave, he *(continued)*

Tom Arma

"I'm a perfect 35."

"For millions of women like me who are tired of squeezing into a 34 bra or floating around in a 36, there's finally a bra specially designed to fit our odd-numbered sizes."

INTRODUCING "Made for Me®"

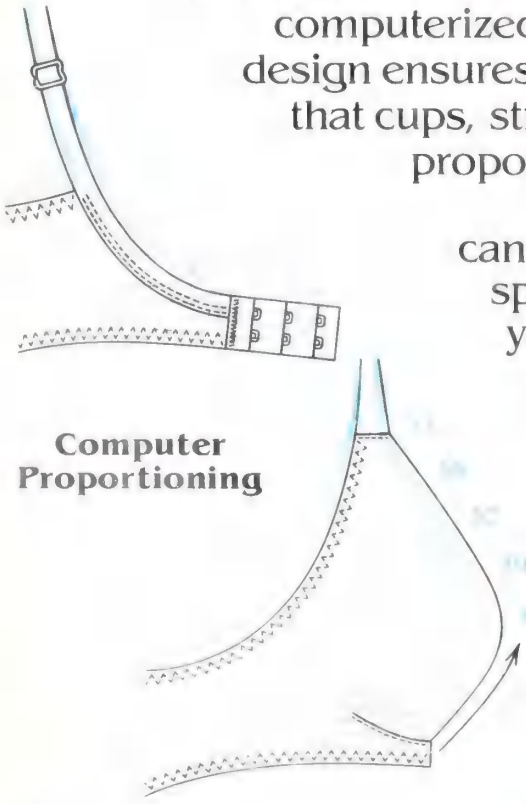


Style #806, soft cup. Available in white and beige.

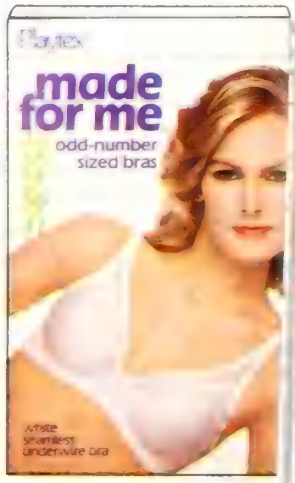
New Made for Me® by Playtex® is the perfect 33 to 41 bra. Perfect because the computerized design ensures that cups, straps and back measurements are perfectl proportioned to fit odd-numbered sizes.

Why settle for an even-sized bra when yc can have a bra that's specially designed to fit your proportions. The choice is yours. And the fit is too.

Finally, the odds have it.



Computer Proportioning



New Made for Me

The first computer-perfect 33 to 41 bra from Playte

an orderly enter the room with a raption that looked like a strait-et. The floor nurse informed him his wife would be put in restraints prevent further escapes. "Nobody ind here has time to keep watching ' she said. At that point Patrick up. First he told the nurse that he staying the night. Then he informed resident in charge of the floor that if one as much as tried to hold his wife n, he was calling his lawyer.

The case of Irene Lewis

e Lewis was admitted to the hospital a diagnostic D & C (dilatation and ttage) by her longtime physician, Adams. But the night before the duled surgery, Adams phoned to say he was being called out of town by a ily emergency and would arrange for lleague to do the operation instead.

ne next morning, she was sent to the ating suite on a gurney, dressed in ing but a short hospital gown, and red by a sheet. The attendant depos-her at the scheduling desk, and she ed . . . and waited. The room was cold. Worst of all, although she l not to think about the possibility she had cancer, the wait was terrify-

After about an hour of being ig-d, she timidly asked a nurse what problem was. "We are waiting for Dr. ms, of course," the nurse said. "We busy around here, so there's no use making a scene."

ene politely pointed out that she was making a scene, and didn't the oper-g room staff know that Dr. Adams not available?

You don't know what you are talking ut. You are much too doped up to e any sense," the nurse told her. e replied that she had not received medication yet. After another half r she finally persuaded someone to Dr. Adams's office. That brought re-s. "What do you know?" said the op-ing-room clerk. "Dr. Adams is out of n." The nurse angrily turned to e. "In that case, what are *you* doing ?" she asked. Irene explained that her surgeon was supposed to be g the procedure. "Nobody told us," nurse insisted. "You must be wrong."

fter another hour—this time sit-in a chair and wrapped in a ket—Irene was informed that an-r doctor was now ready to do the C. Three hours after being taken he operating suite, the procedure lly got under way. All went well, she did not have cancer.

Then Adams returned, he was truly alled by what had happened. The acement doctor had been given the wrong date by the scheduling nurse. Irene certainly realized that in a large medical complex, occasional scheduling errors are probably unavoidable, but leaving a patient on a gurney for almost three hours to become chilled and increasingly fearful is inexcusable.

The state of American medicine

Most of us have heard that the United States has the best medical care in the world, that our hospitals are the best run, our physicians the best trained and our nursing staffs the most dedicated. But last May I learned that our superb technology and our well-trained professionals don't always add up to good medical care.

My mother died in one of the top university-affiliated hospitals in the country. She was admitted for tests after experiencing some relatively minor symptoms, and she died ten days later, without anyone's having figured out what was wrong with her. I thought I knew what had happened. The treatment she received seemed to me not only inadequate but humiliating and uncaring enough to break her spirit and deprive her of the will to live. All our vaunted technology had been brought to bear on her, often causing her a good deal of pain, but there had been a lack of personal concern, humanity and even simple courtesy.

I wrote the article "My Name Is Mrs. Simon" for the *Journal* [August 1984] under the assumed name of Emma Elliot because I did not want, so soon after my mother's death, to upset the rest of my mother's family—especially my ninety-four-year-old stepfather—with graphic descriptions of her final days. I also did not identify the hospital (and still won't) because I suspected it was probably no worse than other hospitals throughout the U.S. It turned out I was right: A few days after that issue of the magazine hit the stands, I received a flood of letters from people with similar, equally upsetting, stories to tell.

What is happening to American medicine? Are we turning our physical and mental health over to machines rather than people? Whatever happened to just plain caring?

The mind-body connection

Hospital patients often remark that one has to be exceedingly healthy to survive the aggravations, inconveniences and indignities of being cured of an illness. And they are right, even in a strictly medical sense.

We now know that stress can cause various forms of illness, both mild and serious. Stress can also damage the immune system, leaving the body open to infections it might have otherwise been able to fight off.

Consider the amount of stress involved in an average stay *(continued)*

HOW DOES YOUR HOSPITAL RATE?

1. **When were you or a family member last in the hospital?** _____ A ☐ 1-2
2. **How long was the stay?** _____ B ☐ 3-4
3. **What was the reason?** _____ C ☐ 5-6
4. **How old was the patient?** _____ D ☐ 7
5. **What was the sex of the patient?** _____ E ☐ 8-9

6. **How would you rate the quality of the following?**

	Excellent 20	Good 30	Fair 40	Poor 50	
DOCTORS					F ☐
NURSES					G ☐
OTHER STAFF					H ☐
ROOM					I ☐
FOOD					J ☐

Please send your responses to:
Caring
P.O. Box 218
Cold Spring Harbor, NY 11724

in the hospital. There is the admissions clerk, who is often curt, rude and concerned only with insurance, even when a patient comes in as an emergency, in severe pain. There is the constant procession of interns and residents who poke the patient's body and conduct informal consultations as if the patient weren't present. And there are the physicians who don't ever seem to have the time to explain procedures, the nurses who don't answer bells and the aides who leave patients perched on a bedpan for what seems like hours.

Then add anxiety to stress. It's well-documented that fear and anxiety can actually increase pain. Patients who are terrified need more medication than do patients who are serene. It follows that an uncaring medical system can by itself make minor illnesses more difficult to bear and increase the danger of serious ones.

But just where does the blame for this unhealthy trend lie? Where can fault be found in the maze of hospital hierarchies and bureaucratic red tape?

Physicians' priorities

"Today we reward doctors in America for technology, not wisdom; for procedures, not empathy," says Raymond S. Duff, M.D., professor of pediatrics at the Yale School of Medicine, and coauthor, with the late Yale sociologist August B. Hollingshead, of the book *Sickness and Society* (Harper & Row, 1968). Dr. Duff continues, "The rewards are both financial and personal. Physicians can charge a great deal of money for the high-tech aspects of medicine, and a physician's colleagues tend to honor and respect him or her for technical skills and published research. Just sitting and talking to a patient is much less lucrative. Helping patients and their families cope with the emotional and social problems that illness produces is not ranked high on the honors list when physicians discuss other physicians."

More and more, doctors are paid by insurance companies, rather than directly by patients, and this, too, has affected the quality of care offered. After all, a physician can't submit a bill for an hour's conversation, but he can for a battery of tests. And the insurance company will pay, whether the doctor has been pleasant and concerned or clinical and indifferent.

Gone are the days, of course, of the old-time family doctor, so revered in the past, who made house calls carrying his black bag and spent hours sitting with a seriously ill patient. Still, while we remember him nostalgically, we tend to forget that there was little this physician had to offer besides reassurance, sympathy and a few narcotics for pain. Can we find a balance between old-style healers and today's technocrats?

Probably not, counter many physicians. Today's patients expect too much. They want old-fashioned doctors who can also perform modern miracles. We simply don't have the time to do both. Besides, they say, the bottom line is curing the patient. Given the choice, wouldn't anyone choose the physician who could cure, rather than the one with the great bedside manner?

"TV's saintly doctors like Marcus Welby are the worst possible images that could have been foisted on the medical profession," says one New York internist. "Welby treated everything from acne to terminal cancer. He picked up his black bag at the ring of his home telephone, and rushed across town, or even across the state, to help *one* patient who *might* be dying of acute heart failure but who might actually just be having an anxiety attack. Apparently Welby and a lot of those other TV docs have *one* patient a week. I have about two hundred. Still, a lot of my patients expect me to act like Welby."

"Patients aren't seen as ill people, but almost as impersonal beings that exist for the medical student's development."

However defensive individual doctors may be, the medical profession as a whole has begun to acknowledge that there is growing patient dissatisfaction. Medical organizations are taking note, and one, the Association of American Medical Colleges, has begun to react to patients' charges of uncaring physicians at the most basic level: medical-school training. In a report issued last fall, the result of three years of study by a panel of physicians and researchers, the conclusion was that many of America's future physicians were not receiving the best possible education, and that even the selection process that admitted students to those few highly prized places in medical school might be revised to include more young men and women with broader interests and warmer personalities.

An even more bitter criticism of medical education came from a somewhat unexpected source: a retired chairman of the department of medicine at Downstate Medical Center, State University of New York. Dr. Ludwig Eichna decided to go back to medical school himself, to take the complete four-year course. What Eichna found, and what he wanted his colleagues to examine, was the lack of imagination and critical thinking in students and faculty alike, the overuse of technology to solve problems, the substitution of tests for human contact, and perhaps most crucial of all, the lack of emphasis on what he calls "ethical behavior" in and out of medical schools. "Patients are not looked on as ill people, but as almost impersonal beings that exist for the student's own development," he said.

Another physician, the late Dr. Harold Lear, had a suggestion that might appeal to many frustrated patients. Only half facetiously, he suggested that every doctor should spend at least one week a year in a hospital bed, or that it might even be very beneficial to the doctor-patient relationship if the physician contracted a chronic, debilitating, painful disease early in his career.

Lear had been seriously ill for years and finally died of severe heart disease which involved surgery, a multitude of tests, chemotherapy and every other technical advance in diagnosis and treatment available in one of the best medical centers in the world. (His struggle is described by his widow, Martha Weinman Lear, in her book *Heartsounds: The Story of Love and Loss* [Simon and Schuster], which was the basis for a TV movie last fall.) Even though he was a physician, he was appalled at the callousness, the lack of humanity, the lack of courtesy and concern, with which he was often treated. Lear told his wife that most of the doctors he saw in the hospital seemed "marginal figures, shadowy and colorless. They had condescending airs. They asked him curt questions and grunted brief comments at him. "How quickly arrogance is bred into these kids," he said of the interns and residents. "How early they grow pompous."

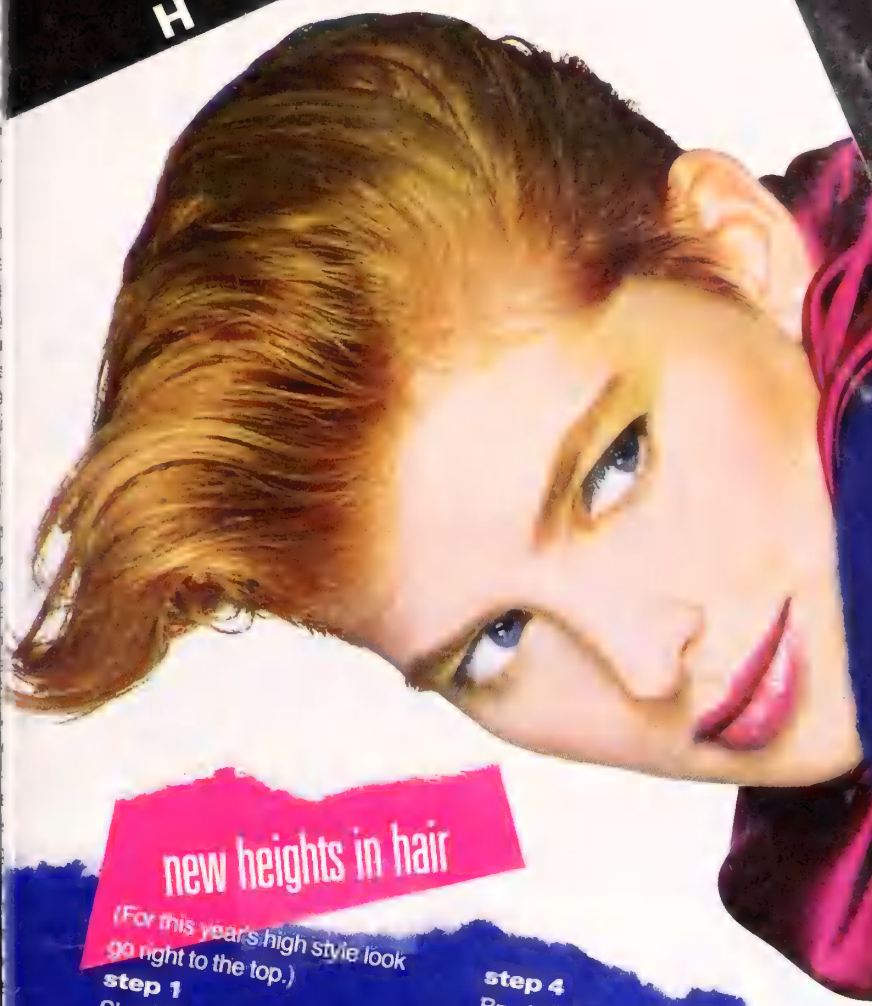
Angels of mercy?

Nurses are traditionally considered the most caring of health professionals. Most went into the field as idealists. After all, there are few reasons except a wish to help the suffering that would persuade an educated young person to go into nursing in the first place. The pay, for the amount of education required, is low. Hours and working conditions are usually poor.

What's more, the position of nurse is often not clear. In school she is taught that, besides being a loving caretaker, she is also a *(continued on page 16)*

Style it

HOLD IT!



Concentrated for longer lasting hold

CLAIROL final net

Pssst.
It sleeks.
Pssst.
It sculpts.
Pssst.
It shapes.
Final Net Pump.
It controls
like a gel.
It styles
like a mousse.
And it gives you
Final Net hold.
Create
any look
you want.
The pump
lets you
direct it
control it
and hold it
for a look
that lasts
all day.

new heights in hair

(For this year's high style look go right to the top.)

step 1
Shampoo.
Towel dry.
Spray lightly with Final Net®
Finger it through.

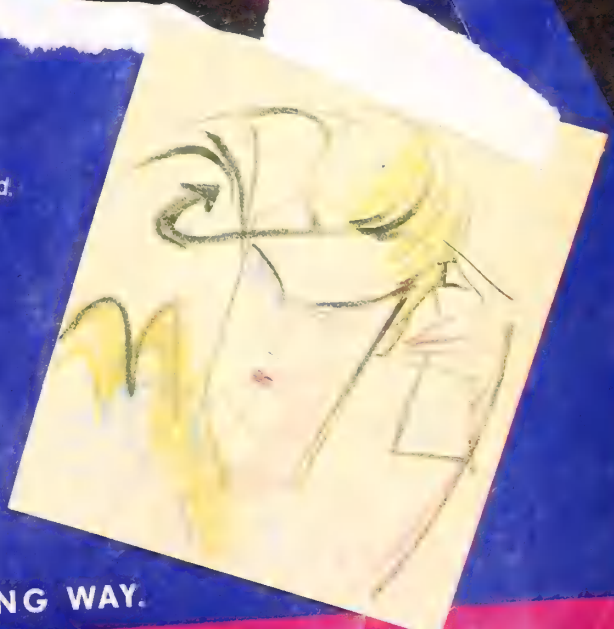
step 2
Put one big roller up front.
Blow dry all over.
Brushing sides back and up as you do.

step 3
Take out roller.
Finger comb top straight up.
(Finger combing loosens set to avoid "blow-dried" look.)
To build body,
hold and spray from roots to ends.
Hold 'til dry.

step 4
Brush sides back.
Hold and spray.
Hold 'til dry.

step 5
Finger comb the top lock forward.
Spray to stay.
(Wear it with anything from high tops to high heels.)

request it:*
For more styling tips,
send for free booklet—
Final Net Styling Tips
P.O. Box 14207
Baltimore, Maryland 21266



A LITTLE FINAL NET® GOES A LONG, LONG WAY.

By Katherine Barrett and Richard Greene

MONEY NEWS

Are you spending shrewdly and investing wisely? Here are useful tips to help you manage your money.

Showing interest?

Are you hunting for the bank with the highest interest rates for a certificate of deposit or an Individual Retirement Account (IRA)?

If so, then beware of advertisements for these and other savings investments that fill the nation's newspapers. Many are misleading and can cost you large sums of money.

Some boast IRAs with extraordinarily high rates, for example. But under closer scrutiny, it turns out that those rates apply for only a few weeks or a few months. Other banks claim to offer comparatively high interest on their CDs, but when all factors are taken into account, it turns out that their rates are relatively low.

"These banks are competing on the basis of tricky advertising, rather than how much money they'll really give you," says Congressman Richard Lehman (D-Cal.), who is sponsoring legislation aimed at getting banks to tell the whole truth in their ads. "People really don't know what they're getting with these investments," he explains.

If you want to dig below the surface and get the best return on your money, here are three pieces of advice:

- For investments with a maturity of over a year, look at the annual percentage yield, instead of the simple interest rate. The yield takes compounding into account—a factor that can make a big difference in the return you are actually getting.
- Disregard annual rates of return on any investments that mature in less than a year. It simply does not make sense to consider yearly returns for investments that are going to be held for less time.
- Best of all, compare institutions by asking them this question: "If I put one hundred dollars in the vehicle I am interested in today, how much money would I have when it reaches maturity, taking into account any fees or charges?" If the bank won't answer, find another bank.

No more calls



If you've been disturbed at dinner or pulled out of the shower once too often by a telephone sales pitch, you may want to take advantage of a new Direct Marketing Association program.

The telephone preference service, which was launched this past spring, allows consumers to request that their names be removed from national advertising mailing lists used by telephone solicitors. The DMA has had a similar program for years to help consumers cut down on the onslaught of junk mail.

To request that your name be removed from the telephone lists, write to Telephone Preference Service, Direct Marketing Association, 6 E. 43rd St., New York, NY 10017.

But note that doing this will reduce calls from national companies only. It won't affect calls from local businesses.

Helpline!

Q My aunt died recently, and we're sure she had a life insurance policy, but no one can find it. What should we do?

A You may need to do a little detective work, says Rob Bier, a media-information specialist for the American Council of Life Insurance. If you have access to your aunt's financial papers, try to find some old checkbook registers and look for payments to a life insurance company. Then contact the company and ask for help in tracking down the policy.

If this fails, look for papers relating to *any* kind of insurance. Often the same agent will handle different kinds of policies. By calling him, you may be able to find out if she actually did have life insurance.

You also can get free help in your search from Bier's organization. Write to the Policy Search Service of the American Council of Life Insurance at 1850 K St., N.W., Washington, DC 20006. Your letter should explain who you are and why you want the information. Enclose a stamped, self-addressed envelope. You will then receive a questionnaire that asks for more detailed information (your relative's birth date, maiden name, etc.). Bier recommends, however, that you do try to track down the policy yourself first, since the council's investigation can take six months or more.

Shirley Kaneda

Bonds that bomb

Wouldn't you jump at the chance to get a $ bond, absolutely free, when you buy a big-ticke like a car or refrigerator? So would lots of peopl according to the Better Business Bureau, that n desire has given rise to one of the newest "s bonus" scams spreading around the country.

The salesperson will tell you that you'll get zero coupon bond, worth a great deal of n when you make the purchase. Sounds grea these bonds are really worth only a fraction o advertised value, and they are not the "va investment" that merchants often claim th A $1,000 bond, for example, with a thir maturity and an 11 percent yield, can actu purchased for only $40. What's mor "bonus" may even wind up costing you With zero coupon bonds, you may have to pay taxes on the bonds even though you won't a get a penny of cash until they mature.



"A good supper with gravy
is one way I thank ol' Sam
for bein'... well, just Sam. And
Chuck Wagon's gravy makes it easy.
All I do is add warm water to Chuck Wagon®
d stir. Those tender pieces and crunchy nuggets
get smothered in a rich, thick, real-meat gravy.
He thinks it's as good as people food.
And that's good, 'cause long ago he forgot he was a dog.
'Course sometimes so do I."





CHUCK WAGON®
brand DOG FOOD
A gravy taste as big as the west.

ina
Helping pets live
longer, healthier lives™

® ©Ralston Purina Company, 1985

COMMUNITY

HEALTHFUL TASTE OF CALIFORNIA

COOKBOOK

Right in line with today's dietary recommendations, here's a cookbook full of recipes that are terrific and good for you. By Sue B. Huffman, Food Editor

"Sugarless Wednesday" was the beginning. A cookbook filled with delicious, nutritious recipes was the result. After encouraging people to give up sugar for a day as a start toward better nutrition, the Auxiliary to the Santa Clara [California] County Dental Society found themselves preparing a book promoting healthy eating—*From Our Kitchens to Yours.*

To demonstrate substitutes for refined sugar, this group of dentists' wives (and in some cases, husbands) developed a number of recipes using sweeteners such as honey, molasses, fruits and juices. Although the group concedes these products have no advantage over refined sugar in preventing tooth decay, they are preferable because they are sweeter, and less is needed for a sweet taste.

In discouraging consumption of highly processed products, the auxiliary is enthusiastic about high-fiber foods like whole wheat flour, whole grains, pasta, beans, legumes and sprouts. *(continued)*



Pictured above, an array of healthful California salads, clockwise from top left: Foo Yung Toss, Crab Louis, Chicken in Cantaloupe Shells, Non-Wilting and Western. *Recipes, page 54.*


DIET SPRITE IS LOOKING BETTER THAN EVER.
Diet Sprite is the only diet soft drink with the great taste of Lymon.™
And now, diet Sprite has 100% NutraSweet.® No saccharin.
So with great Lymon taste and 100% NutraSweet, you get a taste that's worth looking into.
Diet Sprite
25¢ MANUFACTURER'S COUPON EXPIRES 12/31/85 25¢
SAVE 25¢
ON SPRITE® OR DIET SPRITE.™
GREAT LYMON™ TASTE. CAFFEINE FREE.
Good on one 6, 8 or 12-pack of bottles or cans, or one 2-liter bottle.
ONE COUPON PER REQUIRED PURCHASE.
NOTE TO DEALER: For each coupon you accept as our authorized agent, we will pay you the face value of this coupon, plus 8¢ handling allowance, provided you and your customers have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed or restricted. Your customer must pay any required sales tax and deposit. Cash value of 1/20 of 1¢. Redeem by mailing to: The Coca-Cola Company, P.O. Box 1504, Clinton, IA 52734.
"Sprite" is a registered trademark of The Coca-Cola Company.
"diet Sprite" and "Lymon" are trademarks of The Coca-Cola Company.
49000 115953

By Beth Weinhouse

MEDINEWS

The latest findings to keep your family healthy



The talk/sing test for runners

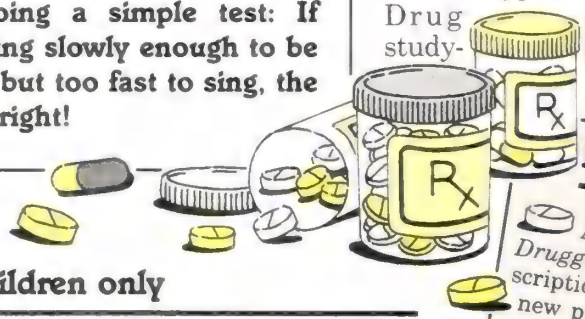
If you run for exercise, you've probably wondered how to tell whether you're deriving the maximum aerobic benefits for your efforts. The key lies in determining your optimal speed, which depends on your level of fitness.

According to Dr. Bernard Gutin, professor of applied physiology and education at the Teachers College of Columbia University, New York City, you can find your best running pace by doing a simple test: If you're running slowly enough to be able to talk but too fast to sing, the pace is just right!

Estrogen: from pill to patch

Instead of taking estrogen pills ever day, postmenopausal women may soo be able to apply the hormone by wea ing a plastic adhesive bandage simila to a Band-Aid. These drug patches ar already available for motion sickness and heart medications.

According to Dr. Howard Judd, pro fessor of obstetrics and gynecology a the University of California at Lo Angeles, the transdermal (through th skin) patch releases the drug steadil into the body. And topical administra tion is considered safer than oral b cause it bypasses the liver. The Food ar Drug Administration is no study- ing the estrogen patc



Most-prescribed pi

A recent issue of *Amer Druggist* listed the top-selling scription drugs for 1984 (incluc new prescriptions and refills). medications are:

1. Inderal, a beta-blocking dr used to treat high blood pressu and abnormal heart rhythms and prevent repeat heart attacks and m graine headaches.
2. Dyazide, a combination drug tha includes a diuretic, used to trea high blood pressure.
3. Lanoxin, a digitalis drug pre scribed for heart disease.
4. Valium, a tranquilizer.
5. Tylenol 3, a painkiller containing acetaminophen plus codeine.
6. Ortho-Novum, a birth control pill.
7. Tagamet, for treating ulcers.
8. Lasix, a diuretic used to treat high blood pressure.
9. Amoxil, an antibiotic.
10. Motrin, an anti-inflammatory drug used to treat arthritis, men strual cramps and other pain.

Shirley Kaneda

Immunization: not for children only

You've probably been diligent about having your children vaccinated—after all, every parent wants her family to be protected from disease—but what about yourself? Like many adults, you may not have kept up-to-date with new vaccines and booster shots since your own parents worried about your health. An estimated 40 percent of American adults lack protection from tetanus and 30 percent from diphtheria; 10 to 15 percent of women have no immunity against rubella.

According to the Centers for Disease Control, in Atlanta, there are seven diseases many adults may not be adequately protected against. They are: tetanus and diphtheria—after primary immunization, usually in childhood, a booster shot should be given every ten years; measles and rubella—adults should make sure both that they were vaccinated (unless they are certain they had the disease) and that they received *live* vaccine (women should be sure they are immune to rubella before becoming pregnant); hepatitis B—for those considered to be at risk, such as people exposed to patients with the disease or those traveling to countries where it's a problem; pneumococcal pneumonia and influenza—generally for adults over 65, but also for younger people considered at risk.

You may need other inoculations depending on your health, lifestyle and travel plans. Be sure to check with your doctor that your vaccinations are up-to-date.

LIVING 36 YEARS DOES NOT MEAN LIVING WITH DRY SKIN

You could be 36. Or 26. Or even 46. And you could be living with dry skin that has absolutely nothing to do with your age. Your dry skin could be caused by your soap.

Because soap is drying. Even the soap you've trusted for years. And what's worse, the more you use soap, the more it dries. So, even if you didn't start out with dry skin, dry skin shows up.



Fact: Dry spots can be persistent in some areas—cheeks, under eyes, mouth corners. Seven days with Dove can make your whole face feel softer, smoother, and more supple.

You can learn to live with dry skin. Or, you can switch from soap—to Dove.® Dove won't dry your face like soap. Because Dove isn't a soap, but a whole different kind of cleansing formula—a formula that contains real moisturizing cream. Each bar of Dove is a full one-quarter moisturizing cream. Dove is so different from soap, it's patented. So only *Dove* is Dove.

How soon will you notice the difference Dove can make in your skin? Six weeks? A month?

Just seven days. It's called the Dove 7-Day Test. Women of all ages have tried Dove for seven days and lost the dryness they'd been living with for years. And a lot of them were women who swore by soap.

Just think: If you switch to Dove tomorrow, your skin could feel softer and smoother in just a week. You could stop living with flaky patches, dry spots. You could smile without feeling that tight, dry pull!

So try living with softer, smoother skin instead of dry. Try Dove.
Dove is better than soap. Because Dove doesn't dry like soap.



© 1985 Lever Bros. Co.



Elizabeth Kennedy, after the Dove 7-Day Test: *"I'd been using soap all my life, and Dove is certainly better."*

Great Hollywood Comebacks

In their youths they were stars of the silver screen . . . today they've taken center stage again, this time as queens of the nighttime soaps.

By Cliff Jahr

Probably no Hollywood star has survived as many twists and turns in her career as Jane Wyman. She's been an extra, chorus girl, singer, bit player, starlet, B-picture queen, glamour girl, light comedienne, serious actress and, eventually, an Oscar winner. Now, after a lengthy period as a has-been, she's bounced back to play a "superbitch" on TV's *Falcon Crest*. She receives $60,000 per episode—about $1.7 million per year—for her role (a salary about eight times as large as ex-husband Ronald Reagan's $200,000 per year as President).

Wyman, seventy-one, is now completing her fourth season on CBS's prime-time soap opera, set in California's wine country. As Angela Channing, she's the nasty matriarch of a family whose villainy rivals that of the *Dallas* and *Dynasty* clans.

"I love playing Angela," the actress says happily. "In most of my films I've done very sympathetic characters, the 'four-handkerchief bits,' you know. But in a way, Angela *is* sympathetic. I even feel sorry for her sometimes," she admits.

"There is a little of Jane Wyman in Angela," she concedes. "Just a little. She's a flirt. She's hard. She runs everything and she goes straight through everything like a Mack truck."

Much like the no-nonsense Angela, Wyman is exacting and straight-talking. "She's a *very* strong person," says son Michael Reagan, aged forty. "Mom counts on Mom to get things done." On the *Falcon Crest* set she wields real power. "When you work with Jane," says an assistant cameraman, "you dance to her tune, but it's a pleasant tune."

Wyman's professionalism has led to much-publicized blowups with stars such as Lana Turner and Gina Lollobrigida over tardiness and other infractions. After Turner showed up five hours late one day, Wyman fumed. "I'm sick and tired of movie-queen, prima-donna antics," she said. "I will not tolerate any more of it!"

While Jane Wyman and Angela Channing may share just a few character traits, their backgrounds could not be more different.

The actress was born Sarah Jane Fulks, in St. Joseph, Missouri, and was raised by strict, middle-aged parents. Her father was the town's chief of police detectives. Her German-born mother had once hoped to be an actress. Pushed hard to *(continued)*

JANE WYMAN



Photos, far left: Globe; all others this page: Photofest

Above: Jane Wyman today. Center top: with Ronald Reagan at their wedding in 1940; bottom: on a Hollywood Hills picnic, 1941.



Below: Wyman won the 1948 Academy Award for her portrayal of a deaf-mute girl in Johnny Belinda.



a leading maxi

always

Have you been putting up with this kind of wetness?

Now you can have this kind of dryness.

always

Now you can have Always.
Always maxi pads are different from her pads because they're covered with special material called Dri-Weave. Wetness passes through the Dri-Weave and virtually all of it is trapped inside the absorbent pad below—away from you. The surface of the pad stays cleaner to help you stay drier.

And, Always maxi and mini pads are low-shaped to give you protection where ou need it the most. With the widest dhesive of any pad to help keep it ecurely in place.

Always gives a cleaner, drier kind of rotection than you ever expected from a ad. Why put up with anything less?

A cleaner, drier kind of protection than you ever expected from any maxi.



maxi pads
thin maxi pads
mini pads
pantiliners

ANNE BAXTER





Left: The actress today as she appears in the TV series Hotel. *Above: Anne Baxter confronts Bette Davis in the 1950 classic* All About E

excel, Sarah Jane overcame an inferiority complex to show promise in dancing school.

As a curly-haired eight-year-old, she was trotted off to Hollywood by her mother to audition—unsuccessfully—for silent movies. Seven years later, after her father's death, she returned to try again. Supporting herself by waiting on tables, Jane Durrell (her new name) found work as a model, a radio singer and a hoofer in the new "all singing, all dancing" musicals. Among the other chorus girls, her pert, pug-nosed face earned her the nickname "Dog Puss."

As the energetic young actress worked her way up from bit parts to a Warner Brothers contract in 1936, her first marriage—to a New Orleans dress manufacturer—ended after only seventeen months. For the next six years Wyman played leggy, wise-cracking cuties in at least three low-budget features a year. She finally got some respect as an actress for *The Lost Weekend*, *The Yearling* (for which she received an Oscar nomination) and *Johnny Belinda*. In this last, her tender portrayal of a deaf-mute farm girl won the 1948 Oscar.

As Jane's career peaked with *Belinda*, her second marriage, to Ronald Reagan, was slipping. They had met while making *Brother Rat*, in 1938, and were wed in 1940 in a chapel in Forest Lawn Memorial Park cemetery. Even though Jane and Ron were not top-rank stars (*King's Row* was his lone distinguished hit), gossip columnists doted on them as a storybook couple.

Daughter Maureen, now forty-four, was born the first year, and Michael was adopted hours after his birth four years later. ("I was too busy to take time off to have another baby," noted Jane.) Months before the couple filed for separation in 1947, they lost a day-old premature daughter.

The breakup was attributed to Jane's sudden success and Ron's obsession with Screen Actors Guild politics. *Silver Screen* magazine said, "Hollywood sympathy in this case is 100 percent with Ronnie, who is a prince. Jane is a moody person, temperamental, ambitious, restless and seeking." And according to gossip columnist Hedda Hopper, Jane lost "the best husband a Hollywood girl ever had." Afterward, Gregory Peck was overheard at a party asking her what happened. Snapped Jane: "I just couldn't stand to watch that damn *King's Row* one more time."

After several more years in films, the actress switched to television in 1955. She produced, hosted and usually starred in the series *Jane Wyman Theater* for three exhausting seasons. She twice married and twice divorced bandleader Fred Karger; then, at age forty-eight, she went into semiretirement in Carmel, California, explaining that she was "tired of clawing after parts."

Nowadays, Wyman lives quietly in Santa Monica, a trendy Los Angeles beach community. Insiders say that the seemingly hard-boiled actress is a warm and funny woman among close friends. "There's nothing she won't do for you," says one friend. "Her wit just sparkles. Once in a while she'll even make a wicked crack about Ronnie."

But that's in private. When Ronald Reagan's name comes up in public these days, Wyman purses her lips in boredom. Or worse. An interviewer from Florida recently asked if she was cast in her series partly because she was *(continued)*

DONNA REED





Left: The actress today. Top right: in 1953's From Here to Eternity, *with Montgomery Clift. Bottom right: with her TV family on* The Donna Reed Show.

Dare to be More.



17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1985 R. J. REYNOLDS TOBACCO CO



Introducing new Block Out® 15. Sunburn protection that's waterproof.

Don't be fooled. Most sunblocks wash off when you swim or perspire. Even water-resistant sunblocks can get watered down after 40 minutes. If you don't re-apply them, you may not get all the protection you need. But new Block Out® 15 is actually water*proof*, for protection that stays on twice as long, without re-applying. Used as directed, new Block Out 15 blocks out over 90% of the sun's burning rays, for ultra sunburn protection. And new Block Out's clear formula isn't greasy. So when you go in the water, don't get burned. Get new Waterproof Block Out 15. From Sea & Ski.®



	Water-Proof	Non-Water-Proof *
Block Out® Clear 15	✓	
Eclipse® 15		✓
Pre Sun® 15		✓
Bain de Soleil® 15		✓
Hawaiian Tropic® 15		✓
Coppertone® 15		✓

* per product labeling

New Block Out® 15 from Sea & Ski.

THE SKIN CANCER FOUNDATION ACCEPTED PHOTOBIOLOGY COMMITTEE

HOLLYWOOD COMEBACKS
continued

the ex-wife of the President. Wyma smiled weakly, put down her coffee cu and snapped off the reporter's tape r corder. "Nice meeting you, honey," sh said, and strode out of the room.

Indeed, time and tide have place Wyman in an awkward position. Int mates claim that while she tries to di tance herself from Reagan publicl privately she is amused by the reflecte glory and takes it upon herself to a sume the dignified demeanor of a pres dential in-law. When invited by friend to harmlessly silly public functions sh often declines. "No," she says, "tha would reflect badly on Ron."

"Jane's not being pretentious," i sists a long-standing friend. "She's jus honoring an understanding of silenc she has with the President."

If rehashing the past is not Jane Wy man's style, it springs from her cheer ful and deeply felt philosophy. "I neve look back," says the fifty-year veteran "Yesterday is gone. . . ."

Anne Baxter is a gutsy lady, un like the shy, good-girl image o her Hollywood heyday. Her off screen life has comprised the stuff o drama. Even the circumstances of he starring in ABC's hit series *Hotel* in volved a cliffhanger.

Baxter was at home in Connecticu when the phone rang. Could she go on immediately for *Hotel*'s ailing Bett Davis? Could she! Packing her own clothes and jewelry as costumes, Baxte jetted to Burbank and reported fo work within seventy-two hours.

Hotel became an overnight success and the actress stayed on to play Vic toria Cabot, boss of the fictional St Gregory Hotel. She seasons the role with a high theatricality Bette Davis herself would approve. "Some viewers think it's too sexy and don't like all the leaping in and out of beds, but I don't care." She rolls her big green eyes expressively. "It's a hotel, isn't it?"

Once again, as in the 1950 classic *All About Eve* (in which Baxter portrayed a scheming theater understudy who grabbed success by supplanting an established star played by Bette Davis), Baxter was stepping into Davis's shoes. But this time, the switch was necessitated by ill health—Davis faced a mastectomy and later was felled by a stroke and a broken hip. "Bette was severely traumatized," says Baxter. "She was very proud of her figure, but then to have a stroke nine days after going into the hospital, followed by a slow recovery. It was just murder for her."

Back on top again, Baxter rates a corner table this afternoon *(continued)*

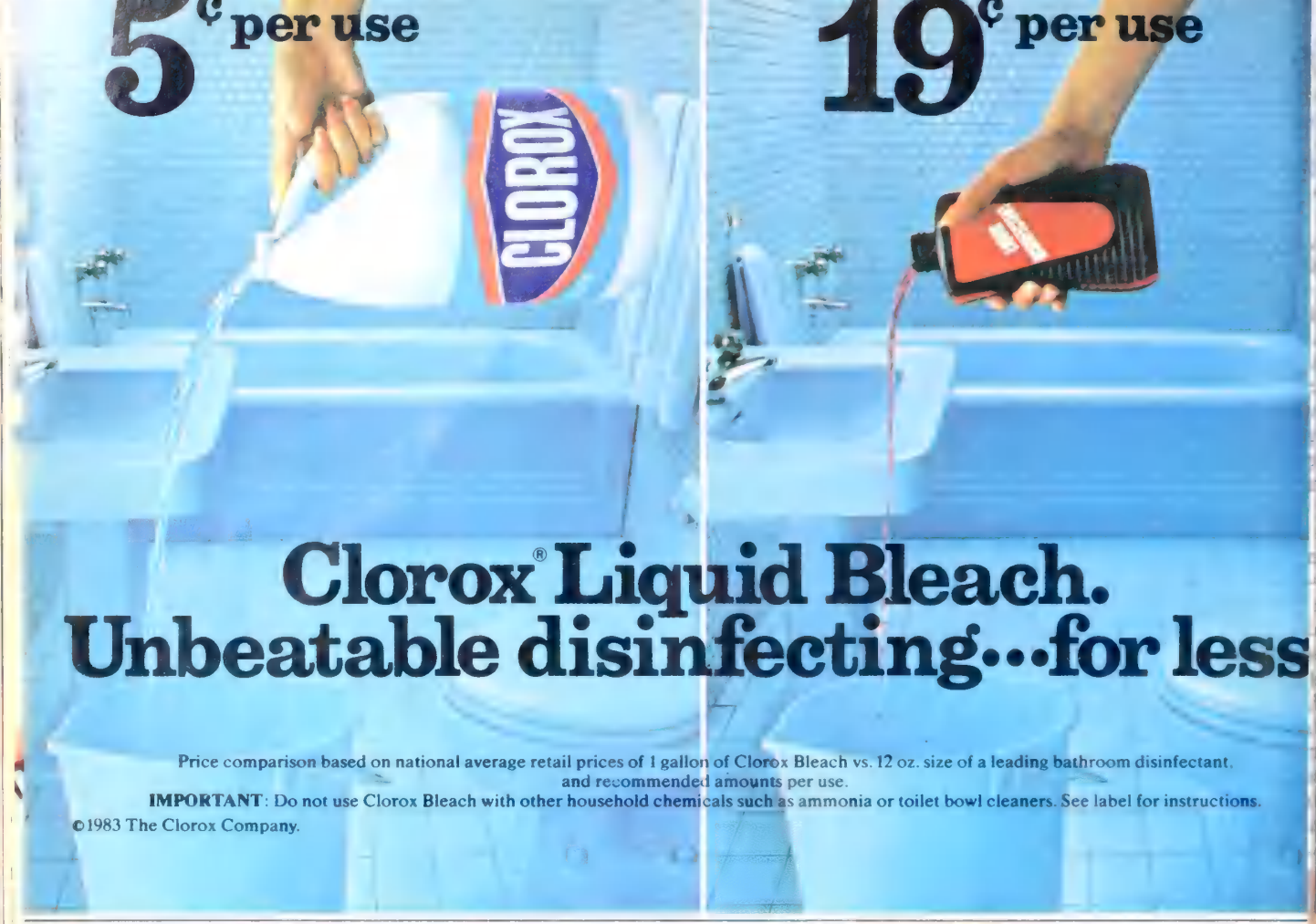


Scene: The shady part of the patio, Long Beach, California.
Time: 1:14 p.m. Saturday.
Cast: The two of you and your favorite couple. Cornish hen.

And Stouffer's® **Escalloped Apples,** the versatile side dish that turns any meal into a hit.

Turn the side of your plate into a star attraction. With Side Dishes. From Stouffer's®.

Stouffer Foods Corporation



HOLLYWOOD COMEBACKS
continued

at one of Hollywood's trendiest eateries. She's dressed for the occasion in a cherry-red Adolfo suit, and she sports her trademark hairdo (before Nancy Reagan co-opted it) of swept-back, ash blond waves. Even wearing showbiz-strength makeup, Baxter, at sixty-two, looks terrific.

Lovers of romance stories will remember her fondly as the actress who threw away stardom for the love of one man. In 1960 she married Randolph Galt, a handsome real estate heir six years her junior, and traveled over seven thousand miles to start a new life in the bleak Australian outback. (A previous marriage, in 1946, to actor John Hodiak, had ended in divorce shortly before Hodiak's death. Baxter has a daughter, Katrina, from that marriage.)

For more than three years the Galts lived one hundred eighty miles from civilization in a cattle station that featured a tin-roof bungalow with windows made of frosted glass. There was electricity for just two hours a day. Thrilled by the challenge, however, Anne conquered the impacted sludge on the linoleum floors and the frogs in the toilet bowls, meanwhile becoming, in her husband's eyes, "a drudge."

She gave birth to a daughter, Melissa, but her next pregnancy miscarried when needed injections were unavailable. On a return visit to Los Angeles for the safe delivery of her third child, Maginel, her husband calmly revealed he had sold the cattle station. She was never to return, he announced, and her things would be brought back. Instead, he had bought them land in the mountains of New Mexico.

Anne wove this tangled odyssey into *Intermission*, a 1976 best-seller; there are plans now to make a movie of it. "Yes," sighs Baxter, reminiscing. "Ran was my everything—lover, brother, best friend. Then we got to Australia, and he avoided me like the plague."

The Galts parted in 1967, but not before giving New Mexico a try. In less than two years they threw in the towel. Whatever possessed Baxter to make that second try? "I had a three-month-old baby," she explains, "an eighteen-month-old infant, and a child of eleven. There was no work in prospect for me and little money. I had always made my money available to Ran, and his idea was to invest his and spend someone else's. I had no place to live, nothing. Really, it was sheer damned ego on my part. I had made a very public mistake, and by God, I was going to *make* my life work."

Would she do it again? Baxter stare a moment into her duck salad. "No, couldn't," she says in a husky, velvet voice. "I know now I can't live without m work. I'd never give all to love again."

If she gambled and lost, well, that the Baxter style. Her entire life ha been an extraordinary voyage ove peaks and valleys. Born in Michiga City, Indiana, she grew up in wel heeled Bronxville, New York. Her fa ther was a businessman, and her moth er's father was the great architec Frank Lloyd Wright. She was a rounc faced thirteen-year-old when she firs landed a role on Broadway.

Twentieth Century-Fox signed her t a generous $350-a-week contract an used her as an ingenue in fourteen pic tures before putting her into *The Ra zor's Edge*, in which she gave a touch ing portrayal of a tormented alcoholi and won herself the 1946 Oscar for Bes Supporting Actress. "My only grea performance," Baxter reflects. "Whe we shot that hospital scene in whic Sophie loses her husband, her child an everything else, I relived the death my brother, whom I adored and wh died at three. It gives me chills righ now to think of it."

Always an actress, never a glamou

l, Baxter nearly didn't get the part *The Razor's Edge*. Producer Darryl nuck, a notorious womanizer, had rried out loud that she was too much a "cold potato" for the role. Not so, d his drinking buddy, the character or Gregory Ratoff. Ratoff saved the for Baxter with a lie. "Darrrlink," growled suggestively to Zanuck in thick Russian accent, "I hhave hhad –she's marrrvelous," whereupon Za-ck changed his mind.

Around Hollywood Baxter acquired a utation for tackling everything with ce energy and concentration. This wed even in the way she battled a ight problem—her secret tactics ged on what we now call bulimia. "I ame a foodaholic," she explains. "I'd y pies and go out driving alone on old Ventura Boulevard. I'd chew m to get the flavor—never swal-—then spit the pie back into the and throw them out the window ile going ninety miles an hour! I ess maybe I was searching for the lescence I never had."

n 1950 Baxter made the immortal *About Eve*, which earned her a re-ctable place among the screen's leg-dary ladies. When the Oscar nomi-ions came around, Baxter, ever the mbler, insisted on competing with Davis in the Best Actress category—not Best Supporting, as the studio wished. This split the *Eve* vote between Davis and Baxter, and both women lost to Judy Holliday. Baxter now has regrets. "Yes," she admits, "I've decided recently I was wrong. I should have accepted another supporting Oscar, and Bette would have undoubtedly gotten hers. But I wanted a feeling of progress in my work."

In 1971 she scored a major comeback on Broadway when she replaced Lauren Bacall in *Applause*, a musical version of *All About Eve*. In an ironic twist of life-matches-art, she played the Bette Davis role this time and won raves.

Happy and in great demand again, she married investment banker David Klee in 1977 and started to fix up their Easton, Connecticut, dream house. But once more she faced heartbreak. Eight months after they were wed he died suddenly of a heart attack. "Three days later," she says wearily, "I was at our new house when the van carrying all my stuff from California rolled up the driveway. That was a hard moment."

These days she commutes between homes in Beverly Hills and Easton, where she keeps a hideaway office over the village flower shop for working on her next book, about her family. Something of an intellectual, she reads avidly and can talk with ease about music, literature, painting, dance, architecture and interior design.

"Life hands you many things," Anne says philosophically. "When it's bad, I gather my forces and regroup, but I keep going. With films, your footsteps are in cement—you're a fly in amber. But in life you must keep growing. You don't sit home and rerun your old movies."

Not even sometimes? "Oh, only by accident," she says, her smile brightening. "I'll be in the house and suddenly I'll hear the sound of my voice on the television. I just look at the screen and think, Oh, my God, there she is!"

The star of television's *The Donna Reed Show* in the 1960s was America's supermom. Wearing an apron, double-strand pearls and an unflappable smile, Donna Reed became a symbol of the loving homemaker.

Now she's back as Miss Ellie, mom to J.R. Ewing and that merry gang of schemers on the CBS series *Dallas*. Reed replaced the ailing Barbara Bel Geddes this season, after nearly two decades of professional inactivity. (Next season, Barbara Bel Geddes will return to the show.)

Critics and *(continued on page 162)*



Raid Roach Foam goes deep into places sprays can't reach. Its deadly foam fills cracks and crevices to kill hidden roaches dead.

Raid kills bugs dead

S.C. Johnson & Son, Inc.

How to get your life off hold



Are you wishing for change instead of making it happen? LHJ's resident psychologist tells you how to get moving in the direction of your dreams and get what you want out of life.

BY SONYA FRIEDMAN, PH.D.

- ***Do you tend to blame yourself and get depressed because things aren't the way you want them to be?***
- ***Do you pretend to like things that displease you to gain the approval of others?***
- ***Can other people easily make you feel guilty?***
- ***Do you find yourself confiding in people who predictably don't offer you comfort but seem pleased you're not getting what you want?***
- ***Do you blame others for what's wrong in your life?***
- ***Do you want the permission of others before acting on the choices you've made?***
- ***Do you expect to be perfect in executing your plans?***
- ***Do you deny you really have any choices and feel trapped by your relationships and your life circumstances?***

If you answered yes to most of the above questions, you're not alone. Over the years I've talked with hundreds of women—as a psychotherapist and as a friend—who have confessed to me their feelings of being stuck in a situation, of running their lives from a position of vulnerability, of feeling bruised by their experiences and overwhelmed by waves of self-doubt. I cannot count the number of times I've heard the same wistful lament: "I'd really like my life to be different, happier. I'd like to be stronger, but I'm too old to start now"—or "too busy," or "too poor." If I could communicate one message to these women, it would be that what's holding them back is not their age or lack of money, but their *attitude*. We all have weaknesses that make us vulnerable and manage to stop us. When these traps are operative, life is switched onto hold. To make a difference in your life, and not just talk about making a difference, you need to start by identifying the traps that keep you spinning your wheels, getting you nowhere. Here are six of the most common.

1. I'm too old, it's too late, and I couldn't do it anyway

Let me tell you about the seventy-three-year-old New England man who runs the twenty-six-mile Boston marathon in the enviable time of under three hours. That's just one of hundreds of stories I've heard that prove that age and circumstance, in most cases, have little to do with fulfilling a dream. Think about it. A woman in her thirties, forties, fifties or sixties—and why not older?—can still have the energy and enthusiasm to open a business, write a novel, design a clothing collection, go back to school.

Of course there are certain physical truths about basic life functions, and sometimes it will be too late. If you are past menopause, no amount of planning or wishing can get you pregnant with the child you always wanted. But you can find other ways to enjoy the company of children. The point is that you still have a choice.

This "I'm too old" attitude can start influencing you even in your early twenties and can rule you until your last breath: "I'm *(continued on page 70)*

From the forthcoming book SMART COOKIES DON'T CRUMBLE, by Sonya Friedman. To be published by G. P. Putnam's Sons. Copyright © 1985 by Sonya Friedman.

Michelle Andonian



Taste what's new in barbecue.

Now you and Best Foods® ayonnaise can make barbecue uces that are so new, so delicious bottled barbecue sauces can't mpare. And, they ke just minutes to ake. So bring out the st Foods and spark chicken, ribs...all ur barbecue favor- s, tonight.



DIRECTIONS: Whisk ingredients together until smooth. Brush on meats, turning frequently, during last 20 minutes of cooking. Makes 1½ cups.

Tex-Mex

- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup Worcestershire sauce
- 3 Tbsp chili powder
- 1 clove garlic, minced
- 1/8 tsp hot pepper sauce

Home-Style

- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 1/4 cup firmly packed brown sugar or Karo® dark corn syrup
- 1/8 tsp hot pepper sauce

Sweet 'n Sour

- 3/4 cup apricot preserves
- 1/2 cup BEST FOODS® Real Mayonnaise
- 1/2 cup catsup
- 1/4 cup soy sauce
- 1 tsp ground ginger

(pictured)

© 1984 Best Foods CPC International Inc.

Bring out the Best Foods and bring out the best.

Virginia Slims remembers when
women were first introduced to racquet spor



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.



You've come a long way, baby.

VIRGINIA SLIMS *Lights*



© Philip Morris Inc. 1984

GET YOUR LIFE OFF HOLD

continued from page 66

twenty-three, with two small kids. I have no time for myself." "I'm thirty-three and have no energy left after helping my husband with his business." "I'm forty-three and too old to learn a profession." "I'm fifty-three and I want a divorce, but I'm too scared of the consequences." "I'm sixty-three, bored and lonely." And on and on.

The major function of this trap is to block or prevent change by establishing an unbeatable defense ("What can I do about my age?") against moving forward. It has an uncanny ability to tell you what you *should* do while limiting what you *can* do. For some people, this age dilemma creates a painful conflict. Do you feel you want to give up on your life while something nagging inside says dream on? You *can* dream on once you recognize that it's never too late to immerse yourself in the extraordinary process of living, the beauty of life.

2. Be *grateful* for little favors

The "little favors" trap is one in which others toss you just enough satisfaction to keep you from seeking a higher goal or trying to change yourself.

Tidbits of attention, affection or even anger from her man can trap any woman who is afraid that the alternative for her is nothing. For when a woman believes that anything is better than what she has, she will shift emotional priorities from getting what she wants, such as an enriching love relationship, to settling for whatever is tossed in her direction—no matter how meager.

When you're too grateful for little favors, you give others the power to run your life. Staying with the man who begrudges love day after day ensures a steady diet of humiliation. Remaining at a limiting job saps energy and stifles goal-setting. Instead, decide what you want and need in your life and don't settle for less. No one can read your mind; your wishes will not be miraculously granted. You have to ask for what you want in life and then be determined and persistent until you get it. The world is full of possibilities, and a wealth of rewards is possible. Be smart enough to be grateful for the gift of life and brave enough to believe you deserve to get what you want.

3. She didn't get it, how could I?

This trap begins when a woman feels that others have more chances or are better connected than she is. She may also think her friends or acquaintances are smarter, know the tricks to competing for a prize, have a sturdier psyche, are born lucky. Are you like that? Since you consider these people superior, you are very concerned with their behavior. You anticipate their triumphs; their failures shock and deter you. "With all her background, Mary can't find a job," you say to yourself. "What kind of fool would I be to give the same dream a chance for myself?"

All of us in this trap believe we are inadequate for any task that lies before us. We even listen attentively when we're told just that. Those who have an investment in our staying the same are quick to reinforce our doubts. The woman who wants to get her life off hold avoids seeking advice from such people and doesn't compare her life with others'. It's impossible to know another person's secret conflicts and worries, and appearances can be deceiving. The smart woman keeps the focus on herself. She takes notice of other people's setbacks but doesn't let her own pace falter. She lengthens her stride, sets her own standards, and accurately measures herself and others by them—and builds her confidence to go for the goal no matter what someone else's experience has been.

When you're feeling unhappy but are reluctant to do anything about it, you're choosing to stay unhappy.

4. I need others to do it for me

Not long ago, a divorced friend told me she had an idea that could possibly change the shopping habits of a large community—improve sales, in fact—by setting up uniquely structured child-care centers in malls. Tina combined her everyday experiences as a mother (difficulty shopping because of her small children) with some research and came up with a plan that allowed mothers more shopping time. It sounded good.

Tina was aware that I knew some potential backers for her project. In her efforts to encourage my support, she noted in a skillful and charming way that sometimes all it takes for success is the right contact at the right time. I concurred, and I was willing to help.

I made a call to a man I knew who built shopping malls; he heard me out. Although he was not swept away by the estimated profits he'd make from s centers, the project appealed to him a personal, humanitarian level. W could be better for Tina—an inve with a philanthropic streak.

What was next? Tina had to call h set up meetings and present her cha figures, impressions and alterna plans and get his signature on a ch Only she never called, and of course investor did not pursue her.

Tina dropped the project, plead lack of time because of a newly forr relationship with a man, but she couraged me to continue. What really wanted was for me to handle entire project for her and then tie it in a ribbon and drop it in her lap. S charming manipulativeness might Tina some small-scale rewards wit certain relationships, but when it matter of achieving personal goals one is going to provide her with effort and support she demands. A that very lack of "support" provi Tina the excuse she needs to stay pendent on others. She may h dreamed of making her project a s cess, but she didn't want to make changes in her life such success wo have required—spending less time her new relationship, for example.

The quickest way to step out of t trap is to realize that *you* are respo ble for achieving your goals and m ing your needs. Remember, you're charge of following through on y plans, just as an architect is ultimat responsible for overseeing the c struction of a building he's designed

5. It's not the right time Afte flurry of unsuccessful attempts over past few years to leave her husba Audrey still lives with Ted, continu her pattern of alternately seething anger or going through the motion accommodation. Ted is good at dis pearing for eight hours at a clip, of ing no explanations, but he can charming, boyish, tender and sexu arousing to Audrey—giving her j enough satisfaction to prevent her s ously demanding that he leave. O when Ted becomes flamboyantly cr does Audrey decide to take action.

How does she tell him? She does because it's never the right time. cording to Audrey's reasoning, T business suffers seasonal setbacks, it's not a good time *off*-season to him for a divorce. He's already hurt. season, he's cheerful a good deal openhanded with money, so it's time to encourage him, not request t he turn in his house key.

The "it's not the right time" trap snares many women who mistake husband's "vulnerability" for what really is—the potent weapon of weak. There's a guiding (continu





What's the one thing people do most to keep trim?

It's not running. It's not skipping rope. And it's not lifting weights. It's Sweet 'N Low.®

And over 29 million fitness-conscious people use it over 30 million times a day. Every day. Concerned people who watch what they eat and drink.

Why? Not as an exercise replacement, but as an exercise supplement. Because people who work hard to get trim know it really helps to have an easy way to stay trim. And for over 29 million of those people, one easy way is Sweet 'N Low.

Sweet 'N Low. 30 million times a day.

Sweet 'N Low is a registered trademark of *Cumberland Packing Corp*

DEAD FLEAS BITE NO TAILS



Now Raid Flea Killer kills fleas on housepets as well as on carpets.

Raid kills bugs dead

For a Free Raid Flea Control Brochure and 50¢ Coupon (limit one), write: Raid Flea Experts, P.O. Box 8073, Madison, WI 53714

© 1985 S.C. Johnson & Son, Inc.

Johnson Wax

GET YOUR LIFE OFF HOLD

continued

principle that can help women to take the first step out of this trap: Realize that the right time is when it's *the right time for you*, not for him. The right time has to do with a willingness to let go of what's holding you back. The right time is when you know, deep down, that it's time to get your life off hold.

6. *Fear of failure* When you fear failure, you fail to act. Perhaps you feel that by taking a decisive action you'll prove to everyone once and for all that you're incompetent, not up to standard. That would be hard evidence of your inadequacy—a bungled job or relationship. We see people like this every day. They're afraid to learn how to drive, apply for a job, go on a blind date, go back to school.

Those with a fear of failure often excuse themselves from acting because they believe they're either too sensitive or shy. But it's important to realize that if you operate from a fear of failure, you have no choice but to fail to get what you want. You've already chosen failure simply by doing nothing.

The question I have for those who feel immobilized or trapped is: Do you want to live your entire life saying, "If only . . ."? Do you want to settle for fear as a constant companion? If the answer is no, then you must learn to act in spite of your fears. Endlessly mulling over the possible consequences is a waste of time. You'll find that by signing up for that driving course, having your resume professionally typed or walking into the local singles' social meeting, you'll have wiped out half of what you were worried about and built up your self-confidence in the process.

If you are brave enough to try, and you fail, failure can be a great teacher. You learn to readjust, discard, amend, change direction and grow toward a goal. And when the goal is success, success on *your* terms, it's worth your best shot.

TAKING THE FIRST STEPS

If you recognize that you are caught in one or several of these traps, I'm sure your first impulse is to say you'll change. But it isn't that simple. You won't change, of course, unless you're ready to make use of some practical techniques such as those listed in the following four-point guide:

Recognize that you are stuck "People often commit themselves to the idea of change, but not to the effort of change," says William J. Knaus, Ed.D., in his book *How to Conquer Your Frustrations* (Prentice-Hall, 1983). "As a result they fail to properly assess their situation, to carefully identify achievable goals, to formulate plans, to organize for action, and to put the plans into action."

The six traps I've described seem to be the most immediate problems women face when trying to get their lives off hold. Perhaps you've already identified the ones that operate in your own life; perhaps you can think of others that I haven't mentioned.

By looking at what happens to you and how you behave when you feel that impulse to stop trying, to run away or to avoid whatever you're faced with—by being aware that you have just fallen into a trap—you can assess your situation and begin to change your attitudes and behavior.

Accept responsibility If you feel constantly under another's thumb, are treated in ways that do not please you, or you maintain the stance of the blamer—that is, you feel events and other people are responsible for your life—you may not even be aware that the power to change lies within you. And if you let others make choices for you, you have already chosen to surrender control of your life. It is essential to understand that *you* are responsible. If you're unhappy at home

. doing anything about it, you're *oosing* to stay unhappy. If you feel u can't make a decision, that's still a oice: you're choosing not to choose. st of us go through a certain amount doubt about the choices we make, making them is essential—deci-ns help us find out who we are and at we want. If you refuse to accept ponsibility for making your own oices, you're giving up your chance a more satisfying life.

ange your expectations A key getting ourselves unstuck is to real- that our expectations have every-ng to do with how we see ourselves. ey can be limited or expansive, un-listic or realistic, disruptive or uni-ng. The same rules of self-under-nding apply to expectations as to eds. If we expect too little, we en-urage limitation, not expansiveness, d we bend to get approval rather an venturing out.

Perfectionism is a handicap in the ne of life. We can't expect to do ev-thing perfectly or have everything n out the way we want it to or to ase everyone all the time. And our ectations can get us into trouble d create guilt when we take on more an we can achieve. For example, you y love your new job, but you feel bad because your husband is angry about the absence of hot meals at dinnertime since you started working; your mother calls every other day to remind you what a bad mother you are, which makes you feel negligent and angry. If you exhaust yourself trying to please others, the chances are that no one will be really satisfied.

Instead, start balancing your life's expectations. Understand that you cannot change the way everyone feels, thinks and responds to you. You cannot expect to change everyone around you so that things will go your way. You cannot expect of others what you are unwilling to do for or give yourself. You cannot expect "if" to solve your problems: "If" you say the right thing, your husband will be a kinder man; "if" you stay home, your daughter will be a paragon of girlhood and your mother will respect and adore you. Unfortunately this is an unreasonable level of expectation. It's never going to happen.

Decide what you want Come up with a clearly defined plan for what you want and prepare an active reason you should have it! Devise a dream, a mission, a five-year plan—make it as simple or as intricately plotted as you wish. To do this, picture what would please you most. Begin by saying to yourself, "I would enjoy . . ." and fill in the blanks. What do you see yourself doing? Paint in the details as richly as you can. Let it excite you. List the steps that you might take to begin getting what you want. Be creative.

You can even define what you want by listing what *displeases* you most ("I don't want to be poor anymore," "I can't bear another moment with Harry"), which is a way of approaching goals, to be blunt, by the back door. But open this door if it will lead you to another entrance—a positive plan of action.

For life to be a vivid adventure—and why shouldn't it be!—start now to free yourself from the old dissatisfactions, grievances and expectations that have kept you stuck in a holding pattern. You *can* achieve what you want for yourself so long as you don't expect someone to do it for you or expect reality to conform to your ideal fantasy.

If you are willing to risk imperfection and to accept responsibility for your failures and triumphs, if you can forgo comparing your achievements with those of others and if you can accept that what you want is really possible—then you're on your way to becoming the person you want to be, moving steadily forward in the great stream of life. **End**

ld English® Oil helps protect your rniture from drying and cracking



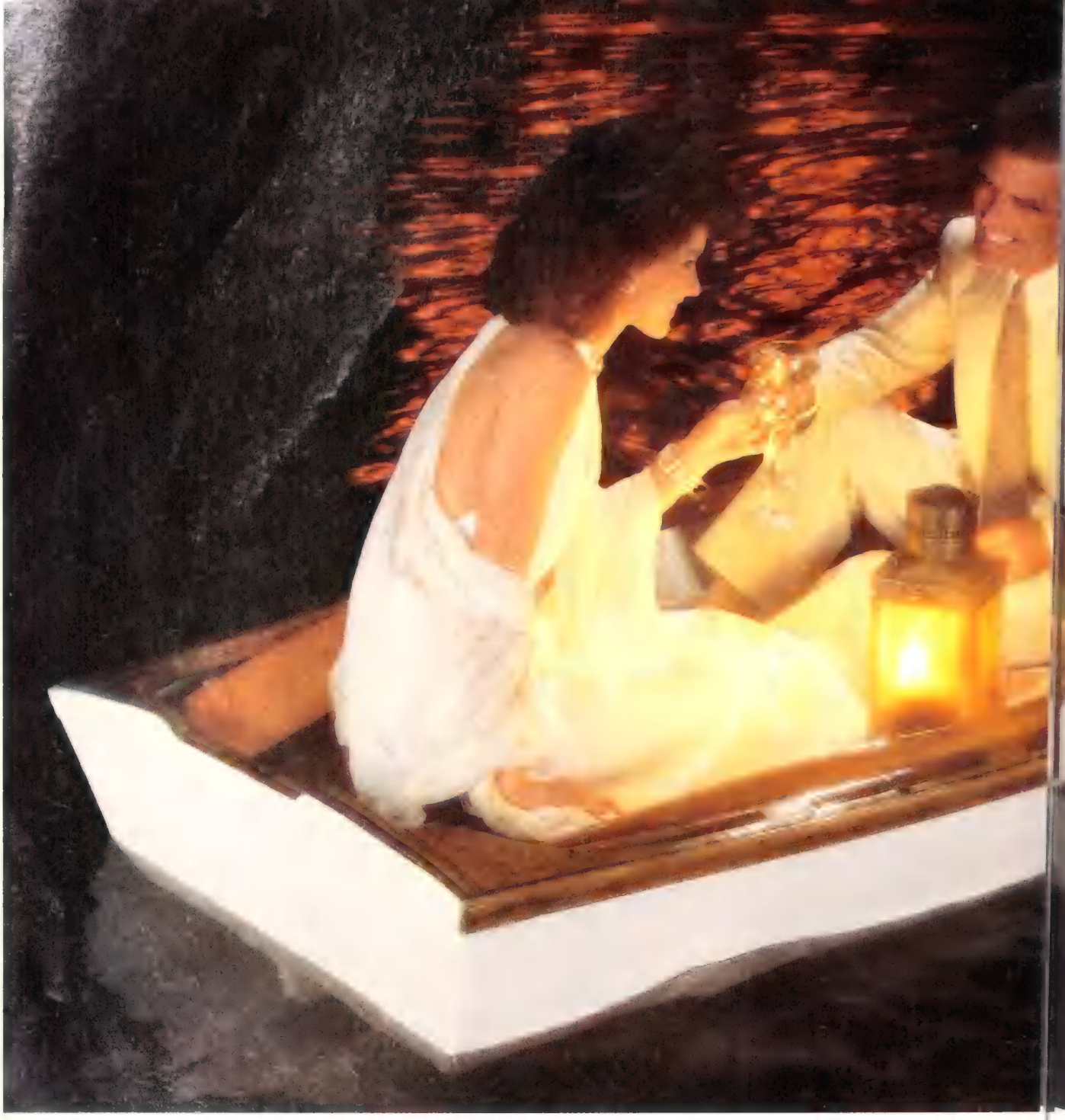
. . . while giving a rich natural glow with no aerosol wax build-up.

Hot summer sun and dry winter heat can cause your beautiful furniture to dry out and crack. It happens so slowly you're probably not even aware of it. Old English Oil is made from a special natural moisturizing oil that penetrates the finish and open grained wood to help prevent ugly drying and cracking. It helps maintain the natural beauty of wood and brings out its highlights. Old English Oil contains no wax so you never get wax build-up. It's perfect for all types of wood including natural finishes and all open grained wood. And, surprisingly, Old English Oil is easy to use.

Use it regularly to help protect and preserve the natural beauty of all the wood in your home.



If it's made of wood . . . it needs Old English Oil.



Now Imagi
On A Slightly L



The decks are strung with lights that soar high above the sea, framing the deepening indigo of the night.

Far below you, on the water, the reflection of a tropical moon scatters into a thousand glowing bits.

When evening comes, on a Royal Caribbean cruise, you'll see that all the romantic stories you've heard about cruising are absolutely true.

You'll sip a vintage Bordeaux, savor a perfectly prepared leg of lamb, indulge yourself in Cherries Jubilee flamed right at your table.

You'll watch the silent passing of a freighter, far out on the horizon. And dance under more stars than you ever thought the sky could hold.

And you'll find that the warmth of the islands lingers in your mind, long after the sun goes down.

So talk to your travel agent about a Royal Caribbean cruise. For seven, eight, ten or fourteen days.

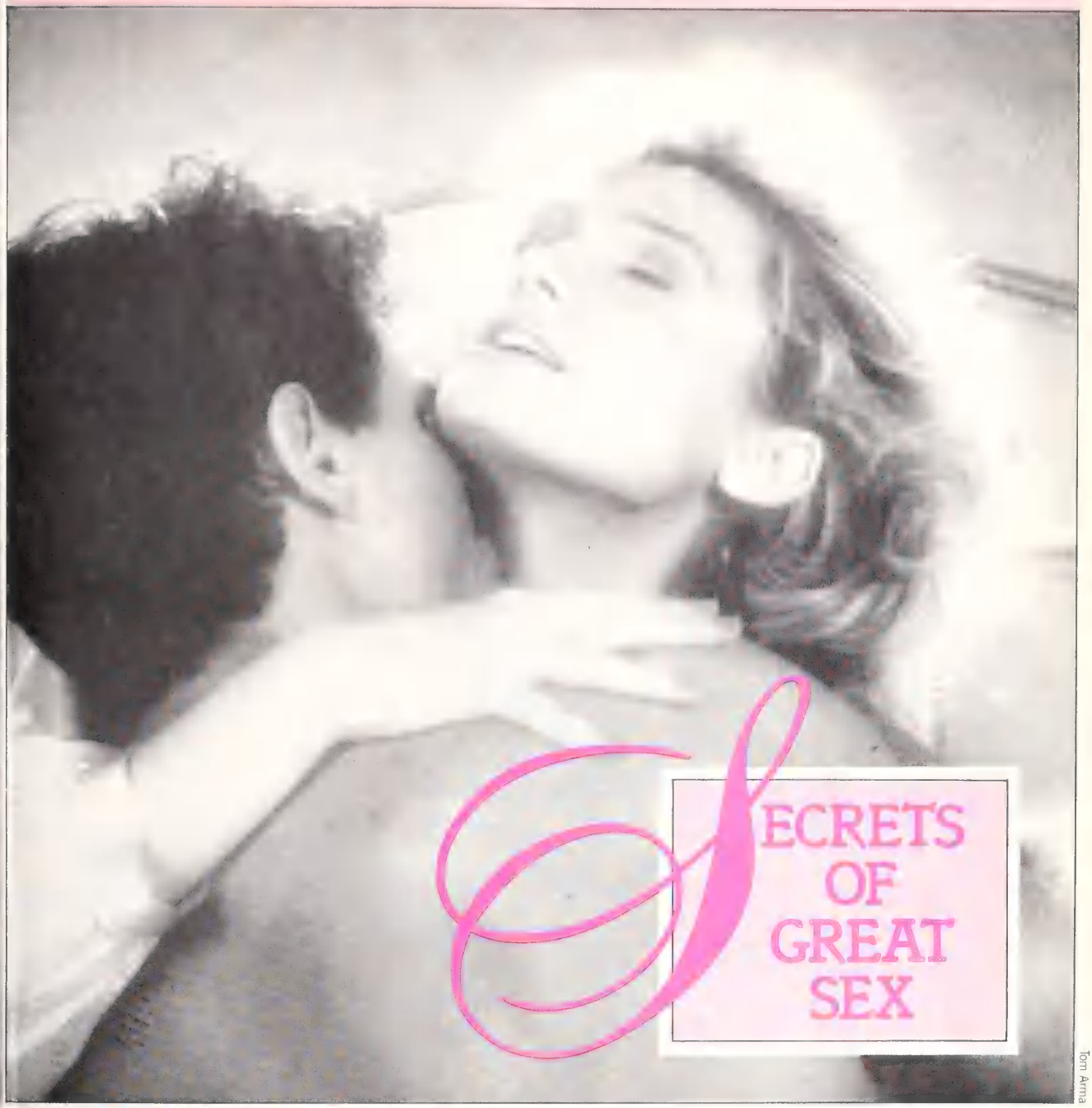
After all, some things are just too good to be left to your imagination.

ROYAL CARIBBEAN

Song of Norway, Song of America, Nordic Prince, Sun Viking
Ships of Norwegian Registry

The Same Idea, ger Scale.


You'll never guess
our deep, dark, delicious secret.
It's only 90 calories.
So go ahead, splurge on Jell-O® Pudding Pops.™ Try deep, d
chocolate, chocolate-vanilla swirl, or chocolate-caramel swi
with the goodness of real Jell-O Pudding, so you know th
wholesome. And once you know you can have something t
indulgent for about the
same calories as an apple or
banana, you'll always reach
for Jell-O Pudding Pops.
OR
CALORIE COMPARISON
JELL-O
Pudding
Pops
FROZEN PUDDING ON A STICK
Chocolate
90



SECRETS OF GREAT SEX

Tom Arma

Best-selling author Alexandra Penney knows what makes good sex great. After the success of her last two books, including *How to Make Love to a Man*, she has written a new surefire best-seller, *Great Sex*. Hot off the presses just days ago, this fascinating book tells us all there is to know about how to have the best and most loving sex you possibly can. From a foolproof recipe for a night of wonderful sex to the right way to touch a man, Alexandra Penney reports it all. You'll find her candid, clear and sometimes controversial.

Recently, she came to the offices of *Ladies' Home Journal* to tell us what is behind *Great Sex*.

LHJ *Can you tell us what exactly great sex* is?

PENNEY I think great sex is a combination of love, lust, romance and mystery. It takes two equal people, and if they know the basics and are in love, then there's the possibility of a lot of great sex.

LHJ *Does great sex mean something different to men from what it means to women?*

PENNEY Yes. Men make a big distinction between making love and having sex. Making love includes the physical act of intercourse, but it's a multilevel experience—nurturing, *(continued on page 80)*

INTERVIEW BY MARY LOU MULLEN

Raleigh And Belair That'll Pay You Back



It isn't hard to discover what makes Raleigh and Belair more satisfying than the brand of cigarettes you're smoking now.

First, go to your nearest store. Next, take a pack of Raleigh or Belair from the rack. Then, turn the pack over.

Right there on the back you'll find two of the reasons why so many smokers have switched from their brands to ours.

You see, every time they light up, they're also saving up

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

The Two Brands Right On The Pack.



valuable coupons. Coupons that get them great gifts, for free or at special prices. (For our free gift catalog, call toll-free, 1-800-626-5510.)*

Take your pick. The rich, satisfying taste of Raleigh. Or the menthol freshness of low-tar Belair. Just buy a pack, take it home, relax in your favorite easy chair. Then, take your first puff.

That's when you'll discover the third reason why thousands have switched to the brands that say thanks, right on the pack.

© 1985 B&W T Co

RALEIGH Kings, 16 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC method.
BELAIR Kings, 10 mg. "tar", 0.7 mg. nicotine av. per cigarette, FTC Report Feb. '85.

*To order our gift catalog, you must be 21 years of age or older. Please allow 4 to 6 weeks for shipment.

warm and romantic. Having sex can be very casual, almost impersonal—how the other person feels or acts doesn't matter much. For men, sex can be satisfying as this purely physical response. Most women are different, but we can experience the purely physical, too, though we do this most comfortably with someone we love. If we realize that we can have a terrific time with our bodies, we will understand male sexuality. And at the same time, it's best when men understand that women need an emotional element in lovemaking. So ideally, there are times when you make love with your partner as an emotional and physical experience as well as times when your lovemaking is purely physical gratification.

LHJ *How can a woman get the most out of sex?*

PENNEY By understanding her own expectations and needs and by understanding the dual attitude that shapes men's sexuality. Also, an understanding of both sexual technique and physical response is extremely important.

LHJ *Is technique something that one has to be taught?*

PENNEY Yes. Although we're all born with the instinct to reproduce, technique is what makes sex wonderful. It's like running in that you can just run or you can learn how to jog. If you learn to lift your feet, hold your arms and breathe in a certain way, you'll get many more physical benefits from the experience. If you really know how to make love you may get a whole lot more out of it.

LHJ *Many long-married people complain that they're bored by sex. How do you keep sex from becoming monotonous?*

PENNEY There are a number of things you can do. First, you make sex a priority in your life. Many people make their chores a higher priority than their sex lives. But when you were first in love, you made time for your partner. That's what you must continue to do: Block out prime time for sex and intimacy. Then try not to do the same things night after night when you make love. "Break your script" is the way the therapists put it. A very sexy woman I know does something a little different every time she makes love with her husband. It's not earthshaking, but she moves her body differently, wears a new perfume, puts on a special nightgown or massages her husband's back or feet. She doesn't necessarily do this every night, but enough to spark a lot of sexual energy.

LHJ *What if you and your husband have different levels of desire?*

PENNEY It's very common to be on different wavelengths. Maybe you want to make love tonight and he's too tired. That's no problem—especially if you give an alternative, like tomorrow morning or this weekend. But if your lack of desire is for no apparent reason and has lasted for several weeks, then there is probably something else going on that is affecting your sexual relationship. You might be angry or depressed. You could be facing a lot of different pressures at home or work that make you turn off. Talk about the way you feel. Try to find out what's really bothering you. If your lack of desire continues, seek professional help.



"Women need probably eight times as much hugging and kissing as men think they need. It's up to you to let him know."

John B. Penney

LHJ *What do you do if your husband is the one who isn't interested?*

PENNEY If that's the case, you might want to ask him some questions: "I notice that we haven't been making love as much as we used to. Is there anything I can do to really make it good for you? Or you might try the "ten-minute agreement." You pleasure your husband in the way he asks for ten minutes. Then he does what you ask for ten minutes. You alternate. What's terrific about the ten-minute agreement is that if you agree to do something for only ten minutes, you're not in a threatening situation. Besides, you can then ask for anything *you* want. Another approach might be role reversal. Let's say that he is normally the more aggressive one. Switch roles. It's a fascinating way to really turn each other on.

LHJ *What if the problem is that your husband isn't making love to you in the way you want to be made love to?*

PENNEY We all expect our partners to be perpetual mindreaders, but this is absolutely unreasonable. Just because he loves you doesn't mean he knows what you're thinking. You have to tell him what you want.

LHJ How *do you tell him?*

PENNEY You learn to negotiate. Lovers negotiations begin with your asking *yourself* three questions: What do I really want? What can I live with? What is impossible? Then be honest with him. You could say, "We've never really talked about this, and I'm nervous, but I feel this is an important part of our lives. Here's what I need." One woman I interviewed had an ingenious idea. She had a reticent husband who'd had a very strict, old-fashioned upbringing. And she told him she had had this fabulous dream—they were making love on the beach and they were doing all sorts of exciting things. He listened, and then they began to have a discussion about the dream. She made up the fabulous scenario, and because she said it was a dream, anything goes—she didn't have to censor herself.

Another way to break the ice is to mention a controversial issue. Say, "I read that it takes most women from ten to forty minutes to become fully sexually aroused" or "I heard on a talk show that eighty-five percent of happily married men have good oral sex. What do you think about that?" Try to get a discussion going. Ask questions. Don't just complain or criticize.

You can also go over a book or article on sexual technique with your husband. Underline techniques that interest you and say, "This is what I'd like." Then ask him what he needs.

LHJ *Are there any dos and don'ts for talking about sex?*

PENNEY Do not discuss it in bed. Therapists recommend talking about sex in a neutral place, like in the car when you're out for a long drive, or over coffee in a restaurant where you're comfortable. And don't keep a scorecard—"I've had this many orgasms and you've had that many." Talk about what you (continued)

Nothing Dips Creamier



KRAFT Real Mayonnaise is specially blended over 3,000 times. So it looks creamier than BEST FOODS® Real Mayonnaise and has a rich, creamy taste you just can't beat.



KRAFT **NOTHING TASTES CREAMIER.**

1984 Kraft, Inc.



GREAT SEX
continued

want and need rather than keeping track of old grievances.

LHJ *What about faking orgasm? Is it ever a good idea?*

PENNEY It's interesting that the number of women I've interviewed who admit to faking has risen significantly. This may be due to the recent explosion of literature about multiple orgasms, simultaneous orgasms and the rest of it. Women sometimes feel they are supposed to experience such things; consequently they feel they must fake to keep up. It's a new kind of performance anxiety. As a general rule, it's not a good idea to fake—you are simply slamming the door on your own pleasure. It's perfectly okay not to have an orgasm. This is not the be-all and end-all of the sexual experience. If you fake to please your husband, ultimately he will not have any idea of what really gives you pleasure.

LHJ *Should you ever say no to your husband's advances?*

PENNEY Absolutely. But do it honestly. Say, "Look, I don't feel like it tonight," and then give your reasons. The sensitivity lies in adding, "I'd love to make love on the weekend when I know I won't be so tired." In other words, give him a rain check. This way, you're not saying no forever, but for right now.

LHJ *Let's look at the flip side. What if you make the advance? Do men like it when women make overtures or would they rather take the lead?*

PENNEY Men love women who make love to them. A woman who is aggressive in the positive sense of the word—and by that, I mean a woman who says genuinely, "I love you, I want to make love"—will be a turn-on to a man.

LHJ *But what if he says "No, let's not—I'm really tired tonight?"*

PENNEY Don't be put off by his response; just as you would not like him to be put off if you were genuinely tired. In other words, yes, men love women who come on to them, but it must be done with sensitivity to the time and to the situation.

LHJ *What is "sexy"? Do men and women define it differently?*

PENNEY When you come right dow to it, sexy means self-confident. means feeling sure of yourself and fe ing attractive. And if you feel sexy, y then transmit the message "I am sex ally interesting."

But remember, there are some i portant differences in what constitut a turn-on for men and women. Expe ments show that boy babies are mu more interested in visual stimulati than are girl babies. Boys will follow moving or glittering object. Girls r spond more to sound and touch. Sav men know that if you whisper to woman or if you talk to her while y touch her, that's a turn-on.

LHJ *Can this knowledge—that m can be visually stimulated—be put practical use?*

PENNEY Certainly. Wear really se suous clothing or underclothing, or b an erotic book, if that happens to your style. It will make him reali that you really understand what h sexuality is all about.

LHJ *Speaking of erotica, you weave wonderful and very steamy love sto throughout* Great Sex. *How is erot different from pornography? (continue*

hare in One of Nature's Most Touching Scenes



Created exclusively by River Shore™ for Hamilton Collection

On a fine porcelain plate, issued in a strictly limited edition

- **Shown much smaller than actual size of 9¼"**
- **24 K gold rim**

America is blessed with an abun-nt variety of graceful, lovely song-ds. Among them, possibly none is more autiful than the "Western Tanager"—a rbler with striking shades of red, yellow d black.

Now, under the commission of the nowned River Shore Studios, gifted ldlife artist Linda Thompson has picted the "Western Tanager" in its nat-al habitat—perched on a majestic Doug-s fir, deep in the Rocky Mountains.

Ms. Thompson has captured a most uching scene in which the female and her ate feed and watch over their young babies uring the fresh springtime season. The tally accurate and true-to-life details of is plate-painting reflect one of nature's sually unseen miracles.



The graceful female is portrayed feeding her babies in a poignant, rarely seen moment.

WESTERN TANAGER

© 1985 HC

This fine quality, limited-edition plate is being produced by River Shore—known the world over for a superb success record with wildlife limited editions, including works by famed artists like Norman Rockwell.

Offered exclusively through The Hamilton Collection, "Western Tanager" premieres the *Favorite American Songbirds* Plate Collection—depicting eight of nature's most beautiful songbirds. Issued in an edition strictly limited to a 14-day firing period, each plate will be hand-numbered and will be accompanied by a same-numbered Certificate of Authenticity.

As an owner of "Western Tanager," you will be guaranteed the right to acquire all subsequent seven plates—***but you will not be obligated to buy any other plate.***

Furthermore, you may order "Western Tanager" ***with no risk.*** Under the terms of The Hamilton Collection ***100% Buy-Back Guarantee,*** you may return any plate within 30 days of receipt, for a full refund.

But you must hurry to order. Because of "Western Tanager's" unique appeal in showing us one of nature's wonders, plus the popularity of River Shore issues, strong demand is expected—leading to a possible sellout. To avoid disappointment, send in your order form today to The Hamilton Collection, 9550 Regency Square Blvd., P.O. Box 2567, Jacksonville, FL 32232.

FINAL POSTMARK DATE:

June 29, 1985

Limit: Two plates per collector

Please accept my order for "Western Tanager" by Linda Thompson, first issue in the *Favorite American Songbirds* Plate Collection from River Shore and Hamilton. 9¼" diameter, 24K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Western Tanager" plate(s) at $19.50* each, plus $2.14 postage and handling, for a total of $ _____. (21.64* or $43.28*)

Please check one:

☐ I enclose full payment by check or money order. 56689

☐ Charge my credit card:

☐ Visa ☐ MasterCard

☐ American Express ☐ Diners Club

Acct. No. _____

Expiration Date _____

Signature _____

Charge orders must be signed to be valid.

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents please add $1.09 per plate, sales tax. Illinois residents add $1.52 per plate, state and local tax.

Please allow 6-8 weeks for delivery. All orders are subject to acceptance. Deliveries made only to U.S. and its territories.

The Hamilton Collection

9550 Regency Square Blvd. P.O. Box 2567 Jacksonville, FL 32232



GREAT SEX
continued

PENNEY I make a big distinction between the two. The root of the word "erotica" comes from the Greek word "eros," meaning love. The root of "pornography," on the other hand, comes from the word "harlot." So whereas pornography implies sexual arousal through lewd or obscene depiction, erotica invites arousal through a voluptuous, sensuous, loving display of sex.

LHJ *What do you do if your husband brings home an erotic videotape, and you're very uncomfortable with it?*

PENNEY Tell him that you're uncomfortable but that you're willing to look at the video. If erotica in the form of videotapes or movies is important to your husband, why not try to find out what it is about erotica that excites him?

LHJ *And if you still hate it?*

PENNEY Then, as in anything else that has to do with sexuality, don't force yourself; there are no shoulds or musts.

LHJ *Fantasy isn't exactly erotica, but it's related. Do you think fantasy is a component of great sex?*

PENNEY If used with intelligence, trust and tolerance, fantasy can enhance communication between two people. It can also be a terrific way to spice up your lovelife and deal with sexual boredom.

When your husband tells you his fantasies, he's revealing an aspect of himself you might otherwise never have had an opportunity to know.

You might broach the subject by suggesting that the two of you tell each other your fantasies or write them down and exchange them. By the way, sexual fantasies are very much a part of one's normal fantasy life. According to a recent survey, the average person has seven to eight fantasies per day, but it's not abnormal to have none at all or as many as forty.

LHJ *Should you share fantasies with your husband if they don't involve him?*

PENNEY That depends. The number-one fantasy for both men and women involves having sex with someone other than their usual partner. It's very normal and widespread. But you have to use great sensitivity in revealing your fantasies when they don't involve your husband. You can easily say, "I fantasized about Mel Gibson." But, for obvious reasons, I don't think you should say, "I fantasized about the next-door neighbor." You have to incorporate fantasies into your love life slowly and carefully because they *are* so intimate. You must trust your partner implicitly before you talk about fantasies or act them out, and you must be willing to enter into his fantasy but not feel threatened by his imagination.



LHJ *What do you think are the biggest blocks to great sex?*

PENNEY For a woman it's often anxiety about her body. How do I look? Am I too fat? Am I desirable enough? But for a man, the biggest block is performance anxiety. For both sexes, hidden hostility is a big block. You might not want to have sex with him because he didn't do the dishes. Or he might be angry because you didn't respond to h advances last night. If hidden anger the problem, you've got to talk about before it festers into something tremely unpleasant.

LHJ *What if your husband has h episodes of impotence?*

PENNEY Take the focus off perfo mance and put it on some mutual ple sure, affection, love. Don't pressure hi Let him feel there's all the time in world. Give him a massage. Take shower together. If he has an erectio fine. If not, there's always tomorrow.

LHJ *What can be said about women anxiety about body image?*

PENNEY Many women fear th they're not desirable enough. Look yourself in the mirror and see wh your body actually looks like. Then as your husband if he's turned on by yo body or turned off by it. Most men w say they like their partner's body. A remember, the fact that he wants make love to you means he finds yo attractive. But if he tells you you' overweight or has some other criticism you have a choice. You *can* make you self more attractive.

LHJ *If a man could tell a woman th biggest secret about himself that he love her to know, what would it be?*

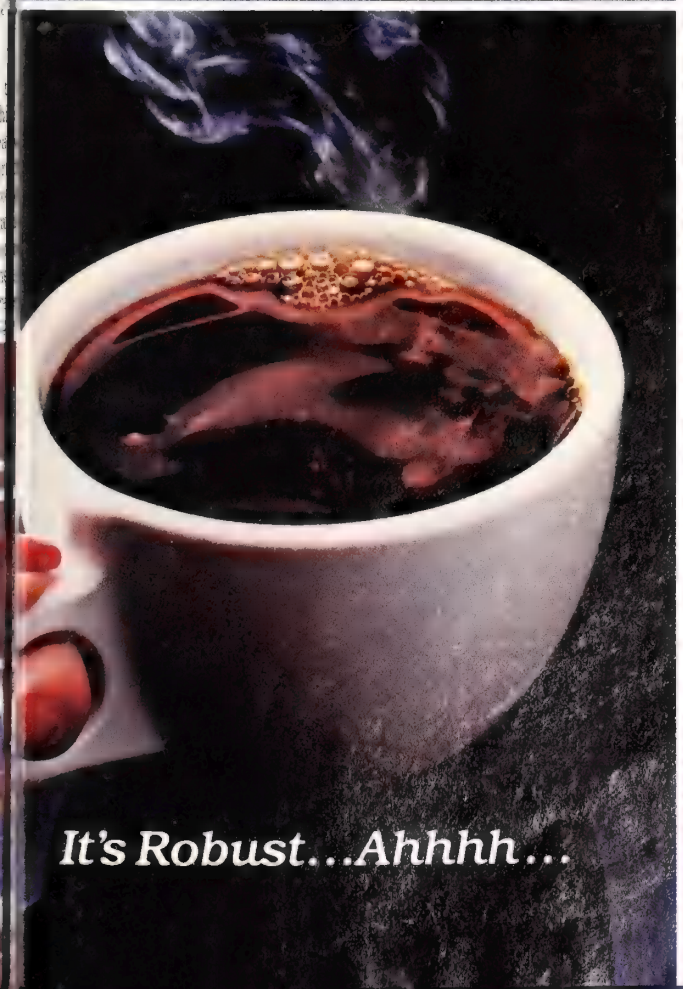
PENNEY I think he'd like her know the most sensitive parts of h penis and how to touch him. The hea of the penis is the most sensitive par along with the underside, where yo see a kind of long, thin thread. A ma usually likes a much firmer touch his genital areas than you'd imagin As one man described it, rather pr cisely and *(continued on page 164*





© 1985 General Foods Corporation







TRAVEL TALK

Don't know where to go for vacation this summer? How about a glamorous trip to Europe! By Margaret Zellers

EUROPEAN HOLIDAYS

Wise travelers know that even though big European cities may be crowded with tourists this summer, there are still many enchanting uncrowded countryside spots. Here are a few suggestions for finding the perfect place to stay in the country you want to visit.

In England, the Thames Valley Inns include twenty unique properties west of London. Places range from Feathers, in the town of Woodstock, a seventeenth-century country hotel furnished with antiques, to the homelike Chadlington House, in Oxfordshire. They are represented in the U.S. by Ralph Locke, 315 East 72nd St., New York, NY 10021; 212-628-8149. Call or write for a free booklet; please specify Thames Valley Inns.

Romantik Hotels and Restaurants include historic inns in Norway, Sweden, Denmark, Holland, Germany, Switzerland, Austria and Italy. All members are family-operated hotels. A booklet is available for $5 from Romantik Hotels Reservations, 12334 Northrup Way, Bellevue, WA 98005; 800-826-0015.

For very elegant accommodations, located mostly in France, there is Relais et Châteaux (translated from the French, meaning inns and manor houses). All member properties must have exemplary quali and standards; most also have historic interest ar exceptional cuisine. Among the members are l Manoir, a mansion in the midst of hunt country ea of Paris, and Holland's Kasteel Wittem, a mediev castle. A booklet with details is available for $ from David B. Mitchell Co., 200 Madison Ave., Ne York, NY 10016; 212-696-1323.

Many European hotels have U.S. Representative Your travel agent will know their names and can ofte find a room for you in or near the places you want to vis



Chadlington House in Oxfordshire

THE SMART TRAVELER

Passports now cost $35 plus a $7 processing fee and are valid for ten years. (Under eighteen, cost is $20 plus $7 for five years validity.) To get a passport, you'll need proof of citizenship (certified birth certificate or naturalization papers) and proof of identification, two 2x2-inch full-face photos and the fee. For speed processing, usually completed within a few hours, bring all the essentials plus your air ticket to confirm your departure date to a passport office.

BARGAIN TIP OF THE MONTH

If you rent an Avis car in Europe this summer, tell your travel agent about your special interests (antiques, music, sports, etc.) in advance. The Avis computer will print out a detailed itinerary for free with routes and other information specifically r lated to your special interests. A "Pe sonally Yours" checkbook is yo bonus, with fifty coupons entitlin you to $300 worth of savings stores in the country you tour.

HOW TO FIND THE PERFECT TRAVEL AGENT

A good travel agent is an expert on finding the right destinations, choosing hotels and restaurants, arranging ticketing and finding the best prices. Agents don't charge for normal ticketing and reservations; they receive compensation from commissions (ranging from 7 to 20 percent) from the airlines, cruise lines, hotels and tours they book on your behalf. How do you find a good agent? Look for the ASTA symbol: ASTA stands for American Society of Travel Agents, a travel agent trade association with some 20,000 members who are required to maintain reputable standards of operation. If you have a problem with an ASTA agent, you can register it with ASTA's Washington headquarters at 4400 MacArthur Blvd., NW, Washington, DC 20007, Attn: Consumer Affairs. Also, ask if your agent is a Certified Travel Counselor (CTC), a designation earned after an individual has completed two years of study at the Institute of Certified Travel Counselors, and has at least five years of experience in the industry. For a list of those in your area, write to the Institute, Box 56, Wellesley, MA 02181.



Just what the doctor ordered.

LOUISIANA

Louisiana

Louisiana Office of Tourism Department TS, P.O. Box 44291, Baton Rouge, LA 70804

Please send me information on Louisiana

Name_____

Address_____

City/State/Zip_____

Or call toll-free outside Louisiana: 1-800-231-4730 In-state: 1-504-925-3870 TS

DECORATING HOTLINE

Choosing a coffee table, buying a new bed or thinking of tiling your kitchen? Here's how to do it right. By Deborah S. James

The heat is on!

Now is the right time to check your home for areas where cool air from your air conditioner is escaping. Bad insulation around windows is often the cause of those high electric bills. For more information concerning insulation, send $2.50 for a copy of Window Insulation. Write to Consumer Information Center, Dept. 177N, Pueblo, CO 81009.



Q What's the right size coffee table for the main seating area of our living room? We want it to be both beautiful and functional.

A A coffee table should be an attractive focal point to the room. Most decorators suggest using a generous-sized coffee table for the main seating area. It should be large enough so that all the people seated on the couch and surrounding chairs can reach the table. There should also be room enough to display pretty objects, books or flowers and a tray for drinks.

The height should be approximately the same as that of the upholstered pieces that surround the coffee table. Before choosing a new table, measure the height of your sofa and chairs. For example, the standard height of a sofa is about eighteen inches from the floor; therefore, the table height should also be about seventeen or eighteen inches. A table that is too high or too low will be uncomfortable to use.

TILES FOR TODAY

Contemporary and colorful describe the decorative new tiles from Italy. The Italians have always been forerunners with their introductions of unusual tiles—this year it's patterns mixed with companion solids—that can be used in the kitchen, bathroom or any space where a colorful, clean look is appropriate. Hastings Tile imports a new collection that will add whimsy to your walls. Check local tile centers for these beauties—they require no special installation.

SWEETER DREAMS

Buying a mattress? Here are some tips from the Better Sleep Council.

● **SUPPORT** This is the most important thing to look for in both a mattress and box spring. The weight of your body should be supported evenly over the surface of the mattress. A good quality mattress set will support the hips and shoulders without letting the lower back sag.

● **DURABILITY** Remember, a quality mattress is an investment in how you sleep and feel. Experts advise purchasing a new mattress and box spring every eight to ten years.

● **SPACE** Consider the amount of space in your bedroom before buying a new sleep set. At the same time don't try to squeeze yourself and your husband into a double bed if you just don't feel comfortable. You may find that a queen- or a king-size bed provides a much more restful sleep.

DO YOU NEED A NEW MATTRESS?

Here's a quick test to give your mattress to find out if you need a new one.

● Is it lumpy? Is the mattress cover torn? Are the box springs uneven or droopy? Is the foundation crooked, the surface rough or worn-out looking?

● Kick off your shoes and lie in bed. Does your mattress feel soft? Does it sink? Does it creak when you turn over?

● Do you and your husband roll together at night into the middle of the bed?

If you answered yes to most of these questions, it is more than likely that you are in need of a new box spring and mattress. Shop around before buying.

For more information on mattresses, write to: Better Sleep Council, P.O. Box 13, Washington, DC 20044. Include fifty cents to cover postage and handling.



Wamsutta

After all, it's one-third of your life.

WOMEN GETTING AHEAD

Today things as simple as a change in position title can make your job more enjoyable and successful. By Shirley Sloan Fader

Q SECOND TIME AROUND

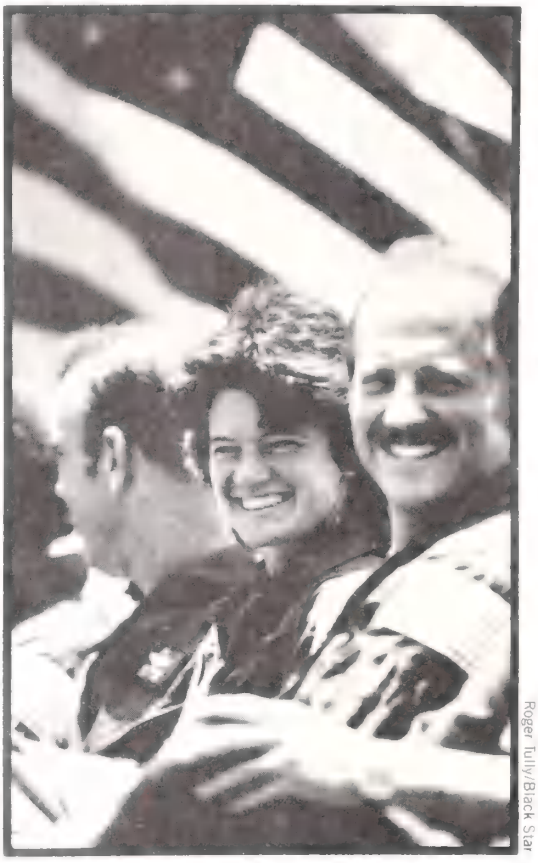
I'm job-hunting, and I heard about an executive who has a good position available. I recently contacted the personnel department of that same company and was told there are no job openings. Do I go back and reapply?

A Go directly to the executive. Personnel may not have been informed about the job opening you've just heard about, or there could be a dozen other explanations for your rejection. Never hesitate to go back to an organization when you have a new job lead or an interview with someone who has the power to hire employees.

Q WHY THEY ACT THAT WAY

I sit through meetings listening to people make all kinds of decisions that will complicate a situation rather than solve it. Why do seemingly intelligent people do these things?

A People at meetings have all kinds of hidden agendas and goals. On the surface, everyone's purpose is to solve group problems. In fact, people at meetings often concentrate on protecting or building their jobs, their responsibilities and their egos. Doing something in a more complicated way may give people an opportunity to add to their power or avoid unwanted tasks. The choice of an inefficient method may also be an attempt to have the project fail, or a way to show someone else up. It can even be well-intentioned but muddleheaded thinking. And there's always the chance that people honestly believe (and it's possible they're right) that their methods will yield better results.



Roger Tully/Black Star

WOMEN IN SPACE

Are you (or your daughters) interested in becoming an astronaut? If so, it's encouraging to learn that women have proved they're "equal" in space and "better at dealing with precision tasks . . . more meticulous . . . and more flexible at switching from one task to another." That's the conclusion recently drawn by scientific observations of the performance of the Soviet Union's first woman astronaut to walk in space, Svetlana Savitskaya—and echoed by many senior male astronauts interviewed after her flight.

AVOIDING AN ON-THE-JOB FIGHT

When you feel the tension rising, be careful of key phrases that can trigger explosions.

You can accidentally make enemies, anger customers and infuriate your boss and co-workers by using emotion-packed words or phrases. Often you may be right about the matter you're discussing. Yet how you phrase your comments irritates your listeners and makes it difficult for them to respond to you in a reasonable way.

In their helpful new book *Speak The Language of Success* (Jove, $2.95), communications experts Gloria Hoffman and Pauline Graivier suggest a basic list of phrases to avoid. These include: "After all I've done for you"; "What difference does that make?"; "Let me be perfectly honest"; "I wish you would say what you mean"; "After you've been here as long as I have . . ."; "When I was your age . . ."; "If I were you . . ."; "Do you know what you're doing?" and "Do you understand me?"

You avoid emotion-packed traps by looking for areas of agreement. When you take the trouble to listen, there is always something you can agree with such as, "Yes, you're right—we need the report next week. Could we make it Thursday instead of Tuesday?" It can even be something noncomittal that you're agreeing with, as in, "Yes, I see we have to tackle this problem."

Acknowledge that the person is right about some aspects of the problem. Doing so puts you both on a cooperative—rather than explosive—emotional level.

continued

urkey on Tuesday? Why not!

ow you can have turkey any night of the k. With Louis Rich™ Breast of Turkey. It's real, est-to-goodness turkey breast meat ed whole from the bird. We've roasted tender, juicy perfection. Just heat and eat it up. Or slice it cold for dwiches, salads and snacks. nd that's only the beginning of t you can make with Breast of ey. Try it in everything from ies to kabobs. Whether you choose the ecued, Hickory Smoked or n Roasted variety, you'll find have more than enough dinner on Tuesday (or any) and sandwiches later on. at an easy way to make d, naturally lean turkey a of your weekly menu.

Turkey with Garden Herb Sauce

ound Louis Rich™ Breast of Turkey
ablespoon chopped fresh parsley

ce
arton (8 ounces) plain yogurt
mall carrot, shredded
cup peeled, chopped cucumber
ablespoon chopped onion
teaspoon dill weed

t turkey into ¼-inch slices; arrange on ving platter. Combine sauce ingredients ur over turkey; sprinkle with parsley. Cover d chill thoroughly before serving. 4 servings

more easy ideas to get you cooking, send to: "Turkey Made Easier," Louis Rich Company, Box #4379, Kankakee, IL 60902.



It took Louis Rich™ to make turkey so right.

This summer, you can have it all. The style you want. And sun protection, too.



Pantene introduces Sunbrella Styling Mousse and Hair Spray.

The sun. With its damaging ultraviolet rays.

It can make your hair dry and brittle. Make your color fade. And take the curl right out of your perm.

But you can protect your hair from the sun while you style it. Because Sunbrella is here.

Sunbrella Mousse and Hair Spray are the first styling products specially formulated to protect your hair much the same way suntan lotion protects your skin.

Sunbrella 8 will let your hair lighten naturally in the sun. Sunbrella 15 will give you maximum sun protection.

Day or night, replace your ordinary mousse and hair spray with this extraordinary Mousse and Hair Spray.

Keep your hair beautiful and healthy. All summer long.

PANTENE®

The Care and Feeding of Beautiful Hair

NO MORE COMMUTING

Your chances of finding high-paying, skilled work you can do at home are rising rapidly. Within a decade nearly 18 percent of the work force—or eighteen million people—will be employed at home using computers and other communications devices, according to one expert prediction by Marcia M. Kelly, president of Electronic Services Unlimited. Her views were reported in *Management World*, a conservative and respected publication of the Administrative Management Society.

YOUR JOB RIGHTS

Knowing exactly what your rights are on the job is the most effective way to get fair pay and deserved promotions.

You can obtain a free single copy of the new edition of leaflet #55 A Working Woman's Guide to Her Job Rights. *The fifty-six page booklet discusses a wide variety of things, including overtime pay, equal pay, unemployment insurance, compensation for injuries, union participation and other protected activities, promotions, training, and working conditions, as well as many other topics pertaining to the workplace. If you include a peel-off self-addressed mailing label with your request, they'll use it for the envelope and considerably speed up your receiving the publication. Write (giving the booklet's name) to Women's Bureau, U.S. Department of Labor, Washington, DC 20210.*

Shirley Sloan Fader is a job/career specialist and author of From the Kitchen to Career: How Any Woman Can Skip Low-Level Jobs and Start in the Middle or at the Top *(Stein & Day, Briarcliff Manor, NY 10510, $9.95).*

Q MORE THAN A SECRETARY

I'm a secretary. But I've picked up so much technical expertise that other executives come to me for answers to problems they used to bring to my boss. He appreciates all I know and do. Yet when I ask for a raise he says I'm already at the top of what our company pays secretaries. What do I do?

Salary-ceiling is a problem many secretaries and clerical workers face. Make it clear to your boss that you cannot continue to carry so many responsibilities with such inadequate remuneration. You break through by having your job title changed.

Since your boss and other executives depend on you for problems that would normally go to your boss, you no longer fit the "secretary" category. With your boss, create an appropriate title, for example, "special assistant to . . ." The key to the solution is to arrive at a title that is *uniquely* yours, that does *not* put you into a job category with other people in the organization.

Your hair isn't dead. It's just hungry.

Who said hair was dead! If it won't bounce for you, glow for you, look gorgeous for you, that just means it's undernourished.

When each of your 100,000 hairs is just barely born, it gets pushed out into the cruel world of sun and wind. Of detergents, blow-dryers and curling irons. All enemies, robbing it of its natural nourishment.

And you can't really make it up by eating more healthy, vitamin-rich foods. They don't feed your hair the way they feed the rest of you.

But if your body can't nourish your hair, who can?

Pantene can. And we'll tell you how.



Real beauty comes from within.

Pantene scientists dedicated themselves to finding a kind of nourishment your hair could absorb directly from the surface. They discovered the secret of a special provitamin formula that penetrates your hair to nourish it inside. So it glows with health outside.

This special penetrating formula is in everything Pantene makes. Shampoos and conditioners, setting and styling products that are serious haircare. Sold in the finest salons, the most exclusive department and drug stores in the world.

See your hair reborn, shampoo after shampoo.

Want dramatic proof? If your hair is dry or damaged, treat it to Vitamin Moisturizing Shampoo, one of five great Pantene shampoos.

Day after amazing day, you'll marvel at how your hair's body is improving, how manageable it's becoming. You'll see your hair grow shinier, bouncier, livelier, until it simply glows with health.

But it's really not a miracle. It's what serious haircare is all about.



PANTENE®

The Care and Feeding of Beautiful Hair

© 1984 The Pantene Co. Division of Richardson-Vicks Inc.

COOKING FOR TODAY



One of the most versatile vegetables, asparagus can be a smashing accompaniment to a meal, a tasty first course or even a main dish. By Bert Greene

TIPS ON BUYING AND COOKING ASPARAGUS

At the market ● When purchasing asparagus I look for spears with crisp, straight stalks, a uniform color and compact, pointed tips. It's a personal preference, but I always try to buy asparagus that's no thicker than a fat crayon.

The preparation ● Never wash asparagus until *after* it is peeled. Peeling is a necessity (unless the stalk is slim and super fresh) because the tough outer flesh of an asparagus is hard to digest.

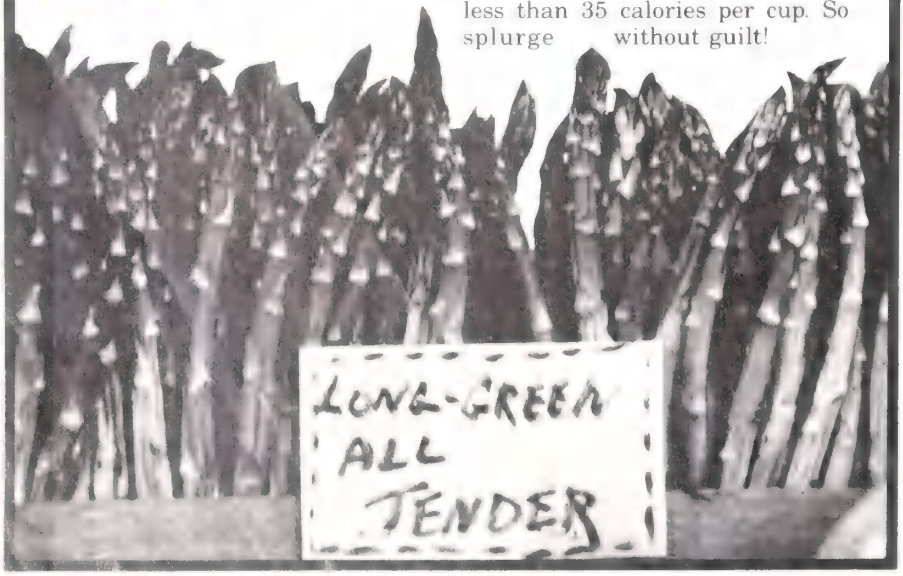
● Before peeling, break off and discard the bottom of each stalk at the point where it snaps off naturally.

● It's easiest to peel asparagus stalks with a vegetable peeler, stopping at least an inch from the tips. Then wash in cold water.

Blanching ● Always blanch asparagus uncovered, in a large flat saucepan half filled with boiling salted water. My technique is to place the stalks loosely in the pan, allow the water to return to a boil, reduce the heat, and simmer 3 to 5 minutes or until just barely tender. Do not overcook! Asparagus should be crisp—al dente, as the Italians call it, meaning to the tooth. It shouldn't be cooked until it's soggy and limp.

● When the asparagus is cooked, place the pan under cold running water until the stalks are cool to the touch. Drain on paper towels before using. To reheat, place in a 350°F. oven 5 to 7 minutes or chill in the refrigerator for about an hour and serve cool.

Serving ● Cooked asparagus may be served hot or cold as a first course, as an adjunct to the meal or (for brunch or supper) as the meal itself. This nutritious vegetable is a dieter's dream; less than 35 calories per cup. So splurge without guilt!



Shelby Hodges The Stock Shop

It's late spring, and asparagus is [at] its peak! Of course, today fre[sh] green asparagus may be found [in] most metropolitan greengrocers acr[oss] the country all year round, but I b[e]lieve the very best asparagus is on t[he] market from early April until [la]te June—when the bumper crops fr[om] the Northeast hit the vegetables stan[d]. Here are a few of my favorite ways [to] prepare this glorious spring vegetable.

BEDDED ASPARAGUS OVER MUSHROOMS AND WATERCRESS

- 1½ to 2 pounds asparagus, trimmed and peeled
- 4 slices bacon
- 3 tablespoons unsalted butter
- 1 small garlic clove, minced
- 1 shallot, minced
- 1 cup sliced mushrooms
- 2 hard-cooked eggs, finely chopped
- ½ cup watercress leaves
- 1 tablespoon red wine vinegar
- Salt and freshly ground pepper

Preheat oven to 250°F. In medium saucepan cook asparagus in boiling salted water, or steam just until tender. Drain. Place in baking dish and keep warm in oven.

In large skillet cook bacon until crisp. Drain on paper towels, crumble and set aside. Pour off all but 2 tablespoons bacon drippings from skillet. Add butter. When melted, remove 2 tablespoons and set aside. Add garlic, shallot and mushrooms; saute over medium-low until golden. Stir in eggs and toss in watercress. Cook until watercress is just wilted. Sprinkle with vinegar and add salt and pepper to taste.

To serve, spread mushroom-watercress-egg mixture over bottom of serving dish. Place asparagus on top. Sprinkle asparagus with salt and drizzle with melted butter and bacon drippings. Top with crumbled bacon. Makes 4 servings, 250 calories each.

continue



Come on over to the right Lite for great fruit taste.

More families are eating lighter these days. And the Lite Fruit they prefer most is Del Monte.

DEL MONTE® Lite gives you more natural fruit taste. With no artificial flavors or sweeteners.

So come on over and taste it today.

Del Monte



©1984 Del Monte Corporation



A
woman's little
indiscretions
shouldn't show
around her
eyes.

"Les Originelles"
Soin Anti-Cernes

Late nights, crash diets and pressure can take their toll around the eyes. This skin-tinted under-eye treatment conceals shadows. Fades circles. Helps relieve and release puffiness. Moisturizes, too.

Soin Anti-Cernes is rich rich with naturals like mink oil, coco oil, and horse chestnut extract.

It's the unique daywear eye-cream that won't let your eyes tell your secrets.

Stendhal
PARIS

Superior skin care
with a French accent.

© 1985 Sanofi Beauty Products, Inc.

BLOOMINGDALE'S

CREAM OF ASPARAGUS-SPINACH SOUP

- 1 pound asparagus, trimmed and peeled
- 2 tablespoons unsalted butter
- 10 green onions, chopped
- 1 cup chopped fresh spinach leaves, washed
- 3 cups chicken broth
- Pinch cloves
- 3 tablespoons cornstarch
- 1 cup heavy or whipping cream
- Salt and freshly ground pepper
- Sour cream (optional)

Cut tips off asparagus and reserve. Chop stems into 1-inch pieces; set aside.

In medium saucepan melt butter over low heat. Add green onions and saute until translucent, about 5 minutes. Add asparagus stems and spinach; saute about 5 minutes. Add chicken broth and cloves. Cover and cook over medium heat 10 minutes, stirring occasionally.

Meanwhile, in small bowl combine cornstarch and cream; stir until smooth. Add to saucepan; heat to boiling. Remove from heat and cool slightly.

In blender or food processor puree soup in 2 batches. Return puree to saucepan. Add asparagus tips and cook over medium heat 5 minutes, stirring occasionally. Add salt and pepper to taste. If soup is too thick, add additional chicken broth and thin to desired consistency. Serve with a dollop of sour cream. Makes 6 servings, about 185 calories each.

ASPARAGUS MIMOSA

- 2 pounds asparagus, trimmed and peeled
- 1 small shallot, minced
- 1 small garlic clove, crushed
- ½ teaspoon coarse or kosher salt
- 1½ teaspoons Dijon mustard
- Juice of ½ lemon
- ¾ cup salad or olive oil
- 2 teaspoons red wine vinegar
- ½ teaspoon freshly ground pepper
- 1 hard-cooked egg, yolk and white chopped separately
- ¼ cup chopped fresh parsley

In medium saucepan blanch asparagus in boiling water 3 to 5 minutes. Drain on paper towels. Arrange spears in a shallow serving dish. Sprinkle with minced shallot.

In small bowl combine garlic ar
salt. Mash with back of a spoon to for
a paste. Stir in mustard and lemo
juice. Whisk in oil, vinegar and peppe
Spoon dressing over asparagus. Ga
nish asparagus with alternating ban
of chopped egg white, parsley and e
yolk. Refrigerate until serving tim
Makes 6 servings, 295 calories each

PARMESAN-TOPPED ASPARAGUS

- 2 pounds asparagus, trimmed and peeled
- ¼ cup unsalted butter, melted
- Salt and freshly ground pepper
- ½ cup freshly grated Parmesan cheese

Preheat oven to 400°F. In mediu
saucepan blanch asparagus
boiling water 3 to 5 minute
Drain on paper towels. Arrange spea
in a shallow ovenproof serving dis
Pour melted butter over asparagu
Sprinkle with salt and pepper to tast
Sprinkle cheese evenly over top. Bak
20 minutes or until lightly browne
Makes 6 servings, 120 calories each

NATURAL ASPARAGUS

- 1 to 1½ pounds fresh asparagus
- Salt and pepper to taste
- 3 tablespoons unsalted butter

Preheat oven to 300°F. Rinse an
trim asparagus. Place asparagu
in one or two layers in a flat dis
just large enough to hold them. Sprin
kle with salt and pepper and dot wit
butter or margarine. Cover tight
with foil and bake for 30 minutes A
paragus will be crunchy and will n
lose its color. Makes 4 servings, abou
95 calories each.





Two of America's Favorites Get Together...
CAMPBELL'S VEGETABLE SOUP–only 80 calories per serving!
LIGHT N' LIVELY Singles–great taste with ½ the fat!
They create a delicious, good food mealtime combination!



Chocolate à l'Orange Cheesecake

(Mixes in 5 minutes.)

8-ounce package softened cream cheese
14½ ounce can sweetened condensed milk
3-ounces melted, cooled semi-sweet chocolate
1 cup *undiluted* CARNATION® Evaporated Milk
6-ounce can thawed, frozen orange juice concentrate
9-inch ready-prepared pie crust shell

Beat cream cheese smooth in small mixer bowl. Slowly add sweetened condensed milk, then chocolate, then evaporated milk; beat smooth. Add orange juice concentrate; blend one minute. Pour into pie shell. Freeze 1½ to 2 hours. Makes 9-inch pie.

MANUFACTURER COUPON
NO EXPIRATION DATE

Save 15¢

on any three cans of Campbell's Vegetable, Vegetarian Vegetable, Homestyle Vegetable, Old Fashioned Vegetable or Vegetable Beef



51000 122286

MANUFACTURER COUPON
EXPIRES 9-30-85

Save 25¢

On Any Size
Carnation®
Nonfat Dry Milk



MANUFACTURER'S COUPON
EXPIRATION DATE: 9-30-85

Save 15¢

WHEN YOU BUY one (1) package of 12 oz. LIGHT N' LIVELY Singles Process Cheese Product (any variety)

ND5-8



ONE COUPON PER ITEM PURCHASED
REDEEM PROMPTLY

MANUFACTURER COUPON
EXPIRATION DATE 12/31/85

Save 25¢

on Equal®

Low-Calorie Sweetener



50, 100 or 200 Packets
or 100 Tablets

EQTHEM85

MANUFACTURER COUPON
EXPIRES 9/30/85

Save 10¢

on 2 Tall Cans of
Carnation®
Evaporated
Milk



MANUFACTURER COUPON
EXPIRES MARCH 31, 1986

Save 40¢

ON
LIFE SAVERS®

5 OR 8 PACK OR BUY 3 SINGLE ROLLS AND GET 1 FREE



, 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

› Raspberry.

ırnation® Nonfat Dry Milk
Equal® Low-Calorie Sweetener.

ıke these delicious
low calorie pops with
strawberries or bananas, too.



ROLL CANDY

AVERS®
Fitness

S T A K E S

mbership in the health
you and your family

nturi Ergometer Bike.

s warm-up suit.

t purchase
h the

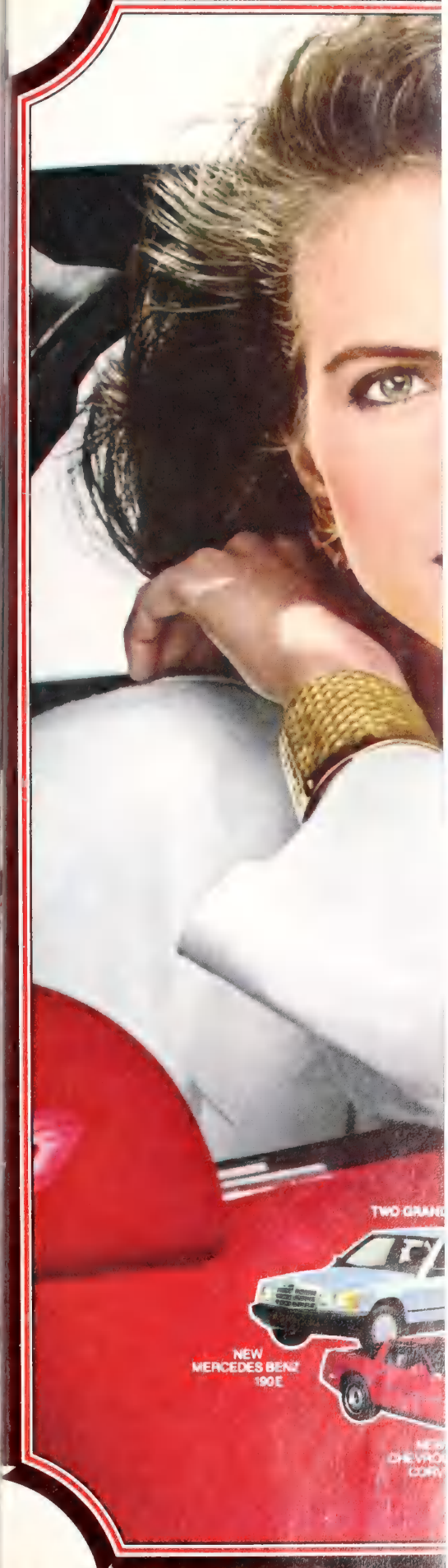


winners notified by mail. Only one prize to a family or household. Prize are nontransferable and no substitutions are allowed. Taxes, if any, ar the responsibility of the individual winner. Winners may be asked t execute an affidavit of eligibility and release and should allow 6-8 week after notification for receipt of their prizes. 4. This sweepstakes is ope to residents of the continental United States (except employees and the families of NABISCO BRANDS, IN advertising, judging and promotion agencies and FUN, INC.) & SUC ATES, INC. This offer is void wherever prohibited and subject to all federa state and local laws. 5. For a list of winners, send a stamped, sel addressed envelope to: FUN & FITNESS WINNERS LIST, P.O. Box 314 Syosset, N.Y. 11775

© Nabisco Brands, Inc. 1985

© 1985 Sanofi Beauty Products, Inc.

Thematics® Stand-Out Insert ™ is a trademark of



NOT A STORE COUPON

SAVE UP TO $8.55
ON CLAIROL® PRODUCTS



(See reverse side for details)

SUMMERTIME SAVINGS

SUMMERTIME SAVINGS

MANUFACTURER'S COUPON
EXPIRES 11/30/85

26880

Save 75¢
ON 2
NICE 'N EASY® HAIRCOLOR



AUTOMATIC ENTRY

Fill in and redeem by 11/30/85

Name _____

City _____

State _____ Zip _____

AUTOMATIC ENTRY

26880

75¢ on 2

MANUFACTURER'S COUPON
EXPIRES NOVEMBER 30, 1985

Save 20¢
On any
Summer's Eve product



20¢

MANUFACTURER'S COUPON
EXPIRES 11/30/85

26971

Save 75¢
ON 2
FINAL NET® HAIRSPRAY (8 oz.)



AUTOMATIC ENTRY

Fill in and redeem by 11/30/85

Name _____

City _____

State _____ Zip _____

AUTOMATIC ENTRY

26971

75¢

MANUFACTURER'S COUPON

Save 25¢
on
NORFORMS®
Deodorant Suppositories
(any size)



Coupon expires November 30, 1985

25¢

MANUFACTURER'S COUPON
EXPIRES 11/30/85

26872

Save 30¢
ON ANY
SEA BREEZE® PRODUCT

AUTOMATIC ENTRY



Fill in and redeem by 11/30/85

Name _____

City _____

State _____ Zip _____

AUTOMATIC ENTRY

26872

30¢

MANUFACTURER'S COUPON
OFFER EXPIRES 6/30/86

120972

Save 20¢
on any size
except 6 oz.
SHOUT™



120972

20¢

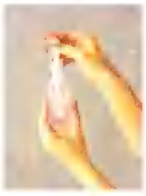
Thematics® Stand-Out Insert ™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

All disposable douches are not alike...

Use this 20¢ coupon to try the one that stands apart from the crowd.

Summer's Eve







The unique one piece design and special cleansing formulas of Summer's Eve provide convenience and gentle freshness.

Available in new Hint of Musk, White Flowers, Herbal, Regular and Vinegar and Water, the solution doctors recommend. And, for relief of vaginal irritation and itching, a medicated formula is also available.

The 20¢ COUPON is our way of saying "thank you" for experiencing the unique freshness and convenience of Summer's Eve—the originator of disposable douches.

© 1985 C.B. Fleet Co. Inc.

Best against your worst stains.

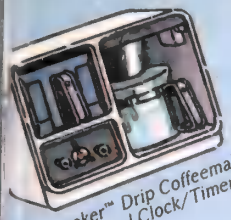


Shout is thicker than those watery thin stain removers. So Shout can concentrate more cleaning power on the stain. To remove even your toughest stains better.

Want a tough stain out? Shout it out!

© 1985 Sanofi Beauty Products, Inc.

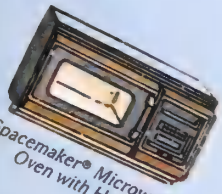
ENTER THE REYNOLDS® PLASTIC WRAP MICROWAVE SWEEPSTAKES AND WIN A BRAND NEW KITCHEN!


Spacemaker™ Drip Coffeemaker with Digital Clock/Timer


Compactall® Trash Compactor

A KITCHEN FULL OF GE APPLIANCES AND $10,000 FOR RENOVATIONS, TOO!

Every appliance pictured here, plus a cash prize of $10,000 go to the Grand Prize Winner. In addition, we'll award two First Prizes: GE Spacemaker® Microwave Oven and Range, 5 Second Prizes: GE Microwave Countertop Ovens, 25 Third Prizes: GE Spacemaker™ Coffeemakers, 3,000 Fourth Prizes: Rubbermaid® Microwave Cookables™ Ring Pan. Over 3,000 prizes in all. So, enter the Reynolds Plastic Wrap Microwave Sweepstakes today. And remember—the plastic wrap that clings best, works great in the microwave, too. Clip out the 25¢ coupon and see for yourself.


Spacemaker® Microwave Oven with Hood

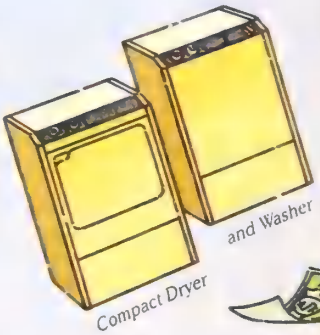

Microwave Cookables™ Ring Pan


Grill-top Range with Self-cleaning Oven


Spacemaker™ Electric Knife

EASY TO ENTER, HERE'S ALL YOU DO:

Complete official entry form or on 3" x 5" paper print your name, address & zip. Include with entry UPC symbol from any carton of Reynolds Plastic Wrap. No purchase required, in lieu of UPC symbol include words REYNOLDS PLASTIC WRAP on 3" x 5" piece of paper. Enter as often as you wish, but mail each entry separately to: Reynolds Plastic Wrap Microwave Sweepstakes, P.O. Box 551, Lowell, IN 46356. Entries must be received by July 31, 1985. Winners will be determined in random drawings by Ventura Associates, Inc., whose decisions are final. Winners will be notified by mail. Taxes are responsibility of winners. No duplicate winners and no substitution for prizes other than may be necessary due to availability. Odds determined by total number of entries received. Sweepstakes open to residents of U.S. except employees and families of both Reynolds Metals Co. and their agents. Void where prohibited by law. For list of major prize winners send a stamped, self-addressed envelope to: Reynolds Plastic Wrap Microwave Sweepstakes Winners List, P.O. Box 782, Lowell, IN 46356.


Compact Dryer and Washer


Ultra Oven Toast-R-Oven™ Broiler

Use this OFFICIAL ENTRY FORM to enter the Reynolds® Plastic Wrap Microwave Sweepstakes. Please check which benefit of Reynolds Plastic Wrap is most important to you:
☐ Supertight cling ☐ Strength ☐ Easy handling

Name_____

Address_____

City_____ State_____ Zip_____

Fill in above and send to: Reynolds Plastic Wrap Microwave Sweepstakes P.O. Box 551, Lowell, IN 46356


10" Portable Color TV


Microwave Countertop Oven


Spacemaker™ Can Opener

25¢ MFGR'S COUPON EXPIRES DEC. 31, 1985 25¢

10900 106989

SAVE 25¢

On Any Size of REYNOLDS® PLASTIC WRAP

Reynolds

CONSUMER: Limit one coupon per purchase as specified on the face of this coupon. No other coupon may be used in conjunction with this coupon. RETAILER: We will reimburse you or approved agent the full face value of this coupon plus 8¢ handling allowance, in accordance with our redemption policy. Copies available upon request. Send coupons to Reynolds [illegible] Company, Box #1775, Clinton, Iowa 52734. Void if reproduced, [illegible] where prohibited by law. Good only in U.S.A. Cash value 1/100¢.

25¢ 25¢


Electronic Control Refrigerator with Ice Maker, Water Dispenser


Touch Control Built-in Dishwasher



Information on child rearing in the eighties. By Mary Mohler

TV OR NOT TV?

Television offers one of the greatest dilemmas of parenting: On the one hand, we're told that TV viewing contributes to violent behavior, interferes with learning and encourages prejudice and stereotypical thinking—not to mention the fact that it promotes materialism and consumption of junk food; on the other, there's just no going back . . . TV is here to stay. What's a parent to do?

A review of research on the effects of TV viewing on children in a recent issue of *Pediatrics* magazine concludes that parents must become aware of the negative effects of television and learn how to mitigate them and even look for ways to turn them to a profit.

Easier said than done, of course, but the authors offer some guidelines on how to make TV viewing a learning experience—even when the material is less than educational.

- Forget complete censorship. Kids will find a TV set, probably one where no controls are exercised. Concentrate instead on responsible viewing.
- Know what programs your children watch—and don't be afraid to say no if character, action or language are inappropriate or offensive. Also try to be aware of what's available on cable television or in videocassette form.
- Limit the number of hours your kids can watch. Studies suggest it's not just the nature of the program but the cumulative effects of TV exposure that can have unwanted effects. For older kids, this may be an appropriate area in which to compromise—let them watch whatever they like, but limit it to, say, five to seven hours per week.
- Watch TV with your kids whenever possible. Discuss what's going on; look for stereotypical presentations of minorities and women or examples of prejudice. You can even do a little script rewriting together—imagine what the outcome of the story might have been if a particular character had acted differently.
- Don't neglect commercials as springboards to family discussions—these can provide a great opening for talks about values and lifestyles.
- Encourage kids to watch informative and educational programs. Just as bad television can increase negative behavior, so good television can have a positive influence on children.

HOW SWEET IT IS

Popular wisdom has it that refined sugar (sucrose) is responsible for everything from hyperactivity to homicide—but recent scientific evidence simply doesn't bear the myth out.

One study, reported in *Child Health Alert*, focused on fifty hyperactive children whose mothers were convinced that sugar provokes hyperactive behavior. In a blind test, children were given a drink containing either sucrose or saccharin, and their behavior was rated. None of the children had any significant reaction to the sucrose.

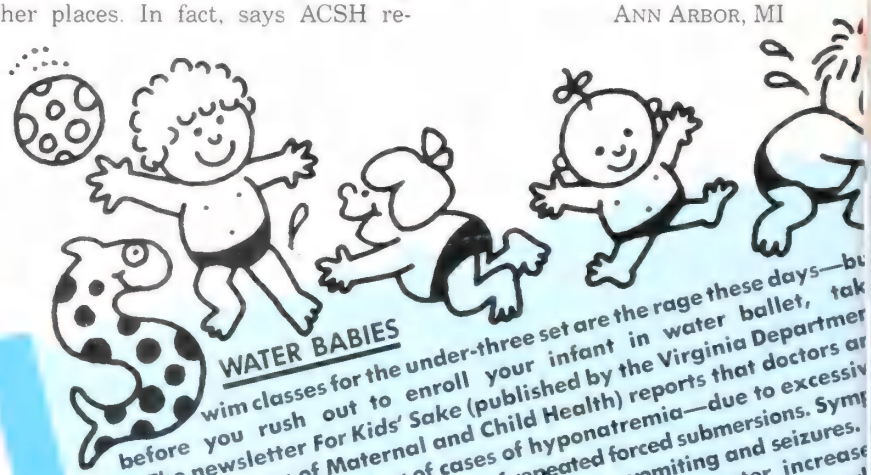
The American Council on Science and Health (ACSH) reports corroborating studies from the National Institutes of Mental Health and Massachusetts Institute of Technology, among other places. In fact, says ACSH research associate Kathleen A. Meiste recent evidence shows that sugar "tend to decrease people's activity level making them feel somewhat calm."

The only people who do react adverse ly are those who have a genuine se sitivity to sucrose—something like a allergy, which results from a proble in the individual's system rather tha from the substance itself.

This doesn't mean you should lea the lid off the cookie jar—there are st obesity and tooth decay to wor about—but just one couldn't hurt.

PARENTING TIP

My kids, three and five, love going to th movies, but invariably some adult sits i front of them and blocks the view. No we take mealtime booster seats alon The kids can see over the heads in fron yet they don't block the view of othe behind them. —Betsy Carnar, Ann Arbor, MI



Sam Weissman

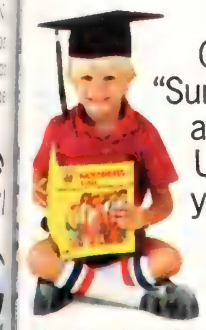
WATER BABIES

wim classes for the under-three set are the rage these days—bu before you rush out to enroll your infant in water ballet, tak note. The newsletter For Kids' Sake (published by the Virginia Departmer of Health's Bureau of Maternal and Child Health) reports that doctors ar seeing an increased number of cases of hyponatremia—due to excessiv water intake—apparently the result of repeated forced submersions. Symp toms include irritability, lethargy, disorientation, vomiting and seizures. Furthermore, say skeptics, increased exposure to water increase risks of water accidents; but proponents of the classes argue that earl swim lessons prevent drownings by teaching tots basic water mane vers. So, should you or shouldn't you let your toddler swim? Th answer depends on the program. Here are some recommendations.

- Make sure all children are accompanied by a parent.
- Make sure instructors have proper credentials and that poo are kept clean and at an appropriate temperature (around 85°F.).
- No forced submersions—kids under two will automatical hold their breath, but forced submersions don't give them tim
- Someone with a knowledge of cardiopulmonary resuscitatio (CPR) should be available at all times.
- Keep pool time to a maximum of half an hour per session.



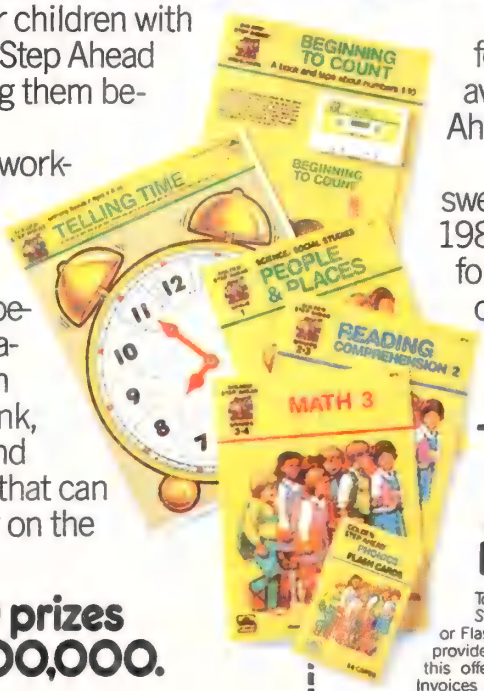
The real prize in the Golden Step Ahead® Sweepstakes is a smarter kid.



Get in on the Golden Step Ahead "Summer Learning" Sweepstakes and you could win a $25,000 U.S. Savings Bond to pay towards your child's college education.

But the real reward from involving your children with the Golden Step Ahead Learning Series is watching them become better students.

Golden Step Ahead workbooks and flashcards, and the new learning boards and cassette-books, are designed and written by specialists using proven educational techniques. Children don't just learn *what* to think, they learn *how* to think. And that's the kind of learning that can put a promising youngster on the road to college.



Over 3,000 prizes worth over $100,000.

So it's only natural for the Grand Prize in our sweepstakes to be a college fund in the form of a $25,000 1995 U.S. Savings Bond. And for the first prize to be a similar $10,000 Bond. Plus there are hundreds of other prizes such as Commodore 64 Computer Systems, cassette players and dictionaries, to help your children do better in school.

Complete details, entry forms, and sweepstakes rules are available wherever Golden Step Ahead products are sold.

Look for them before the sweepstakes ends November 15, 1985. It's a small step for you to give your child a step ahead.

GOLDEN®

© 1985 Western Publishing Company, Inc. All rights reserved. Each sold separately. Golden, Golden and Design, and Step Ahead are trademarks of Western Publishing Company, Inc.

30¢ off any Golden Step Ahead® Learning Series product.

To the Dealer: For each coupon you accept for any *GOLDEN STEP AHEAD®* Workbook, Book & Tape Set, Learning Board or Flash Card Deck, ww will pay you 30¢ plus 8¢ handling charges provided you and your customer have complied with the terms of this offer. Any unauthorized application could constitute fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void where prohibited, taxed or restricted. Your customer must pay any sales tax. *LIMIT ONE COUPON PER PURCHASE.* Cash value 1/20th of one cent. Offer good only in U.S.A. and *EXPIRES JUNE 30, 1986.* Redeem by mailing to Western Publishing Company, Inc., P.O. Box 1639, Clinton, Iowa 52734. © 1985 Western Publishing Company, Inc.

33500 10146 5

SUPER QUICK MEALS

Easy as 1-2-3

Two great greens (pasta and salad) and two tasty cheeses equal one special feast. By Jan T. Hazard, Associate Food Editor



Thom DeSanto

MENU FOR FOUR

*Spinach Fettuccine with Gorgonzola Sauce
*Romaine Salad
*Parmesan Breadsticks
*Berry-Melon Wedges

*Recipe given

SPINACH FETTUCCINE WITH GORGONZOLA SAUCE

Bold, blue-veined Gorgonzola makes this pasta dish a tangy original.

In large saucepot cook 1 pound fresh spinach fettuccine according to package directions. Meanwhile, in medium saucepan heat 1 cup heavy or whipping cream with 1 egg yolk, stirring occasionally, until bubbles form around edge of pan. Add ¼ pound crumbled Gorgonzola cheese and ¼ cup grated Parmesan cheese; stir until melted. Pour over hot noodles and season with freshly ground pepper. Toss and serve immediately.

ROMAINE SALAD

Lemon juice and olive oil with basil dress this platter nicely.

Arrange romaine leaves (from 1 small head) on plate. Top with 2 sliced tomatoes, a sliced cucumber and a sliced red onion. For salad dressing, in small cup combine 2 tablespoons lemon juice, ½ teaspoon salt, ⅛ teaspoon freshly ground pepper and a pinch chopped fresh basil. Beat in 6 tablespoons olive oil. Pour over salad.

PARMESAN BREADSTICKS

Our cheesy breadsticks are great as snacks and appetizers, too.

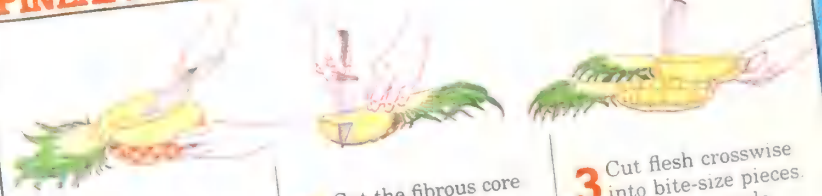
Preheat oven to 375°F. Unroll 1 package (8 oz.) refrigerated crescent rolls. Divide dough into quarters. Pat seams together, forming 4 rectangles. Cut lengthwise into ½-inch strips. Roll into ¼ cup grated Parmesan cheese. Twist strips. Bake on cookie sheet according to package directions.

BERRY-MELON WEDGES

Melon's a refreshing dessert, especially with sherry-strawberry sauce.

In food processor or blender combine 1 cup sliced strawberries, ¼ cup cream sherry, 3 tablespoons sugar and 1 tablespoon lemon juice; process until smooth. Refrigerate. When ready to serve, slice cantaloupe in wedges. Spoon sauce over top.

PINEAPPLE SERVING BOATS



1 Choose a plump, slightly firm fruit. Holding pineapple securely, halve lengthwise, cutting through flesh and

2 Cut the fibrous core from each quarter and discard. Then cut carefully underneath the flesh, leaving behind a half-inch-deep shell as the hull of your boat.

3 Cut flesh crosswise into bite-size pieces. Serve the pineapple chunks in shell, interspersed with strawberries or melon chunks, if desired.

Shirley Kaneda


All it takes is Hunt's Manwich, thick with tomatoes, chunks of onions, crisp bell peppers and zesty spices. Just pour it over your sizzlin' ground beef and mmmm—you've got a hot, hearty meal your family will love. That's a Manwich Night!
When it's dinner time and time's tight...
Hunt's
MANWICH
ORIGINAL
SLOPPY JOE SAUCE
Just brown some ground beef &
Have a Manwich® Night!™

ALBA Fit'n Frosty will help you lose 50 to 100 pounds overnight. (Not Really).



O.K. The truth. An ALBA® Fit'n Frosty™ shake is absolutely delicious. It is thick, frosty and satisfying. It is sweetened with *NutraSweet*®*. It does have just 70 calories. It is nutritious because it's made from real milk. And it does come in four tantalizing flavors.

*NutraSweet® and the NutraSweet symbol are trademarks of G. D. Searle Co.



ALBA Fit'n Frosty is a great-tasting, 70-calorie shake. (Honestly).

Heinz

© 1985 H. J. Heinz Co.



Now you have a license to eat.

Wendy's new Light Menu. It's a delicious menu of lower calorie meals that lets you indulge yourself without feeling one ounce of guilt.



Taste our new pasta salad made with spinach and plain rotini noodles. Maybe you'd like ripe chunks of fruit like watermelon and cantaloupe. Or a large choice of fresh vegetables. You'll find it all at our Garden Spot Salad Bar. Try a steaming hot baked potato. We even have a new lower calorie multi-grain bun for our sandwiches.



So go ahead. Feast. Wendy's Light Menu is your license to eat.

WENDY'S®

LIGHT MENU

© 1985 Wendy's. All Rights Reserved.

Special offer from LHJ



DAY WEAR

EVENING WEAR

ANYWHERE

A classic in cotton

Great over blouses or by itself, this versatile V-neck is a sweater for all reasons—and all seasons.

Nothing could be more comfortable—or more stylish—than our 100-percent cotton sweater. Fashionably oversize, with three-quarter sleeves, this all-weather pullover goes to the office, out for the evening, or off for the weekend with equal dash. Two-ply yarn and ribbed cuffs and waistband keep it wearing well. Available in fuchsia, teal blue and marigold. Only $22.95 for one, and $44.95 for two. In small, medium and large. To order, turn to page 169.

Photo: Daniel Mularoni. Hair and makeup: Pascal Lewis. Fashion details, page 169.

NEW COLGATE® PLUS • SHAPED RIGHT



TO FIT RIGHT WHEN YOU BRUSH.

Introducing the Colgate Plus toothbrush, with a unique diamond head that's shaped to fit your mouth for easy access to your back teeth– where most problems start.

And it has Dual Bristle Action for healthy gums and teeth: firm inner bristles help remove plaque; soft outer bristles gently massage your gums. Plus the long, sleek handle assures comfortable control.



SHAPED TO KEEP YOUR WHOLE MOUTH IN SHAPE.

ADA

Now for the truth about who's lowest.



Now is lowest.

By U.S. Gov't. testing method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Competitive tar levels reflect the Feb '84 FTC Report

NOW THE LOWEST OF ALL BRANDS

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

JUNE
1985
LADIES'
HOME
JOURNAL



THE MARRIAGE REPORT

MARRIAGE TODAY IS:

- ☐ Practical
- ☐ Romantic
- ☐ Temporary
- ☐ Enduring
- ☐ More complicated than ever
- ☐ More fulfilling than ever
- ☑ All of the above

Turn the page for an update on the state of the union, plus inspiring make-overs for a bevy of June brides. . . .

Andrea Alberts

THE MARRIAGE REPORT



Marriage is back in style . . . with a difference

BY MARGERY D. ROSEN

"Marriage is a great institution," Mae West once said. "I'm just not ready for an institution yet." During the tumultuous sixties and seventies, as marriage rates plummeted, it seemed that a large segment of the population agreed with her. Living together was increasingly accepted . . . "open marriage" was the catchphrase of relationships.

But now, laid-back hippies are behind us, hard-working yuppies are grabbing the headlines, and we seem to be at another cultural turning point: Recent statistics indicate that in California—the bellwether state—the marriage rate is suddenly up.

What's more, according to the latest figures from the National Center for Health Statistics, the divorce rate is down—sharply—for the first time in twenty years. Pollsters who annually sample the opinions of the nation are also spotting a trend. Ann Clurman, a spokeswoman for the highly regarded research firm of Yankelovich, Skelly and White, Inc., notes: "There is an increasing desire to connect with someone and form a family unit." In other words, these days marriage is definitely back in style.

Even financial analysts are betting their bucks on marriage. Adrian Van Eck, in a recent issue of his *Financial Forecast Letter*, wrote, "Marriage is in now"—a prelude to his forecast of a boom in single-family housing to accommodate the rise in new families. Many observers believe this renewed interest and investment in marriage is part of a larger pendulum swing in society.

According to Virginia Satir, a family therapist based in Palo Alto, California, there is a nationwide move toward marriage among those in their late twenties and early thirties who have been living together. What's more, couples are trying harder than ever to handle and solve marital problems. Says Harville Hendrix, Ph.D., a pastoral psychotherapist who shuttles between practices in Dallas and Manhattan, "We are moving toward a more conservative, traditional society that considers the family valuable and thinks marriage should be preserved."

WHY ARE WEDDING BELLS RINGING LOUDER?

"Chemistry will always be a part of a romantic relationship," says Satir, and indeed, young people, like their parents and grandparents before them, are still marrying with the firm belief that they will live happily ever after. In fact, surveys have shown that most men and women believe marriage will make them happier than being single does.

But romance is only part of it. Harold Lief, M.D., professor of psychiatry at the University of Pennsylvania, in Philadelphia, notes that for many couples, marriage in our society is more "efficient" than living together. For example, when you're sharing expenses, whose name goes on the credit card? Even getting a mortgage is easier if you're married.

Another reason the marriage rates are going up is purely demographic: The baby boomers want to settle down. In fact, Census Bureau figures show that this group represents the greatest percentage increase in marriages of any population group. Many are tying the knot because they want to have children. Especially for women, the ticking of the biological clock can help set the wedding date.

HOW DO HUSBANDS AND WIVES SEE THEIR ROLES?

The one consistency in marriage today? Diversity. About one fifth of American marriages fall into the category of breadwinner-husband and stay-at-home wife; their numbers are now exceeded by the two-paycheck families. (In more than twenty-six million American homes, both husband and wife are in the work force full-time.) And there is also a noticeable trend toward what many experts cite as the *(continued)*

All brides are beautiful

BRIDE MAKEOVER #1



Is there a doctor in the house? No, two: Mindy and her fiancé, both twenty-five, are chiropractors. To help her look her best on the big day, we gave Mindy professional care. Hair stylist Cris Galjour trimmed Mindy's ragged layers into a sleek blunt cut, and makeup artist Jim Brusock traded her black eyeliner for soft violet shadow and mascara. Jim's tips for helping Mindy keep her lipstick intact: Prime lips with foundation, outline and fill in with lip pencil, top with a matching matte lipstick and blot. Now Mindy's wide-eyed and ripe for the kissing.



Andrea Alberts

Victorian satin: eternally romantic

Something old, something new

What's up-to-date in weddings? According to research by Bride's magazine:

- Couples getting married in the '80s have removed the words "obey" and "man and wife" from their wedding vows.
- Grooms take a more active role in wedding plans. They pick wedding sites, address invitations, attend showers thrown in their honor and even wear engagement rings.
- The groom's family has also become much more involved. Their names often appear on the invitation, and some even share the wedding expenses.
- At the '80s reception, you'll still see the three-tiered fantasy cake, but variations are popping up around the country: layers of chocolate with whipped cream frosting, "health cake" made with whole wheat flour and honey; even carrot cake has made its way to the wedding table.

THE MARRIAGE REPORT

"new housewife"—women who are opting to forsake career for family and leave their jobs, at least while the children are still young. Not to mention the families in which Dad has chosen to stay home while Mom collects a paycheck; or the most recent darlings of the media—the two-career commuter couples who live in separate cities while husband and wife pursue their own equally demanding jobs.

However, in both attitude and lifestyle, most married couples fall somewhere between the traditional marriages of their parents and grandparents and the equal partnership that they may have expected to have before they were actually married. And there's the rub: For while many men and women on their wedding day subscribe to the belief that a wife's career is just as important as her husband's . . . that a father should have equal responsibility for child care . . . and that housecleaning is everybody's job, the reality does not quite measure up to such lofty expectations.

In most households today, if the husband is offered a better job in another city, only then does the family move. Most young fathers—though they are far more involved in parenting than their own fathers were—still do not get up at two in the morning to soothe a colicky infant. And finally, though studies indicate that more and more men actually do housework, invariably the person in the laundry room at the end of a hard workweek is a woman.

Nevertheless, the fact that so many women are either working or have been in the work force at some time prior to marriage has had a profound effect on the way husbands and wives view their marriage and *(continued)*

As the years go by . . .

LHJ readers have sent in more than 244,000 questionnaires in response to our surveys of the past three years. The results yielded some astonishing information about long-married couples. To wit: When we asked what activity couples most often engage in when they have some free time together, women married forty years or more were the ones most likely to cite making love! One third of these wives gave that answer, compared with only 25 percent of all other wives. And it was the older group that said being loved is the best thing about marriage, while the younger women checked "companionship." Maybe that's why those extra-loving older women are still married!

Golden oldies



The Stock Market

"One of the ironies of the decade," says marriage specialist and behavioral scientist David R. Mace, Ph.D., "is that young people talk about intimacy and relating skills, and yet their marriages are flying apart at an alarming rate. Older people never thought in those terms, and their marriages lasted a lifetime."

As Mace, himself married fifty-two years, points out: "When a young couple come in for counseling, they don't want to hear you say, 'Be patient. With time, the problems will work themselves out.' They want immediate solutions. But the fact is, recent studies have proven that after a number of years together, couples learn to appreciate each other in ways they never could before."

Says Belle Redman, a New Yorker who has been married for thirty years, "You do learn to be tolerant. There are certainly those days when it helps to be a little blind and a little deaf. We both continue to make allowances for each other."

Jane Franklin, of South Egremont, Massachusetts, married forty-six years, has another theory: "I think that young people today look too hard for togetherness. Bob and I are doing so well because we aren't afraid to admit that we like different things." Jane might travel to Europe for two weeks with her choral group while Bob stays home to play golf—and neither needs to apologize for the choice. "When

(continued on page 161)

All brides are beautiful

BRIDE MAKEOVER #2



Cinematographer Kristin, in her mid-thirties, will soon be starring in her own home movies with husband-to-be Sandy, an actor also in his thirties. Jim played up her porcelain complexion and blue eyes with peach blusher plus soft blue eyeshadows. Cris created a mane of wavy curls with hot rollers and vent brushing. So Kristin wouldn't cry off her eye makeup, Jim told her to powder her lashes and then brush on three thin coats of waterproof mascara, and to blot, not rub, her tears away. Now Kristin's bound for a beautiful happily-ever-after.

Andrea Alberts



Something old, something new

More Bride's facts:

- 95 percent of Americans eventually marry.
- Currently, the average bride is 23.2 years old, compared with 19.8 in 1961. The average groom is 25.5 years old; back in 1961, he was a mere 22.
- 80 percent of today's bachelors say they wish they were married.
- Today, even second-time brides wear white.
- Most couples are engaged for at least a year, having dated for three years.
- Most women still want to be traditional June brides. Runners-up: August and September.
- 87 percent of brides and 76 percent of their grooms are employed at the time of their marriage. (Why is there a difference? Often, the bride works to finance the groom's higher education.)
- Love endures: 80 percent of newlyweds have parents who are still married.

Let her eat cake and wear lace

THE MARRIAGE REPORT

the roles they play in it. Says Andrew Cherlin, Ph.D., who is a specialist in family change at Johns Hopkins University, in Baltimore, "People's expectations about marriage have risen, and personal satisfaction has replaced economic survival as the most important criterion in judging whether a marriage is successful."

A recent study published in the *Journal of Marriage and the Family* corroborates this perspective. Comparing the attitudes of housewives (some of whom had worked before marriage and some who hadn't) with working wives, the researchers found that wives who have work experience rated happiness within the relationship as their greatest source of satisfaction. Way down on the list: their husband's earnings.

Indeed, more than ever before, marriage counselors say, women's greatest desires for their marriage center on intimacy and an ability to communicate honestly with their husbands. Unfortunately, this is the point at which expectations bump up against traditional role models, and as many couples are finding, old habits die hard.

While men today may subscribe to the need for communication in a relationship, many simply don't know how to express their feelings. And since men have traditionally defined their role as that of doer rather than nurturer, they are genuinely baffled by the emotional demands being made on them. As Harold Lief points out: "Roles in relationships used to be handed down by tradition. The man knew that he was the breadwinner, and the woman knew that she was the manager of the household and the raiser of the kids. There were fewer options then. Now it's difficult for people to (continued on page 150)

Is love lovelier . . .

Here's what Ladies' Home Journal readers had to say about the difference between first-time marriage and remarriage.

Women in first-time marriages are much more likely to say they got married because they were in love (76.7 percent) than are women in second marriages (34.7 percent) and women in third or fourth marriages (16.5 percent). The factors that motivated these latter groups to marry were most often pregnancy or a feeling that getting married was just the thing to do.

First-time wives are the most likely to say their lives are happy or very happy (68.2 percent), followed by women in second marriages (59.4 percent) and then by those in third or fourth marriages (47.1 percent).

. . . the second time around?

"I was head over heels in love the first time," recalls Margot Herzog, of Bethesda, Maryland. "But I realize now that though it was all very romantic, I really didn't know my first husband very well. I waited several years after my divorce to get remarried, and the second time was different. Jim was one of my best friends before either of us realized we loved each other in a romantic way."

Linda Evans, a construction coordinator for a building company in Denver, was also glad she waited to remarry following her first husband's abrupt departure. "I always thought I had to be Superwife," Linda recalls. "Although I was devastated by my divorce, several years of being alone helped me realize that if something doesn't get done today, well, it will get done tomorrow—and usually it doesn't make a whole lot of difference."

Nevertheless, Margot's and Linda's experiences fly in the face of some sobering statistics: Though as many as 85 percent of those who are divorced remarry within five years, unresolved issues from a first marriage, coupled with pressures of a second marriage, create so much turbulence that only 40 percent of remarriages last. A whopping 60 percent fail—usually within the first five years.

Points out Ray Fowler, Ph.D., executive director of the American Academy of Family Mediators, "We are seeing many people—most in their thirties and forties—who after ten or fifteen years of marriage are suddenly calling it quits. Within an amazingly short time, they leap into a second marriage because they *(continued on page 161)*

All brides are beautiful

BRIDE MAKEOVER #3



Barbara, thirty-two, an advertising copywriter, and Ray, an art director, also thirty-two, worked so well together they decided to team up for life. For this, her second marriage, Barbara wanted a fresh, new look. Jim gave her ruddy complexion a smooth finish with a pale green (yes, green) primer under a water-based foundation, damp-sponged on in thin layers, plus apricot blusher. Cris layered Barbara's dated wedge into a new short cut that shows off her flapper headband. The result: Barbara is a bride who looks as radiant as she feels.

Andrea Alberts



Roaring down the aisle twenties-style

Wedding day beauty tips

- Keep makeup colors to soft, pretty pastels—pinks, peaches, apricots, mauves on lips, cheeks and eyes. Bright reds and dark, smoky colors don't photograph well.
- Experiment with your makeup well beforehand. If you will be wearing white, do so when practicing your special wedding makeup.
- The camera likes matte makeup best. But for an outdoor wedding, you can add a bit more shine.
- Don't switch skin-care products the week of the wedding. You don't want your face to break out.
- Don't make a drastic change in your hair for the wedding day.

Hair, Cris Galjour of Pipino-Buccheri. Makeup, Jim Brusock. Flowers, ZeZé. On Mindy: Eve of Milady gown and headdress; Majorica pearls; Carolina Amato gloves. Makeup by Princess Marcella Borghese. On Kristin: Eve of Milady gown and headdress; Carolina Amato gloves. Makeup by Maybelline. Cartier fork. On Barbara: Priscilla of Boston dress; Maeve Carr headdress; Accessory Resource Gallery earrings; La Crasia gloves. Makeup by Ultima II. Fashion and beauty details, page 169.



It's always fair weather when you serve everybody's favorite fowl these sunny ways: Chicken Tonnato, above, mimics the Italian veal classic at half the price. Fruited Chicken Rice Salad, left, adds tropical spice to your table. One hot number, Tequila Chicken, opposite, basks in a margarita marinade before baking. For eight great ways to wing it—warm or cold, your serving option—turn to page 135.

CHICKEN

SUMMER STYLE



Some like it hot, some cool, some in-between. Whatever your pleasure, we've got a great chicken dish to match!

in Horowitz





Keith Scott Morton

Stoddard's favorite colors are all found in a flowery chintz splashed everywhere in her living room, above. In the kitchen (insets, far right) blues, yellows, pinks and greens accent natural wood and white.

DECORATOR'S COLORING BOOK

Color your home beautiful! Decorator Alexandra Stoddard shows you how she did it in her New York City residence.







By Marilyn Diane Glass, Decorating and Design Editor

How do you create a color scheme you can live with? That's the critical question, whether you're redecorating or starting from scratch. For answers, we went to internationally renowned decorator Alexandra Stoddard. Her unique step-by-steps—followed in her own home, pictured here—can help you decorate in stylish living color, too. The first step: Start collecting things—ribbons, boxes, swatches, anything—in the colors you love. Such odds and ends become your personal palette, says Stoddard, from which you derive a pleasing, workable color scheme. The second step: Mix and match to see which colors you want together, which to amplify or mute, in each room. The third step: Take your palette with you when you go shopping for fabrics, first for the master canvas, your living room, then for the rest of the house.







Colors from Stoddard's personal palette are found throughout her home. But what was subtle goes bright, what was bold goes soft, as the spectrum shifts from room to room.

In the bedroom, left, Stoddard has opted for soothing pastels, with patches of brights provided by antique quilts. In the bathroom, below left, dark-green tile—the same green as her living-room coffee table, inset above—provides a rich backdrop for the bold pink towels, all reflected in the mirrored walls. Blue and white take center stage in the library, sparked by flashes of yellow on the coffee table and in the painting. The result: a warm and colorful environment where Stoddard's friends and family always feel completely at home.

Interview by Susan Victoria

Keith Scott Morton



STODDARD'S DOS AND DON'TS IN COLOR

- Do use the same colors everywhere. Let the living room show off your entire rainbow, then play up and tone down its various hues elsewhere. That way, each room has its own individual personality, but a thread of continuity is woven throughout the entire house.
- Don't paint large rooms in bright or bold colors. The walls have a tendency to close in on you.
- Do paint walls the palest pastel complementary to the room's decor. For her living room, Stoddard chose a very pale shade of pink, which is also flattering to most complexions.
- Don't break up walls by painting one a different color: Consistency creates an open feeling—and it's more restful to the eye.
- Do paint all trim and ceilings white. This helps frame each room, and it unifies the whole house.
- Don't insist that your children adhere to your color scheme in their rooms. They should be allowed freedom of expression.
- Do stain wood floors the same shade in all public areas—living room, dining room as well as hallways. Bleached floors look especially lovely in bedrooms, with or without rugs.





I scream, you scream, we all scream for ICE CREAM CAKES

What could be more perfect for this festive month than these colorful every-day's-a-party cakes? The Spring Bridal Bouquet, opposite top, is an extra-special shower surprise, while the Celebration Cake, above, served with strawberry sauce, is a pretty wrap-up for your favorite grad. And the elegant Framboise Tart, opposite bottom, makes a lovely finish for any summer supper. Our four easy recipes—including a giant Chocolate Chip Cookie Cake that's pure kid-pleasing fun anytime—start on page 132.

Irwin Horowitz

THE PERFECT SUMMER WARDROBE

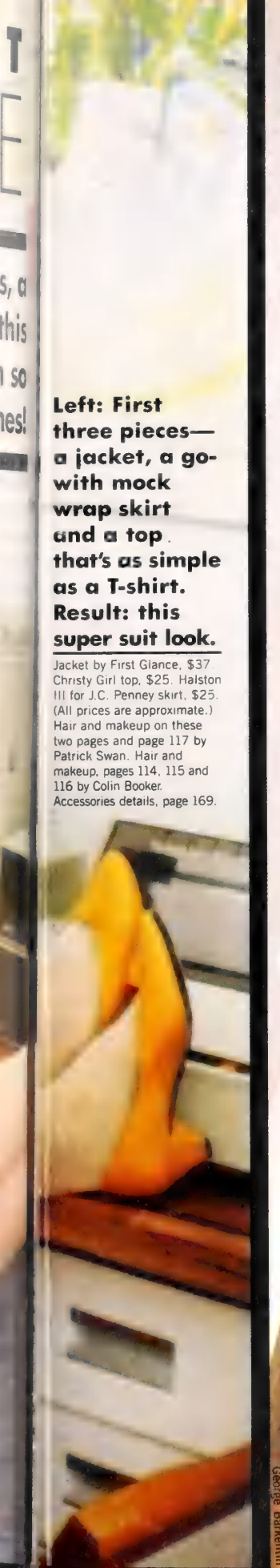
Just seven savvy pieces . . . a jacket, two skirts, two tops, a sweater and trousers. They're all you *really* need this summer. Here's how to buy, care for and combine them so cleverly they'll do the work of a closetful of new clothes!

By Lois Joy Johnson
Beauty and Fashion Editor



Left: First three pieces—a jacket, a go-with mock wrap skirt and a top . that's as simple as a T-shirt. Result: this super suit look.

Jacket by First Glance, $37. Christy Girl top, $25. Halston III for J.C. Penney skirt, $25. (All prices are approximate.) Hair and makeup on these two pages and page 117 by Patrick Swan. Hair and makeup, pages 114, 115 and 116 by Colin Booker. Accessories details, page 169.



Right: Three more pieces—a cotton-knit cardigan, camp shirt, trousers. Put them together as we have, and they're perfect for office or off-hours.

Espresso cardigan, $60. Ms. Interpret trousers, $42, and shirt, $36.



George Barkentin

Q I love the idea of wardrobe-building with a few separates, but in the past I've always ended up with a mish-mash. How can I be sure all the pieces will work together?

A A good way is to buy everything in a neutral color. We chose flax for the seven-piece wardrobe here because it's cool, looks wonderful on almost everyone. (Other color options on pages 116 and 117.) Shop for a jacket first, key other pieces to it. Fabrics don't have to match exactly; in fact, subtle variations in color and texture are more interesting than top-to-bottom sameness. Don't buy blind. Wear or bring one or two pieces when you shop for others, so you'll *know* how the different elements look together.

Q In the summer, my clothes are a mass of wrinkles by the end of the day. What can I do to look neater when the weather is hot and muggy?

A Fabric choice is the key. Cotton knits are great because they shed wrinkles. Woven cottons, linens, silks and rayons blended with polyester wrinkle less than 100 percent versions of those fabrics. (Read labels to determine fiber content.) The cut of a garment can also be a factor. Styles that float over the body won't crumple and crease as badly as tight clothing.

Q Help! I'm always getting something on my light-colored summer clothes. How about a few tips on do-it-yourself stain-removal methods?

A First step for treating any spill is to blot up as much as possible. After that, it depends on the stain. Sprinkle heavy grease stains with talcum powder, brush off, then apply spot remover. Dab rubbing alcohol on ink stains. Flood fruit, coffee, tea spills with cool water, rub in liquid detergent and launder. (Use spot remover before laundering if the beverage contained cream.) Use a clean, soft eraser to remove pencil smudges. Sponge perspiration stains with white vinegar. P.S. Be prepared with a stain-fighting kit, like the one below, at home and in the office.



Right: It's the cardigan again, worn over the camp shirt and mock wrap skirt. Or wear the cardigan alone over the trousers. Or team jacket and trousers. And on it goes!

George Barkentin



Best accessories for a neutral wardrobe! Jewels: Pick natural colors . . . sand, ivory, bronze, wood tones.



Specs: Try pale, tortoise or sparkly gold. Scarves: "Makeup" colors or the more emphatic neutrals.



Shoes: Wear neutral, but instead of tan, try peach, cognac, wheat. Hosiery: Toned to skirt, lightly textured.

Right: The seventh piece of our wardrobe, a softly gathered skirt, is a matchup for the T-style top (you saw it first under the jacket, page 112). Combined, they make a dress pretty enough for evenings out.

Skirt from Christy Girl, $30.

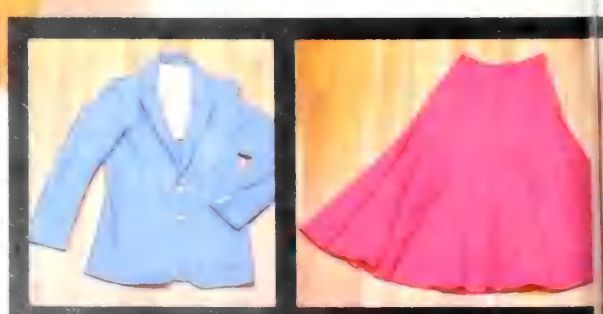
Try it in colo

Q: I've never know how to tell if th clothes that I try o are a good fit. Ca you give me a few simple guide lines to follow for next time?

A: A jacket should b big enough to a low you to easil raise your arm Sleeves should just cover wrist bones. A back vent should li flat, not gap open. Most flatte ing jacket lengths: cropped a the waist or long enough t cover the widest part of the hips Pants should hang straigh from waist to ankle, with n binding across the rear. pleats don't lie flat, try a big ger size. A slim skirt should b easy to move in. Check from th side: If it cups in under you derriere, don't buy it. Mak sure that blouses button eas ily without straining across th bust and that collars lie flat.

Left: The hottest version of our wardrobe includes this papaya shirt, tangerine cardigan and melon skirt.

Trousers Up cardigan, $36; shirt, First Glance, $39; Reminiscence skirt, $37. Model, Dane of Click.



Any of the tops work with any bottom because the colors are all strong and of equal intensity.



Best accessory colors for brights: more brights.

...nce blazer, $60; Adini skirt, $36; Notations ..., Norton McNaughton trousers, $32.

George Barrentine

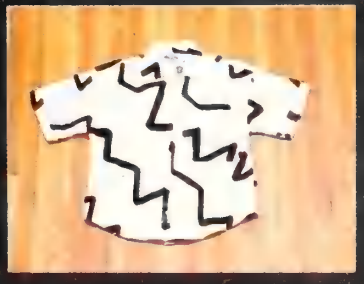
. . . or black & white





This black/white wardrobe was planned to include one fresh all-white option and one sophisticated all-black.





For jewelry, shoes, etc., try white or black with color.

Black skirt, Decouvé, $38; white skirt, Jack Mulqueen, $36; black top, Decouvé, $38; print camp shirt, Notations, $20.

Left: Black and white . . . the most dramatic color combo. We used white for top and trousers, black for the blazer, but it would work as well in reverse.

Liz Claiborne top, $40; Pants Plus pants, $24; Farah for Her blazer, $55. Model, this page, Emlen of Click.

Q: Heat and humidity really make me wilt! I'd appreciate any suggestions for looking and feeling more comfortable in the summer.

A: Switch to cotton underwear; it's more absorbent, and it's cooler than nylon. Go barelegged when possible. (If you work, tuck pantyhose in your purse; put them on when you reach the air-conditioned office.) Wear lightweight, loosely woven fabrics in easy-fitting or slightly oversize styles like the ones on these pages. They're more comfortable than tight things that snug up against the body . . . and they look terrific, too!

A TALE OF TWO MOTHERS



WHAT YOU'RE ABOUT TO READ is a story that could have inspired the axiom that truth is stranger than fiction. It is more complicated, more filled with coincidence, more heart-wrenching and more inspiring than anything a writer could have invented. It is perhaps most of all a testament to the power of mother love, whatever form it takes. . . .

By Linda Wolfe

Coal Valley is a tiny town on the western edge of Illinois, an area of flat farmland, with cornfields stretching as far as the eye can see and a scattering of factories for the manufacture of tractors and other heavy agricultural equipment. Only 3,800 people live in Coal Valley, and forty-four-year-old Pat McDermott, manager of the Lucky 8 Tavern, a popular bar and restaurant in town, knew most of them, if not by name, at least by face and smile.

On a chilly day in December 1983, she was talking to one of the townspeople—a young fellow named Jerry who managed Cooper's Red and White Grocery, the supermarket she shopped in—and hearing a sorry tale from him. He was ill with a mysterious disease, a liver ailment. And he'd soon be going to the Mayo Clinic, up in Minnesota, in the hope that doctors there might be able to diagnose his problem.

Pat felt concerned. She liked the young man. Whenever she went into Cooper's, he would joke with her and help her out, suggesting the freshest vegetables, the latest specials. Although she didn't know him well, she considered him one of the nicest young men in Coal Valley. How awful that now, poor thing, he was sick.

Four days later, Pat was tending bar on a busy Friday night, when her husband, who also worked there, called her to the telephone. "Someone wants to speak with you," he said. "Someone asking for you by your maiden name."

Pat picked up the phone and heard an unfamiliar woman's voice. "Was your maiden name Pat Smith?" the voice asked.

Pat said yes, it had been.

"Did you have a baby boy about twenty-six years ago and give him up for adoption?"

Pat said yes, she had, and began to feel a nervous knot in her stomach. Her husband, Joe, knew about the adoption, but she'd never told her four children or anyone else. And she herself tried hard not to think about it. Now, here was this stranger talking about it, forcing it back into her consciousness. Then the woman said, "I'm the person who adopted that child." Wary, Pat remained silent. The stranger rattled on, "I wouldn't have called you except that he's sick with some sort of liver ailment, and his doctors need to know his family medical history."

Pat felt her feet freeze to the floor. "I think you might know him," the woman continued. "He lives in your town. He manages a grocery store."

"You mean Jerry?" Pat cried, clutching the phone. "Jerry from Cooper's is my *son*?"

The woman whispered, "Yes," and introduced herself as Flavia Blanford.

"Oh, God. Oh, my God," Pat said, and then she began weeping.

The story of Pat Smith McDermott and Flavia Blanford, and of their son, Jerry, is an amazing one, a tale filled with astonishing coincidences, painful separations and joyful reunions. But above all, it is a story about an extraordinary relationship between two women who had every reason to be rivals but who ended up not just partners but good, admiring friends. Jerry, the son they share, was to become one of the seven hundred Americans to have a liver transplant operation. Pat and Flavia were to work together to see him through the ordeal of his operation. In the end, when Jerry was once again hale and hearty, Pat and Flavia—and even Jerry himself—would say that the most awesome thing in their lives was not the miracle of modern science that enabled Jerry to survive, but the marvel of their discovery of, and love for, one another.

The story begins in Davenport, Iowa. There, in 1956, when Pat Smith was single, just out of high school and only *(continued on page 150)*

Sheila O'Donnell

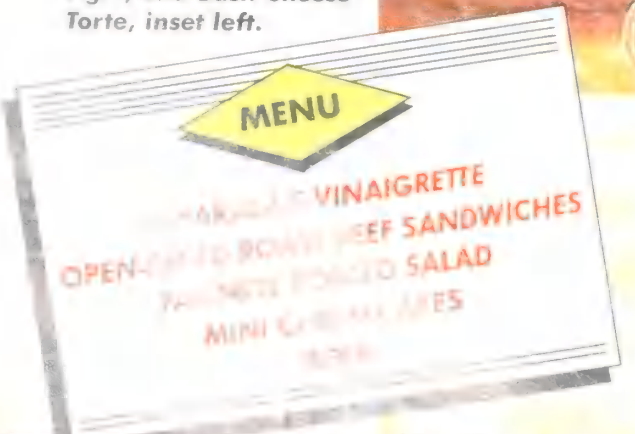
Jerry Blanford embraces his two mothers, Flavia Blanford, left, and Pat McDermott.

By
Sue B. Huffman
Food and
Equipment Editor

Ahh, another soft summer night . . . but suddenly, company's coming. What's called for are our light, casual, unfussy meals—all prepared quickly from ingredients that you can pick up on the way home. Take this tempting Picnic Platter Menu, right: After cooking and an ice-water dip, the asparagus is chilled for Asparagus Vinaigrette. The deli-based Open-Faced Roast Beef Sandwiches are fancied up with herbed mayo, while the Favorite Potato Salad is served warm. The Mini Cheesecakes are ready for nibbling in half an hour. Menus for our Pasta Party and Oriental Sampler, plus recipes for five great appetizers, begin on page 124.

When your invitation's just for cocktails, set out the Surprise Dip, inset top, Won Ton Bows, inset right, and Basil Cheese Torte, inset left.

Four breezy menus and delectable appetizers for simply super last-minute get-togethers





WARM-WEATHER ENTERTAINING

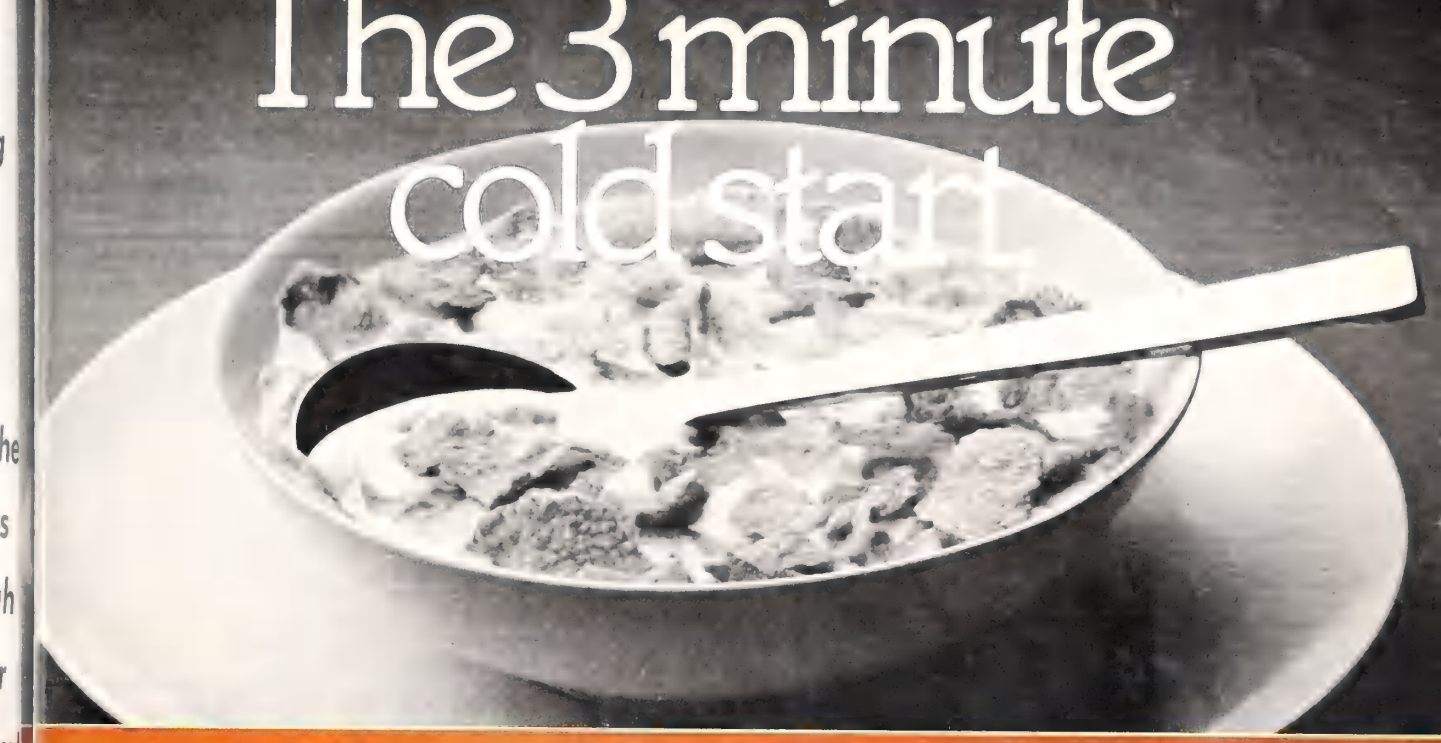
The alluring aroma and crackle of something sizzling on the grill wafts its way through the summer air . . . mmm!



Our tantalizing Grilled Combo, left, couldn't be easier to make: Foil packets of broccoli, squash, peppers and onions roast alongside Parmesan-topped potatoes and an assortment of wursts. Meanwhile, you're sipping Three-Juice Citrus-ade (spiked if you like). A smooth finish: Strawberry Mousse, quick to set when made with frozen berries.

MENU

SAUSAGE MIXED GRILL
FOIL-WRAPPED GRILLED VEGETABLES
FOIL-WRAPPED SPUDS
STRAWBERRY MOUSSE
THREE-JUICE CITRUS-ADE



The 3 minute* great start.

Imagine! Luscious Pancakes and Strawberries Sauce, piping hot in just 3 microwave minutes.* Try the newest Great Starts™ Frozen Breakfast from Swanson® and enjoy the kind of hot, delicious breakfast you want. In the time you've got.

Great Starts™ Frozen Breakfasts

MANUFACTURER COUPON | NO EXPIRATION DATE

Save 20¢ on any variety Great Starts™ Frozen Breakfasts



CONSUMER: One coupon per purchase. Good only on product [redacted] Consumer pays any sales tax.
GROCER: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8¢, mail to CAMPBELL SOUP COMPANY, DEPT. 5901, EL PASO, TEXAS 79966. Failure to produce [redacted] request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers [redacted] our products. Cash value 1/100¢.

51000 320815

20¢ 20¢

ENTERTAINING

continued from page 122

*Recipes given

PICNIC PLATTER MENU

*Asparagus Vinaigrette
*Open-Faced Roast Beef Sandwiches
*Favorite Potato Salad
*Mini Cheesecakes
Beer

pictured on pages 120-121

ASPARAGUS VINAIGRETTE

One of our favorite first courses or side dishes anytime.

- 2 pounds asparagus, trimmed, with stems peeled
- 3 tablespoons salad oil
- 2 tablespoons red wine vinegar
- 1 tablespoon finely minced onion
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons finely diced carrots
- 3 tablespoons finely diced red pepper

In large skillet cook asparagus in boiling, salted water until tender. Plunge into bowl of ice water to cool. Remove and drain on paper towels. In small bowl combine oil, vinegar, onion, salt and pepper. Arrange asparagus on serving platter; top with carrots and pepper. Just before serving, pour on vinaigrette. Makes 6 servings, 85 calories each.

OPEN-FACED ROAST BEEF SANDWICHES

This tasty sandwich features deli roast beef seasoned with herbed mayonnaise.

- ½ cup mayonnaise
- 1 teaspoon chervil
- 1 teaspoon tarragon
- 1 teaspoon chopped fresh chives
- 1 teaspoon chopped fresh parsley
- 6 slices bacon
- 1 medium onion, thinly sliced
- 2 tablespoons butter, softened and divided
- 6 slices pumpernickel bread
- 12 ounces sliced rare roast beef
- 6 gherkins

In small bowl combine mayonnaise with herbs; set aside.

In medium skillet cook bacon until crisp; drain and set aside. To hot drippings in skillet add onion and saute, stirring frequently, until golden brown; drain. Spread each slice of bread with 1 teaspoon each butter and herbed mayonnaise. Add roast beef. Top with bacon, onion, gherkin and another dab of herbed mayonnaise. Makes 6 sandwiches, about 555 calories each.

FAVORITE POTATO SALAD

Mayo, sour cream and a splash of vinegar are the base for tangy, cream-style dressing.

- 2 pounds new potatoes
- ½ cup sour cream
- ¼ cup mayonnaise
- 3 tablespoons distilled white vinegar
- 1 tablespoon water
- 2 to 3 green onions, thinly sliced
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Parsley, for garnish

In small Dutch oven cover potatoes with cold water. Bring to a boil. Reduce heat and simmer until tender-crisp, about 20 to 25 minutes. Drain and set aside until cool. In medium bowl combine remaining ingredients except parsley. Peel potatoes; cut into ½-inch slices. While still warm, toss with dressing. Garnish with parsley. Makes 6 servings, about 200 calories each.

MINI CHEESECAKES

'Tis highly likely these will become an instant family—or company—favorite.

- ¼ cup graham cracker crumbs
- 3 packages (3 oz. each) cream cheese, softened
- ⅓ cup plus 1 teaspoon sugar
- 1 egg, at room temperature
- 2 teaspoons lemon juice
- ½ teaspoon vanilla extract
- ¼ cup sour cream
- Raspberries, for garnish

Preheat oven to 350°F. Grease 6 muffin-pan cups. Cover bottom and sides of each cup well with graham cracker crumbs; tap out excess. In medium bowl beat cream cheese and ⅓ cup sugar until fluffy, about 2 minutes. Add egg, lemon juice and vanilla; beat 3 minutes more. Evenly spoon filling into cups. Bake in center of oven 20 minutes. Cool on wire rack 10 minutes.

In small bowl combine sour cream and remaining teaspoon sugar. Spread on cheesecakes. Return to oven for 5 minutes. Cool on wire rack; refrigerate. Garnish with berries. Makes 6 servings, about 250 calories each.

GRILLED COMBO MENU

*Sausage Mixed Grill
*Foil-Wrapped Grilled Vegetables
*Foil-Wrapped Spuds
*Strawberry Mousse
*Three-Juice Citrus-Ade

pictured on page 122

SAUSAGE MIXED GRILL

The larger the variety of sausages, the better. Serve with interesting mustards.

- 2 pounds assorted sausages (kielbasa, knockwurst, bratwurst, frankfurters)
- Assorted mustards

Grill sausages 4 inches over hot coals 3 to 4 minutes per side for larger sausages, 2 to 3 minutes for smaller. O cook in lightly oiled, hot cast-iron ski let. Serve with assorted mustards. Make 6 servings, about 330 calories each.

FOIL-WRAPPED GRILLED VEGETABLES

Just think—all your veggies in or packet, and no pans to wash!

- 3 medium onions, peeled and quartered
- 1 bunch broccoli, trimmed and cut into florets
- 2 small yellow squash, cut into 1-inch slices
- 1 green pepper, seeded and cut into ½-inch strips

(continued

JUNE RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.

APPETIZERS

Asparagus Vinaigrette p. 124
Basil Cheese Torte p. 130
Cajun Nuts p. 132
Camembert Spread p. 132
Papaya and Prosciutto p. 129
Pepper-Cheese Tortillas p. 132
Surprise Dip p. 132
Won Ton Bows with Sweet 'n' Sour Sauce p. 128

BEVERAGES

Banana Drink p. 139
Fruit Smoothie p. 139
Orange Juice Shake p. 139
Three-Juice Citrus-Ade p. 126

DESSERTS

Berry-Melon Wedges p. 88
Celebration Cake p. 132
Chocolate Chip Cookie Cake p. 134
Chocolate Graham Cracker Delight p. 166
Dark Chocolate Sauce p. 134
Framboise Tart p. 132
Frozen Citrus Pie p. 166
Melon Ambrosia p. 129
Melon Slush p. 130
Mini Cheesecakes p. 124
Spring Bridal Bouquet p. 132
Strawberry Mousse p. 126
Strawberry Sauce Supreme p. 134

ENTREES

Avocado BLT Sandwich p. 53
Broiled Ginger Shrimp p. 128
Chicken Cutlets with Two Cheeses p. 137
Chicken Devilena p. 137
Chicken Tonnato p. 135
Indian Chicken p. 137
Open-Faced Roast Beef Sandwiches p. 124
Pasta with Tuna-Tomato Vinaigrette p. 129
Saucy Meatballs p. 127
Sausage Mixed Grill p. 124
Southwest Taco p. 151
Spinach Fettuccine with Gorgonzola Sauce p. 88
Stir-Fry Chicken p. 138
Sweet 'n' Sour Pork Chops p. 127
Tequila Chicken p. 137
Tomato Cheese Pie p. 11

MISCELLANEOUS

Dom DeLuise's Vegetable Soup p. 165
Home-Style Barbecue Sauce p. 67
Parmesan Breadsticks p. 88
Pear-Oatmeal Muffins p. 139
Sour Cream Date Muffins p. 54
Sweet 'n' Sour Barbecue Sauce p. 67
Tex Mex Barbecue Sauce p. 67
Wheat Germ Muffins p. 139

SALADS

Chicken in Cantaloupe Shells p. 54
Crab Louis p. 54
Favorite Potato Salad p. 124
Foo Yung Toss p. 54
Fruited Chicken Rice Salad p. 135
Non-Wilting Salad p. 54
Romaine Salad p. 88
Tortellini Chicken Salad p. 138
Western Salad p. 54

SIDE DISHES

Foil-Wrapped Grilled Vegetables p. 124
Foil-Wrapped Spuds p. 126
Stir-Fry Vegetables p. 128
Zucchini Parmigiana p. 130

Olé Cow!

Olé your cheeseburger!
Olé your onion burger!
Olé your mushroom burger!
Olé your bacon burger!
Olé your chili burger!
Burgers are always better
with a little…olé!



OLÉ YOUR BURGER WITH OLIVES FROM SPAIN.

SPANISH OLIVES

© 1985 ACEMESA

Old package.

New package.





The taste of fresh lemon juice is taking a great new shape. Because now, there's ReaLemon 100% Pure Lemon Juice from Concentrate. It's refrigerated right from the start, so it tastes just as good as the juice you used to squeeze from lemons. Fresh and natural.

Mind you, there's nothing wrong with the old package. Ours is just more convenient.

Now in your grocer's refrigerated section.

ENTERTAINING
continued

2 tablespoons lemon juice, divided
1½ teaspoons salt, divided
Freshly ground pepper
3 tablespoons butter or margarine, divided

In medium saucepan blanch onions in boiling water 3 minutes; drain. Divide onions and other vegetables evenly into 6 portions and place on pieces of heavy-duty foil. Sprinkle each with 1 teaspoon lemon juice, ¼ teaspoon salt and a few grindings of pepper. Top with a pat of butter or margarine. Wrap tightly. Grill over hot coals or bake in preheated 400°F. oven 30 minutes. Makes 6 servings, about [illegible] calories each.

FOIL-WRAPPED SPUDS

A pleasant change from the classic baked potato with sour cream and chives.

6 medium baking potatoes
4 tablespoons butter or margarine, divided
1½ teaspoons salt, divided
Freshly ground pepper
6 tablespoons grated [illegible] cheese, divided

Split potatoes almost in [illegible] on heavy-duty foil and top with 2 teaspoons butter, ¼ teaspoon salt, a few grindings of pepper and 1 tablespoon cheese. Wrap tightly. Grill over hot coals or in preheated 400°F. oven 1 to 1½ hours or until done. Makes 6 servings, about 190 calories each.

STRAWBERRY MOUSSE

The frozen strawberries help this mousse gel more quickly—handy for last-minute entertaining.

1 envelope unflavored gelatin
⅓ cup cold milk
1 cup milk, scalded
¼ cup black raspberry liqueur
2 teaspoons lemon juice
2 tablespoons sugar
Pinch salt
1 cup frozen whole strawberries
2 eggs
6 drops red food coloring (optional)
1 pint fresh strawberries, sliced

In blender sprinkle gelatin over cold milk; let stand 3 to 4 minutes. Add scalded milk and blend at low speed until gelatin is completely dissolved, about 2 minutes. Add liqueur, lemon juice, sugar and salt; blend briefly at high speed. Add frozen strawberries [illegible] at a time, blending until smooth. [illegible] and food coloring; blend. Transfer to small bowl and refrigerate until thick, about 30 to 40 minutes, whisking occasionally. Fold in sliced fresh strawberries. Spoon into 6 serving dishes; refrigerate. Makes 6 servings, about 285 calories each.

THREE-JUICE CITRUS-ADE

Sparklingly refreshing. Adults can add a little vodka, gin, rum or even tequila.

1⅓ cups lemon juice (about 6 lemons)
⅔ cup orange juice (about 2 oranges)
⅓ cup lime juice (about 2 limes)
5 cups seltzer or spring water
1 cup sugar
Ice cubes
Citrus slices, for garnish

In large pitcher combine juices, water and sugar; stir until sugar is dissolved. Add ice cubes and garnish with lemon, orange or lime slices. Makes 2 quarts, about 130 calories per 8-ounce serving.

ORIENTAL SAMPLER MENU
***Won Ton Bows with Sweet 'n' Sour Sauce**
***Broiled Ginger Shrimp**
***Stir-Fry Vegetables**
Rice
Iced Tea
***Melon Ambrosia**

(continue

"With New Heinz 57 Sauce, Even I Can Be A Culinary Success.

used to be a lousy cook. Until I tried new Heinz 57 Sauce.
's great on steak. But it's terrific in recipes, too. And
here's one on the back of every bottle. New Heinz 57 Sauce.
More Than A Steak Sauce. A Heckuva Lot More."





Saucy Meatballs

Combine 1 pound lean ground beef, 2/3 cup grated Parmesan cheese, ½ cup seasoned dry bread crumbs, ½ cup milk, 1 egg slightly beaten. Shape into 20 meatballs. Brown well in 2 tablespoons shortening. Drain excess fat. Sprinkle meatballs with 1 tablespoon flour; stir gently to coat. Combine 1 can (28 ounces) tomatoes, cut into bite-size pieces; 1/3 to ½ cup Heinz 57 Sauce, ½ teaspoon salt; pour over meatballs. Simmer uncovered 25 minutes or until desired consistency; stir occasionally. Serve over noodles. Makes 5 servings.



Sweet 'N Sour Pork Chops

In skillet, brown 4 rib pork chops, ¾-inch thick, in shortening; drain excess fat. Season chops with salt and pepper. Combine 1 can (8¼ ounces) pineapple chunks and juice with 1/3 cup Heinz 57 Sauce; pour over chops. Cover; simmer 45 minutes or until chops are tender. Add 1 medium green pepper, cut into strips; cover; simmer 15-20 minutes or until pepper is tender. Thicken sauce with cornstarch/water mixture, if desired. Makes 4 servings.

©1985 H.J. Heinz Co.

Corning cooking. French looking.

Give your cooking the best of both worlds with CORNING WARE® French White® cookware.

French White cookware dresses up even everyday recipes with Continental elegance. And while it arrives at your table with style, it still brings you the famous Corning qualities. That means each piece is as durable as it is versatile—you can cook, freeze, and serve in the same piece. And easy cleaning makes your life even easier.

French White cookware. From now on, great cooking comes to your table with great taste.

CORNING WARE, French White, and the Blue Cornflower design are registered trademarks of Corning Glass Works, Corning, N.Y. 14831.

© Corning Glass Works 1985





ENTERTAINING
continued

WON TON BOWS WITH SWEET 'N' SOUR SAUCE

pictured on page 121

An amazingly simple appetizer that's deliciously munchable.

Sauce

- 5 tablespoons distilled white vinegar
- 3 tablespoons ketchup
- ¼ cup sugar
- 2 teaspoons cornstarch
- 1 tablespoon water

- 1 package (8 oz.) won ton wrappers
- Salad oil, for deep frying

Sauce: In small saucepan combine vinegar, ketchup and sugar. Bring to a boil. Dissolve cornstarch in water and whisk into vinegar mixture. Continue boiling until thick, about 1 minute.

To form won ton bows, dip fingers in cold water and pinch center of each won ton; twist to secure. In heavy skillet heat ½ inch oil to 375°F. on deep-fat thermometer. Fry won tons a few at a time until golden. Drain on paper towels. Serve with Sweet 'n' Sour Sauce. Makes 24 bows, about 60 calories each.

BROILED GINGER SHRIMP

Do-able in minutes, this recipe can serve as entree or appetizer.

Marinade

- ¾ cup dry vermouth
- ¼ cup soy sauce
- 2 teaspoons sugar
- 1 teaspoon minced fresh ginger

- 1½ pounds shrimp, shelled and deveined

Marinade: In small saucepan combine vermouth, soy sauce, sugar and ginger. Bring to a boil. Remove from heat.

Split shrimp down back without cutting through; flatten. Marinate 10 minutes. Preheat broiler. Spray broiler pan with nonstick vegetable spray. Remove shrimp from marinade and place on broiler pan. Broil shrimp 3 inches from heat source 2 to 3 minutes per side. Makes 6 servings, 125 calories each.

STIR-FRY VEGETABLES

Use your wok if you have one, but a skillet will suffice.

- 1 to 2 heads bok choy or broccoli (6 cups chopped)
- 3 tablespoons peanut or salad oil
- 1 garlic clove, crushed
- 2 medium carrots, thinly sliced
- 2 red peppers, cut into 1-inch pieces
- 3 tablespoons soy sauce
- 1 teaspoon salt
- Pinch sugar

Cut bok choy diagonally into 1-inc

ieces, keeping stalks separate from afy green pieces. (For broccoli, trim f and discard woody ends. Peel stems nd cut diagonally into ¼-inch slices. eparate florets into bite-size pieces.)

In medium skillet heat oil over me-ium-high heat. Add garlic and cook ntil browned; remove. Add carrots and eppers; saute 2 minutes, stirring fre-uently. Add stalks of bok choy or broc-oli and saute 2 minutes, stirring. Add afy pieces and saute 1 minute. Reduce eat; cover and cook 1 to 2 minutes ore. Add remaining ingredients and ir to combine. Makes 6 servings, bout 105 calories each.

MELON AMBROSIA

inger ale and orange liqueur combine o dress this refreshing dessert/salad.

1 cantaloupe
1 honeydew
1 can (11 oz.) whole seedless litchi nuts
½ cup shredded coconut
½ cup ginger ale
2 tablespoons orange-flavored liqueur

With melon baller, scoop balls from melons. Combine in medium bowl with remaining ingredients. Refrigerate until ready to serve, up to 6 hours. Makes 6 servings, about 110 calories each.

PASTA PARTY MENU
*Papaya and Prosciutto
*Pasta with Tuna-Tomato Vinaigrette
*Zucchini Parmigiana
Italian Bread
*Melon Slush
Chianti Reserva

PAPAYA AND PROSCIUTTO

Prosciutto with melon is a classic; with papaya, an unusual treat!

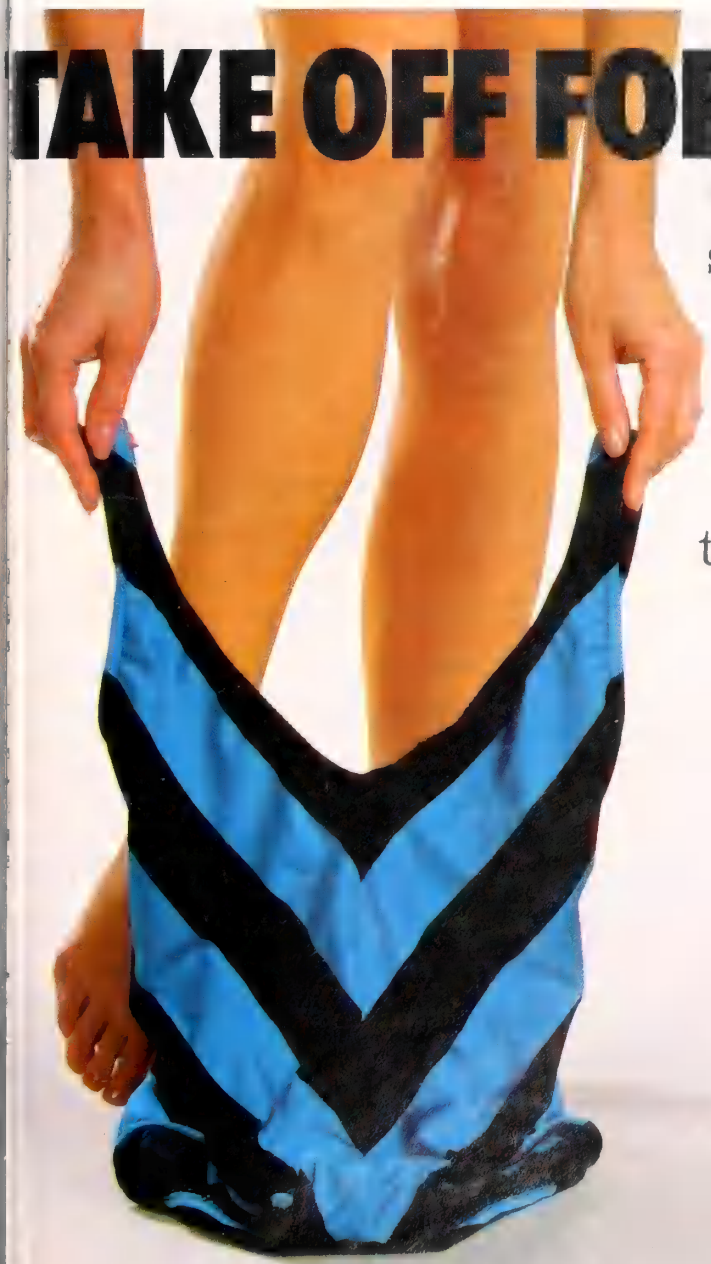
1 ripe papaya, peeled, seeded and cut into 6 slices
6 thin slices prosciutto
1 lime, cut into 6 wedges
6 small romaine lettuce leaves

Wrap each papaya section with a slice of prosciutto. Top with a lime wedge and serve on lettuce. Makes 6 servings, about 55 calories each.

PASTA WITH TUNA-TOMATO VINAIGRETTE

Basil and lemon peel flavor this spicy pasta sauce.

2 tablespoons olive oil
2 garlic cloves, crushed *(continued)*



TAKE OFF FOR THE BEACH

Those suits are getting smaller and smaller. Fortunately, so are you. With Figurines® Diet Bars. Two bars replace a meal and provide 25% of the USRDA of protein, vitamins and minerals – the nutrition your body needs without the excess calories you don't.

NUTRITION THAT CAN HELP YOU TAKE IT OFF

FIGURINES®
BARS

Pillsbury
MANUFACTURER COUPON NO EXPIRATION DATE
75¢/2



SAVE 75¢ WHEN YOU BUY TWO BOXES OF FIGURINES® BARS.

Coupon good only on purchase of product indicated. Not valid if transferred or reproduced. ANY OTHER USE CONSTITUTES FRAUD. RETAILER: We will reimburse you the full value of this coupon plus 8¢ handling provided it is redeemed by consumer at the time of purchase on the brand specified. Proof of purchase may be requested. Coupon not properly redeemed will be void and held. Mail to Pillsbury, Box 802, Minneapolis, MN 55460. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

1306 1306

75¢/2 Pillsbury

© 1985 The Pillsbury Company



ENTERTAINING
continued

- ¼ teaspoon crushed red pepper
- 2 tablespoons chopped fresh basil or ½ teaspoon dried
- 2 strips (3 in. each) lemon peel
- 1 can (35 oz.) tomatoes, undrained
- 1 teaspoon sugar
- 2 cans (6½ oz. each) tuna in olive oil
- 3 tablespoons wine vinegar
- ½ teaspoon salt
- 2 tablespoons chopped parsley
- 1 pound rotelle pasta or spaghetti twists
- Grated Parmesan cheese

In medium saucepan heat olive oil over medium heat. Add garlic, red pepper and basil; cook 1 minute. Add lemon peel, tomatoes and sugar; break up tomatoes. Simmer 20 minutes. Drain tuna and flake. Stir into sauce. Remove from heat; add vinegar, salt and parsley. Remove lemon peel. Meanwhile, cook pasta according to package directions. Toss with sauce. Serve hot or at room temperature with Parmesan. Makes 6 servings, 500 calories each.

ZUCCHINI PARMIGIANA

A quick and tasty way to use up all those fresh zucchini.

- 3 tablespoons butter or margarine
- ¼ teaspoon salt
- Pepper
- ⅓ cup grated Parmesan cheese

Blanch zucchini in boiling water 10 minutes. Cut off stem ends; cut each in half lengthwise and again crosswise. Place cut sides up in a 12x8-inch baking dish. Dot each with about ½ tablespoon butter or margarine; sprinkle with salt, a little pepper and scant tablespoon cheese. Broil 3 inches from heat until golden, 3 to 4 minutes. Makes 6 servings, 95 calories each.

MELON SLUSH

If you prefer, substitute cassis for the melon liqueur.

- 1 liter lemon-lime soda
- 2 tablespoons lemon juice
- ½ cup melon liqueur
- Fresh mint

In jelly-roll pan combine soda and lemon juice. Freeze 1½ to 2 hours. In blender combine frozen soda and liqueur; blend until thoroughly mixed. Serve in individual goblets, garnished with fresh mint, if desired. Makes 6 servings, about 140 calories each.

APPETIZERS

*Basil Cheese Torte
*Surprise Dip *Cajun Nuts
*Pepper-Cheese Tortillas
*Camembert Spread

BASIL CHEESE TORTE

pictured on page 121

A take-off on the Basil Mascarpone Torte so dearly priced at the cheese shop. This is well worth the effort.

- 3 cups loosely packed fresh basil leaves
- 1 cup loosely packed fresh parsley leaves
- ¾ cup freshly grated Parmesan cheese
- 1½ tablespoons olive oil
- 3 tablespoons pine nuts (pignoli)
- 11 ounces cream cheese, softened (8 oz. and 3 oz. packages)
- ½ cup butter, softened
- ½ teaspoon lemon juice
- Dash salt
- ⅛ teaspoon red pepper sauce

In blender or food processor combine basil, parsley, Parmesan and olive oil; blend or process until smooth. Transfer to small bowl and stir in pine nuts. In blender or food processor combine remaining ingredients; blend until smooth. Dampen enough cheesecloth to line a 3-cup mold. Divide *(continued)*

No other leading vegetable oil can make this statement.

Read the label.



©1985 Hunt-Wesson Foods, Inc.

each mixture into thirds and alternate layers in mold, beginning with basil and ending with cheese. Fold cheesecloth over and press to smooth top. Refrigerate 1 hour; unmold. Serve with crackers. Makes 3 cups, 60 calories per tablespoon.

SURPRISE DIP

pictured on page 121

A sour cream dip enhanced with caviar, green onions and a splash of vodka.

- 1 cup sour cream
- 2 tablespoons chopped green onion
- 1 tablespoon vodka
- 1 teaspoon lemon juice
- 2 ounces lumpfish caviar, well drained

In small bowl combine all ingredients. Serve with crudités, crackers or pumpernickel. Makes about 1½ cups, about 35 calories per tablespoon.

CAJUN NUTS

These spicy nuts—add more red pepper if you dare—are addictive.

- 3 tablespoons melted butter or margarine
- ½ teaspoon salt
- ½ to 1 teaspoon ground red pepper
- 2 cups pecans or walnut halves

Preheat oven to 350°F. In small bowl toss all ingredients until well combined. Spread in a single layer in shallow baking pan. Bake 15 minutes. Remove from oven. Drain on paper towels until cool. Makes 2 cups, about 85 calories per 2 tablespoons walnuts, 90 calories per 2 tablespoons pecans.

PEPPER-CHEESE TORTILLAS

Flour tortillas are in the refrigerator or freezer section of most supermarkets.

- 3 chorizo sausages or hot Italian sausages (about 6 oz.)
- 10 flour tortillas
- 2 packages (4 oz. each) shredded Cheddar cheese
- 4 jalapeño peppers or 1 can (4 oz.) chopped green chilies, drained

Preheat oven to 425°F. Remove sausages from casings and break into small pieces. In medium skillet saute over medium-high heat until slightly browned. Remove from skillet with slotted spoon. Drain on paper towels.

On 2 large cookie sheets sprinkle tortillas evenly with cheese, jalapeños or chilies and sausage. Bake 8 to 10 minutes or until cheese is melted and tortillas are crisp. Remove from oven and immediately cut each into 4 wedges. Makes 40 appetizers, about 50 calories each.

CAMEMBERT SPREAD

A tasty cocktail spread that will keep in the refrigerator up to a week.

- 1 small wheel ripe Camembert cheese
- 3 tablespoons dry vermouth
- 3 tablespoons butter, softened
- 2 teaspoons finely minced onion
- 1 small garlic clove, pressed
- ¼ teaspoon freshly ground pepper
- Pinch salt
- Dash red pepper sauce
- Dash paprika

Scrape off rind; cut cheese into small pieces. In blender or food processor combine cheese with vermouth and butter; blend or process until smooth. Add remaining ingredients and blend. Serve with assorted crackers. Makes ¾ cup, 60 calories per tablespoon. **End**

ICE CREAM CAKES

continued from page 111

FRAMBOISE TART

pictured on page 110

Large sponge cake tart shells are not always available at the supermarket. Here's a recipe in case you need to bake your own.

- 1 12-inch sponge cake tart shell*
- 7 tablespoons raspberry liqueur, divided
- 1 quart vanilla or peach ice cream, softened
- 1 pint raspberries or strawberries

Sprinkle tart shell with 4 tablespoons liqueur; set aside.

In large bowl swirl 2 tablespoons liqueur into ice cream. Spoon into tart shell; freeze. Just before serving, mound half the raspberries in center. In food processor or blender, puree remaining berries. Strain through sieve to remove seeds. Stir in remaining tablespoon liqueur. Drizzle over berries. Makes 10 to 12 servings.

*Sponge cake tart shell

- ⅓ cup cake flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 eggs, separated
- ⅓ cup sugar, divided
- ½ teaspoon vanilla extract
- ½ teaspoon grated lemon peel

Preheat oven to 375°F. Grease a 10½-inch fluted German (Obsttortenform).

In medium bowl combine flour, baking powder and salt; set aside. In large mixer bowl beat egg whites until stiff. Gradually add 3 tablespoons sugar. In small mixer bowl beat egg yolks until thick. Gradually add remaining sugar. Beat in vanilla and lemon peel. Gradually fold dry ingredients into egg yolk mixture, then beaten egg whites. Spread into prepared pan. Bake 15 minutes or until cake begins to pull away from sides of pan. Let stand 5 minutes. Carefully remove from pan; cool.

SPRING BRIDAL BOUQUET

pictured on page 110

Dessert and a centerpiece all in one—perfect for a bridal shower.

- ¾ cup crushed vanilla wafers (about 40)
- ½ cup blanched, finely chopped almonds
- ½ cup flaked coconut
- 6 tablespoons butter or margarine, melted
- 1 quart raspberry sherbet, softened
- 1 quart lemon sherbet, softened
- 1 quart lime sherbet, softened

Preheat oven to 375°F. In medium bowl combine wafer crumbs, almonds, coconut and butter or margarine. Press onto bottom of a 10-inch tube pan with removable bottom. Bake 15 minutes or until lightly browned; cool completely. Spread raspberry sherbet over crust; freeze 30 minutes or until firm to the touch. Repeat with lemon, then lime layer and return to freezer until very firm, at least 6 hours.

To unmold, run spatula dipped into hot water around edge of pan. Remove sides from pan. Invert cake onto plate; remove bottom of pan. Invert right side up onto serving plate. Return to freezer. Just before serving, arrange a bouquet of flowers in small glass or paper cup and insert in center hole of cake. Makes 12 servings.

CELEBRATION CAKE

pictured on page 111

This elegant package dresses up any occasion where a special dessert is called for.

- 2 cups chocolate wafer crumbs (about 40)
- ½ cup butter or margarine, melted
- ½ gallon strawberry ice cream, softened
- ½ gallon vanilla ice cream, softened
- 1½ cups heavy or whipping cream
- 7 tablespoons confectioners' sugar, divided
- 4 drops red food coloring
- 1 tube (7 oz.) almond paste
- 2 drops green food coloring

In small bowl combine wafer crumbs with butter or margarine; set aside.

Line two 9-inch square baking pans with foil; place in freezer 10 minutes. Remove from freezer; pack strawberry ice cream into one pan and vanilla ice cream into the other. Evenly press wafer crumbs into surface of ice cream. Cover and return to freezer until very firm, at least 6 hours.

Remove ice cream from *(continued)*

© NABISCO BRANDS, INC. 1985 © 1985 POPSICLE INDUSTRIES, INC. Oreo® Cookies n' Cream products are distributed by authority of Popsicle Industries, Inc. and manufactured under license from Nabisco Brands, Inc.



Imagine. Real Oreo® cookies crunched up inside rich, premium ice cream. Available in half gallon, stick, or sandwich. What's your pleasure?

Oreo® Cookies n' Cream. Right up there with the greatest pleasures on Earth.

One chicken. Two results.



Look at the difference in this microwaved chicken! Half of it was sprayed with New Kitchen Bouquet™ Microwave Browning Spray for a delicious golden brown appearance. The other side pales by comparison.

Now you can cook poultry and meats in the microwave oven and have them look deliciously oven-browned. Just spray on our unique blend of all natural spices, seasonings and flavors. Then cook according to microwave instructions.



NEW Kitchen Bouquet™ Microwave Browning Spray.

You can see the appetizing difference.

© 1984 The HVR Co.

ICE CREAM CAKES

continued

freezer; let stand 10 minutes. Run a spatula carefully around edge of each pan. Dip pan into warm water 5 to 10 seconds. Invert strawberry ice cream onto serving plate. Invert vanilla ice cream onto strawberry. Return to freezer until surface is firm.

Meanwhile, in mixer bowl beat cream with 5 tablespoons confectioners' sugar and red food coloring until soft peaks form. Frost cake and return to freezer.

In food processor with steel blade combine almond paste, remaining confectioners' sugar and green food coloring. Process until well mixed. On lightly sugared surface, knead until smooth and pliable, about 5 minutes. Roll to a 9-inch square, about ⅛ inch thick. Cut into 1-inch strips. Arrange on cake to form ribbon and bow as shown on page 111. Return cake to freezer. Transfer to refrigerator 20 minutes before serving. Serve with Strawberry Sauce Supreme (recipe follows). Makes 16 to 18 servings.

STRAWBERRY SAUCE SUPREME

- 1 pint strawberries, stemmed and halved
- ¾ cup sugar
- ½ cup water
- 1 tablespoon lemon juice

In medium saucepan combine strawberries, sugar and water. Stir over low heat until berries are soft and sauce thickens, about 15 minutes. Stir in lemon juice. Serve warm or chilled. Makes 1¾ cups.

CHOCOLATE CHIP COOKIE CAKE

A giant ice cream sandwich with—what else?—yummy chocolate sauce.

- 1 package (27, 28 or 36 oz.) chocolate chip cookie mix
- ½ gallon mint chocolate chip ice cream, softened
- ½ cup mini chocolate chips

Preheat oven to 375°F. Line bottom of a 10-inch springform pan with wax paper. Prepare cookie mix according to package directions. Spread half the dough over bottom of pan. (Cover remaining dough and set aside.) Bake 20 minutes or until golden. Cool on wire rack 5 minutes. Remove from pan; peel off wax paper. Cool completely, then wrap tightly in plastic wrap. Bake second cookie with remaining dough.

Again line bottom of a springform pan with wax paper. Place in freezer 10 minutes. Remove from freezer and spread ice cream into pan. Cover and return to freezer until ice cream is very firm, at least 6 hours.

To assemble, place 1 cookie flat side up on serving plate. Remove sides from pan. Invert ice cream onto cookie; remove bottom of pan. Peel off wax paper. Press chocolate chips around edges. Top with other cookie. Serve with Dark Chocolate Sauce (below). Makes 16 servings.

DARK CHOCOLATE SAUCE

- ¼ cup butter or margarine
- 2 squares (1 oz. each) unsweetened chocolate
- ½ cup sugar
- Pinch salt
- ¾ cup heavy or whipping cream
- ½ teaspoon vanilla extract

In medium saucepan melt butter or margarine with chocolate over low heat. Gradually add sugar and salt. Slowly stir in cream. Cook just until sugar dissolves, stirring constantly. Remove from heat; stir in vanilla. Serve warm or chilled. Makes 1½ cups. **End**

CHICKEN

continued from page 105

CHICKEN TONNATO

pictured on page 104

ne of our favorite summer company dishes, this is a takeoff the classic Vitello Tonnato.

uce

- 1½ cups mayonnaise
- 1 can (6½ oz.) tuna, drained
- 6 flat anchovy fillets, drained
- 2 tablespoons lemon juice
- 3 tablespoons capers, divided

- whole chicken breasts (1½ lbs.), halved and poached (see below)
- Lettuce leaves or other greens
- Cherry tomatoes, halved, for garnish

auce: In blender or food processor combine mayonnaise, tuna, nchovy fillets, lemon juice and 1 tablespoon capers. Cover nd blend or process until smooth. Fold in remaining capers.

On platter arrange chicken on lettuce. Top with sauce; arnish with tomatoes. Makes 6 servings, 655 calories each.

LHJ'S NEW WAY TO POACH CHICKEN

n Dutch oven combine a 3- to 3½-pound cut-up chicken or ½ to 3 pounds chicken breasts with 3 cups water, 1 onion ut in half, 1 celery rib, 2 teaspoons salt and 1 small bay leaf. Heat to boiling. Reduce heat to low; cover and simmer 20 minutes. Remove pan from heat. Let chicken cool in broth 1 our. Remove from broth with slotted spoon; discard skin nd bones. You should get 2 to 2½ cups diced meat from the vhole chicken, about 2 cups per pound of chicken breasts.

FRUITED CHICKEN RICE SALAD

pictured on page 104

A true warm-weather meal in one—and a stunning dish to boot.

Dressing

- ⅔ cup sour cream
- ⅓ cup plain yogurt
- 2 tablespoons orange juice
- 2 tablespoons cider vinegar
- 1½ teaspoons grated orange peel
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Pinch cumin

- 1 cup brown rice
- 1 cup orange juice
- 1 teaspoon cumin
- 2½ cups cooked, cubed chicken
- ½ cup thinly sliced green onions
- 1 cup thin jicama slices or sunchokes, cut into triangles
- 2 large oranges, peeled and diced
- 1 avocado, cubed and seasoned with salt and pepper
- ¼ cup toasted slivered almonds

Dressing: In small bowl combine dressing ingredients. Mix well; set aside.

Cook rice according to package directions, substituting orange juice for 1 cup of the water and adding cumin.

In large bowl combine warm rice, chicken and remaining ingredients. Add dressing and toss well. Let stand at room temperature at least 2 hours before serving.

Makes 6 servings, about 470 calories each. *(continued)*

35 Calories
That Taste Like
a Million.



New Hidden Valley Ranch®
Reduced Calorie Dressing.

All the thick, creamy taste
you'd expect from Hidden Valley Ranch,®
but only 35 calories a tablespoon.

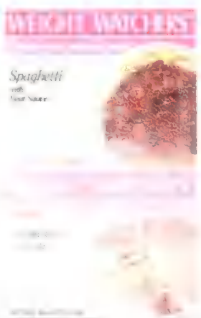


© 1985 The HVR Co.

"TWO ITALIANS I DON'T HAVE TO RESIST ANYMORE."

LYNN REDGRAVE





"I can now succumb to that notorious Italian seducer, spaghetti with meat sauce. The sauce, brimming with mushrooms, is beef and fresh tomatoes mingled with touches of garlic, onions, spices, and the flavor of Burgundy wine. And I can give in to that other delicious Italian, cheese ravioli–pasta puffs stuffed with ricotta and mozzarella in a fresh tomato sauce flavored with garlic and onions. This is living–not dieting."

WEIGHT WATCHERS® FROZEN FOODS

® IS THE REGISTERED TRADEMARK OF WEIGHT WATCHERS INTERNATIONAL, INC. 1984



TEQUILA CHICKEN

pictured on page 105

ick the chicken in to bake, then use extra quila and lime juice (with a little Triple ec) to whip up a margarita. Olé!

- chicken (3–3½ lbs.), cut up
- cup fresh lime juice
- tablespoons tequila
- tablespoons chopped cilantro (fresh coriander)
- tablespoon salad oil
- teaspoon salt
- teaspoon red pepper sauce

ith a knife, slash skin of each chicken ece 2 or 3 times. In large bowl com- ne remaining ingredients. Add chick- n. Marinate at least 6 hours or over- ght, turning occasionally. Preheat oven 400°F. Place chicken on rack in jelly- ll pan. Bake 45 to 50 minutes, basting casionally with marinade. Serve im- ediately or at room temperature. akes 4 servings, 340 calories each.

CHICKEN CUTLETS WITH TWO CHEESES

resh basil, Fontina and ricotta flavor is festive party dish.

- cup ricotta cheese
- egg yolk
- cup chopped fresh basil
- teaspoon chopped garlic
- Salt and pepper
- chicken cutlets (4 oz. each)
- ounces Fontina cheese, thinly sliced
- cup all-purpose flour
- eggs, beaten
- cup dry bread crumbs
- tablespoons salad oil

n small bowl combine ricotta, egg yolk, asil, garlic, ¼ teaspoon salt and dash epper. Pound cutlets ¼ to ½ inch thick etween 2 sheets of wax paper. Lightly prinkle with salt and pepper. Place 1 unce Fontina and 1½ tablespoons ricot- a mixture on each cutlet, leaving a ½- nch border. Roll up each cutlet; secure ith toothpick. Roll in flour, then eaten eggs, then bread crumbs. In arge skillet heat oil over medium heat nd saute chicken about 15 minutes. ool to room temperature. Remove othpicks and cut into ½-inch slices. Iakes 6 servings, 435 calories each.

CHICKEN DEVILENA

terrific dish that can be served warm or t room temperature.

- chicken (3 lbs.), cut up
- tablespoons salad oil
- Salt and pepper
- tablespoons Dijon mustard
- tablespoons dry white wine
- tablespoons dry bread crumbs, divided

Preheat broiler. Brush chicken pieces with oil and sprinkle with salt and pepper. Place on rack of broiler pan. Broil 5 inches from heat source 5 minutes; turn and broil 5 minutes more.

Meanwhile, in small bowl combine mustard and wine. Remove chicken from oven. Coat one side with half the mustard mixture and half the bread crumbs. Broil 1 minute until browned (be careful not to burn), turn and repeat with remaining ingredients. Remove from broiler. Reduce temperature to 400°F. Bake 10 minutes. Serve immediately or at room temperature. Makes 4 servings, about 410 calories each.

INDIAN CHICKEN

Low in calories, high in flavor, this is best marinated overnight.

- ½ cup plain yogurt
- ¼ cup sour cream
- 1 bunch green onions, chopped
- 2 garlic cloves, chopped
- 1 tablespoon lemon juice
- 1 teaspoon coriander
- ½ teaspoon cumin
- ½ teaspoon ground red pepper
- ½ teaspoon salt
- 4 chicken cutlets (4 oz. each)

In food processor combine *(continued)*

Sandwich-Mate.®
Makes delicious, nutritious.



There's more to this sandwich than meets the eye. Because each serving of Sandwich-Mate has as much calcium as a 6 2/3 ounce glass of milk, as well as important vitamins and 10% of the U.S. RDA of protein. So enjoy yourself. Because now, good for you is good tasting, too.

15¢ Store Coupon | Offer Expires December 31, 1985 15¢

SAVE 15¢
On any size
Sandwich-Mate® singles

25% U.S. RDA CALCIUM

Mr. Grocer: To redeem this coupon, mail to Fisher Cheese, P.O. Box 1116, Clinton, Iowa 52734. We will reimburse you for the face value plus handling for each coupon. Invoices supporting purchases may be requested. Cash value 1/100 cent. Void where prohibited or regulated. Limit 1 coupon per purchase of any item.

Based on 1 oz. serving

71030 109616

If you

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

CHICKEN
continued

all ingredients except chicken; process until smooth. Pour marinade into a large baking dish. Pound cutlets ¼ inch thick between 2 sheets of wax paper. Place in baking dish, turn to coat. Cover and marinate overnight, turning once. Preheat broiler. On broiler pan brush chicken with marinade. Broil 4 inches from heat, 3 to 4 minutes per side. Makes 4 servings, 285 calories each.

STIR-FRY CHICKEN

A crunch of spring vegetables makes this colorful puree a popular no-time-to-cook favorite.

- 3 tablespoons soy sauce, divided
- 2 tablespoons plus 2 teaspoons dry sherry, divided
- 12 ounces skinless, boneless chicken breasts, cut into 1-inch pieces
- 3 tablespoons salad oil, divided
- 6 ounces snow peas, cut into 1-inch slices
- 1 cup red pepper, cut into 1-inch squares
- 8 asparagus spears, cut into 2-inch slices
- ½ cup sliced water chestnuts
- 2 teaspoons finely chopped garlic
- 1 to 1½ teaspoons finely chopped ginger
- 2 tablespoons water
- 1 tablespoon sugar
- 2 teaspoons wine vinegar
- 2 teaspoons cornstarch
- ¼ to ½ teaspoon red pepper flakes
- 1 tablespoon sesame oil

In small bowl combine 1 tablespoon soy sauce and 2 teaspoons dry sherry. Toss in chicken. In skillet heat 1 tablespoon salad oil. Add vegetables and water chestnuts; stir to coat with oil. Cover; cook 1 minute. Uncover and cook, stirring 1 minute. Remove from skillet.

To same skillet add remaining oil. Add chicken; stir-fry quickly, about 2 minutes. Add garlic and ginger; cook 1 minute. In small bowl combine remaining soy sauce and dry sherry with next 5 ingredients.

Return vegetables to skillet; turn heat to high. Add sauce. Cook, stirring constantly, until sauce thickens. Sprinkle with sesame oil. Makes 4 servings, about 285 calories each.

TORTELLINI CHICKEN SALAD

Great picnic fare. You can substitute leftover cubed ham for the chicken.

Vinaigrette

- 1½ tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 1 garlic clove, minced
- 1 tablespoon chopped fresh dill or ¼ to ½ teaspoon dried
- 1 tablespoon chopped fresh basil c ½ teaspoon dried
- ½ teaspoon red pepper sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup olive oil

- ½ pound cheese tortellini
- ½ cup sliced green onions
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 garlic clove, finely minced
- 2 chicken cutlets (6 oz. each), cubed
- Salt and pepper
- ½ red pepper, cut into thin strips
- 1 cup green peas, blanched
- Chopped parsley

Vinaigrette: In small bowl whisk vi egar, mustard, garlic, dill, basil, re pepper sauce, salt and pepper. Whisk oil in a slow, steady stream.

Cook tortellini according to packag directions. In medium bowl combi green onions and half the vinaigrette

In medium skillet heat butter ar oil. Add garlic and saute over mediu heat 1 to 2 minutes. Season chicke with salt and pepper; saute 3 to 5 mi utes, stirring. Drain on paper towel Add warm chicken to tortellini ar toss. Add red pepper, peas and remai ing vinaigrette; toss again. Sprink with parsley. Makes 4 servings, abo 440 calories each. **Er**

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

smoke
please try Carlton.

COMMUNITY COOKBOOK

continued from page 54

uts. *Do not overmix*. Spoon batter into ups, filling each two-thirds full. Bake 5 minutes or until toothpick inserted n center comes out clean. Makes 1 ozen, about 135 calories each.

PEAR-OATMEAL MUFFINS

- 1 can (16 oz.) water-packed or juice-packed pear halves
- 1½ cups whole wheat flour
- 1 cup oats, uncooked
- ½ cup flaked coconut
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 2 teaspoons grated orange peel
- ¾ teaspoon salt
- ¼ teaspoon baking soda
- 1 egg, slightly beaten
- ⅓ cup honey
- ¼ cup salad oil

Preheat oven to 400°F. Grease twelve 2½-inch muffin-pan cups; set aside. Drain pears, reserving ¼ cup liquid. Finely chop pears. In medium bowl combine dry ingredients; mix well. Combine egg, honey, oil and reserved pear liquid. Add to dry ingredients all at once, stirring just until moistened. Fold in chopped pears. *Do not overmix*. Spoon into prepared cups, filling each two-thirds full. Bake 25 minutes or until toothpick inserted in center comes out clean. Makes 1 dozen, about 165 calories each.

WHEAT GERM MUFFINS

- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup instant nonfat dry milk powder
- 1 cup wheat germ
- 1 cup milk or buttermilk
- 2 eggs, slightly beaten
- ¼ cup honey or dark molasses
- 2 tablespoons salad oil
- ½ cup raisins (optional)

Preheat oven to 400°F. Grease eighteen 2½-inch muffin-pan cups; set aside. In medium bowl combine dry ingredients except wheat germ; mix well. Combine wheat germ, milk, eggs, honey and salad oil. Add to dry ingredients all at once, stirring just until moistened. Fold in raisins. *Do not overmix*. Spoon batter into prepared cups, filling each two-thirds full. Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Makes 1½ dozen, about 110 calories each.

FRUIT SMOOTHIE

- 1 cup plain low-fat yogurt
- 1 cup ice cubes
- 1 or 2 overripe bananas
- 1 cup strawberries or peaches

In blender combine all ingredients. Cover and blend until smooth. Serve immediately. Makes 3 servings, about 105 calories each.

BANANA DRINK

- 1 cup milk
- 1 overripe banana
- 1 egg
- 4 or more ice cubes
- 1 teaspoon vanilla extract

In blender combine all ingredients. Cover and blend until foamy. Serve immediately. Makes 2 servings, about 170 calories each.

ORANGE JUICE SHAKE

- ⅓ cup thawed frozen orange juice concentrate (½ of 6-oz. can)
- ⅓ cup instant nonfat dry milk powder
- ¾ cup water
- 2 teaspoons vanilla extract
- 1 egg
- 6 or more ice cubes

In blender combine all ingredients. Cover and blend until foamy. Serve immediately. Makes 2 servings, about 150 calories each. **End**


A big stain needs a big name.
Clorox® PreWash.
When the sweet taste of the grape lingers a bit too long, reach for the Clorox® PreWash. Just spray, then wash with detergent and tough stains become a memory. And that's a promise from a very big name in clean. Clorox®
CLOROX PreWash



Tom Arma

Ladies Home Journal

THE BRINGING UP BABY BOOK

In this special two-part section, noted child psychologist Lawrence Balter tackles the toughest child-rearing dilemmas of the early years of your youngster's life, and mothers and other experts provide thought-provoking advice on when to add a second child to your family.

Answers to the questions every parent asks

By Lawrence Balter, Ph.D., with Anita Shreve

No two babies are exactly alike, but there are predictable developmental stages that all children go through during the first five years. Knowing ahead of time what these stages are, the problems implicit in these stages and how best to cope with them can make motherhood a lot more enjoyable and gratifying.

By now it's old hat to say a baby's personality is formed during the first several years of life, but it is true to a large extent. If a baby is properly taken care of and made to feel welcome in the world, chances are these good feelings will remain with her or him throughout life. That's why the love and understanding a baby gets is so vitally important.

The first eighteen months

The first eighteen months of a child's life is an extremely active period. A healthy child will want to be involved in whatever is happening around him, but because he can't yet manipulate his environment, he needs you to be his instrument in the world. One of the most important responsibilities a parent has during the first eighteen months of a child's life is to be *there* for the child—

Copyright © 1985 by Lawrence Balter. From the book DR. BALTER'S CHILD SENSE, by Dr. Lawrence Balter and Anita Shreve. Printed by permission of Poseidon Press, a Pocket Books division of Simon & Schuster, Inc.



not just as a caretaker in the old way of thinking, but also as a stimulator and a facilitator. This means understanding what the baby needs and reacting primarily to *his* needs and not to your tensions as a new parent. Sometimes a parent's biggest problems are about such basic matters as the baby's schedule and interpreting the baby's emotions.

How can I get my baby to sleep through the night?

Most babies sleep at least twelve hours in a twenty-four-hour period, but not all at once. Some babies sleep for four-hour segments during the day and then for another five or six hours at night. Others sleep eight or nine hours at night and then take shorter naps during the day. But what happens when a child seems to have her days and nights mixed up, sleeping for long stretches in the day and short periods at night? In such a case a parent has to actively manipulate the baby's sleep schedule.

The goal is to get the baby to sleep her seven hours between midnight and seven, or perhaps eleven and six. To do this, you will have to clip off about twenty minutes or so at the end of the baby's long sleep on the first day you attempt to change her schedule, so that she will be tired twenty minutes earlier than usual and will fall asleep that much earlier for her next sleep. Try this for three or four days until that small goal has been achieved. After that accomplishment, clip off another twenty minutes or half hour and see if that brings her schedule slightly more in line with what you would like. Three or four days later, clip off another twenty minutes, and so on, until your larger goal is reached.

My baby cries in her crib when I put her down for the night and sometimes wakes in the middle of the night, screaming. What should I do?

When you put your baby in the crib at night, you should not let her cry for more than a couple of minutes. It's torture for a parent to hear a baby scream, and a torment for the baby, too. Pick her up, comfort her, walk her around, until she settles down.

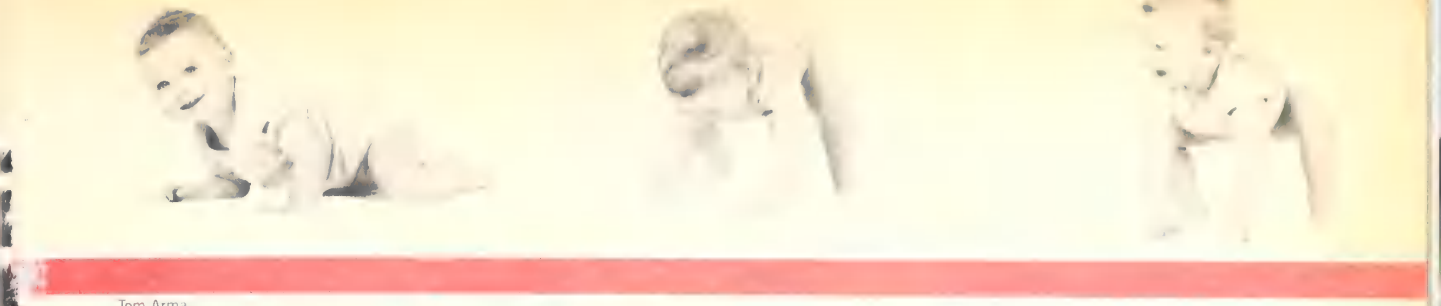
A baby who wakes in the middle of the night is a different matter. More often than not this change in the child's normal sleep patterns has to do with a milestone that the child has reached such as learning to stand, walk or climb stairs for the first time. Accomplishing such a task can bring with it an almost frightening sense of independence. This feeling of unease may surface in waking from sleep at inappropriate times.

When you hear your child crying in the night, and you walk into the room only to find her standing up, perhaps even "practicing" her new accomplishment, simply speak quietly and try to calm her down. Keep the room as dar

HUGGIES®
HELP...



Kimberly-Clark
HUGGIES
DISPOSABLE DIAPERS



Tom Arma

and quiet as possible. Pat her on the back and return her to a prone position. She may stand up again, in which case repeat the entire procedure.

My baby won't let me out of his sight. How do I cope?

Babies vary in the degree to which they become clingy, but almost all of them go through a clingy stage, usually between eight and thirteen months. This clinginess is a normal and important developmental need.

If your child is pushed away when he is in the throes of clinginess, he's going to feel rejected and insecure. But if you have patience and allow him to hang on for a period of a month or two, he will be better able to end this clingy period on his own.

When children are at their most clingy, I would avoid a real separation, such as a vacation, if at all possible. If you must go away, make sure it is for not longer than one week, and see to it that a very specific schedule for your child's activities is written up for the caretaker. If he is going to be upset because his mother is gone, it's important to at least let him have his normal routines.

Eighteen months to three years

The toddler stage is alternately referred to as the Terrible Twos or the Terrific Twos. It's at this time that the child learns to physically move away from you. The skill is thrilling for both parent and child, but—and here's the conflict—it is also frightening. For once a child is physically able to move away from you, he suddenly fears that he may be removing himself emotionally from you as well—quite a terrifying prospect, as he can't really stand on his own two feet.

Why is my toddler so negative?

It's inevitable that a toddler will go through a "no" stage. When a toddler says no, he is trying to establish a distinction between the two of you. To think you can break him of this attitude is a mistake—not only because you can't but also because it's so critical to the child's growth.

One piece of advice is not to use the word "no" very much with him in the months preceding toddlerhood. Starting at about one year, parents very often use the word to excess. Try instead, early on, to talk in sentences. If the child picks up a knife, take it away and tell the child the knife is not a toy. There's a negative implied, but it's not just a no.

How can I get my child to do what I want?

Imagine you have to leave the house on a cold day, and you want the child to put on his jacket, but as soon as the child sees the jacket, he begins to say no. One technique in handling such a situation is to slip the jacket on while talking about something

...STOP LEAKING...





else. Thus you will be avoiding a confrontation. The child might not really mind putting on the jacket, but he might very well mind your telling him to do so.

Another choice is to present two alternatives. Don't say, "Do you want to put the jacket on?" but rather, "Do *you* want to put the jacket on or do you want *Mommy* to put the jacket on? Do you want to wear your *red* mittens or your *green* mittens?"

I don't know how to handle my daughter's temper tantrums.

Let's say you're in a line at the bank, and your child is bored and frustrated. Keep in mind that the child cannot see that this boring activity has a beginning and an end and that in just a few minutes the wait will be over. Instead, she throws herself on the floor and begins to scream.

You have to deal with the situation head-on. Ask someone to hold your place in line while you deal with your child. Kneel down and envelop the child in your arms. Better yet, take the child over to a quiet corner. Hold the child firmly—not to crush or punish her, but to restrain her—and then put yourself on automatic, so that your own anger won't interfere. Say in a monotone over and over to the child, "You have to take it easy now. We're just going to be a little bit longer. I'm just going to hold you while you calm down." Repeat that until the child quiets down.

The situation is easier to handle at home. When the child has a tantrum, just say matter-of-factly, "When you finish the tantrum we'll do something else." Acknowledge the end of a tantrum with a quick hug. When it's over, it's over, and it's best to be matter-of-fact about it.

Should I ever spank my child?

I think I should say right from the outset that I'm against hitting children. Hitting a child conveys only one thing: That you are bigger than he is and that you can hurt him. Physical punishment is not effective—it doesn't work. And, if you constantly hit a child for misbehaving, you give him a peculiar message about how to resolve conflict. You are teaching him that the best way to resolve conflict is to overwhelm or instill fear in the other person.

How can I get my toddler to stop misbehaving?

The goal of punishment is to help a child learn self-discipline, but because he is still too young to understand what this means, your role is to prepare him for its *development*.

Let's look at some specific examples. Karen is tipping over a dish on the coffee table. If you say, "Karen, don't do that," chances are she's going to do it anyway, because she can't help herself. You should remove the dish or distract Karen by suggesting something else.

Often a toddler will persist in a behavior that really tries his par-

...TO KEEP BABIES...





Tom Arma

ents' patience. Take the case of Joshua, who kept getting up on the table during dinner. His parents would tell him to get down, and the very next thing, he was right back up on the table. Such futile repetition is not going to help solve the problem.

The parents do, however, have a couple of choices. One method is for one parent to eat while the other walks outside with Joshua or reads a book to him. Another possibility is to put the child on your lap. It's all a sacrifice, but when you have a toddler, you can't always have things the way you want them. The trick is to find the best compromise. An active toddler needs to be occupied, and watching grown-ups eat and talk just won't do it.

Three to five years

Having now achieved a somewhat stronger sense of self, a preschooler will begin to experiment with different roles. One of the most important parts that the child wants to try is yours.

My four-year-old asked where babies come from. What and how do I tell him?

For children in the three-to-five age group, sex is an all-consuming concern. They begin to delight in their own bodies and may well begin to masturbate. They will want to know about penises and vaginas and why they have one and not the other. They will enjoy nudity, and may appear to be exhibitionistic. But this stage of sexual development is extremely important—indeed critical—for the healthy growth of your child and should not be minimized or ignored and certainly not repressed.

If you're pregnant, it's very likely your child will begin to ask you questions about where babies come from. Follow a few simple precepts, and the task will be easier: Name the sexual activi-

...HAPPY!



Kleenex® Huggies® diapers have a special form-fitting shape. And they're thick and absorbent. With gentle, extra-wide elastic at the leg. So Huggies hug to help stop leaking. And to help keep babies happy. Just take a look at Carrie!



® Kimberly-Clark Corp.
© 1985 KCC



Tom Arma

ties and parts of the body correctly; explain what happens in such a way that your child can understand it; and don't volunteer more information than your child asks for.

Stressing correct words is especially important when telling your child where babies come from. Tell the child that in a special place inside Mommy's abdomen called the uterus, a baby is growing. It's just as easy for a child to learn the correct word, and more important, to say that a baby is growing in your tummy is misleading.

If he eventually asks, "How does the baby get inside of Mommy?" simply say, "When a boy grows to be a man, inside of his testicles he makes sperm in order to help make a baby. The sperm comes out through his penis, and it's put into Mommy's vagina. From there it goes into Mommy's uterus. Once inside Mommy's uterus, a baby grows."

I discovered my daughter "playing doctor" and didn't know how to react.

Again, remember that this is an expression of a perfectly normal and natural curiosity and is no cause for alarm. Parents can't prevent doctor games. Yet at the same time, parents should represent an example of a certain decorum and restraint.

In a quiet, matter-of-fact way, invite the children to put their clothes back on. Tell them it's time for the doctor game to be over, and that they're going to do something else for a while. You don't have to convey the impression that what they're doing is wrong, and you don't have to fill them with guilt. Your invitation simply suggests the children pursue more socially acceptable activities rather than intimate sexual play.

How intimate can my husband and I be with each other in front of our preschooler?

Because sex is such an all-consuming concern for three- to five-year-olds, habits in the family that may have been of no particular interest or anxiety at age one and a half now take on a special meaning.

One of the things you can do is put something on when you are walking around the house. If your child happens to walk into your room, you don't have to make a mad scramble to cover yourself up, but you can say, "Please excuse me, but I'm not dressed." And while you are saying that, put something on.

If your child walks in on you during lovemaking, it is understandable that you might become flustered. Children misunderstand the sex act because it is something beyond their personal experience. They often think something violent is happening. Although it is the intensity that affects them, they also seem to realize that it is some thing very private. While recovering your composure, mildly explain that Mommy and Daddy were being affectionate with each other.

Why does my four-year-old son lie to me?

A four-year-old lives in a reality very different from ours, and when he lies he may not be purposely distorting reality. He may feel as though someone else spilled the milk. Because he may *wish* that someone else had done it, he says that he didn't do it. He doesn't have the same logic as we do, so it's not fair to call his words a lie.

If a parent insists on a confession from a child, she's not really helping him. Suppose the child were to say, "Yes, I spilled the milk," what should the parent do? Punish him? Reward him? It's a no-win situation. The only thing a parent can do is to deal with the situation with dispatch. Pick up the glass and clean up the milk. Try to explain to him in a relaxed way why spilled milk is annoying to you—you have to clean it up, it's wasteful, etc.

What is the best way to cope with playground battles?

Rather than trying to find out who started the conflict, the parent should use the situation to teach the child about taking turns and negotiation. If the conflict is over a toy, for example, try to engage the children in a discussion about what would be a fair way for each of them to use the toy.

One of the best ways to do this is to use yourself as the learning device. You might remind your child of the time when a possession of his was mislaid or perhaps stolen, and how he felt about it then. To reinforce this, if you see a child drop something in the playground, make a big deal of giving it back. If possible, have the child return it and then reward your child with praise.

Dr. Balter is a practicing psychologist and professor at New York University. He writes the "Understanding Kids" section of the bimonthly News for Parents *column in* Ladies' Home Journal. *He also hosts a call-in radio program on WABC TALKRADIO for questions about child rearing and appears regularly on* The CBS Morning News. *Co-author Anita Shreve writes prolifically on parenting and child care.*





By Jody Gaylin

And baby makes four

Today's parents are giving the decision of when (or whether) to have that second baby a long, hard look.

As late as the 1940s, families with five, six and even eight children were commonplace. But over the last few decades, the size of the American family has decreased dramatically. We've become accustomed to a nuclear family consisting of mother, father and no more than two children. Yet even this formula may be short-lived. Baby Boomers who have only one child haven't committed themselves to having any more. In fact, for a variety of sociological, economic and political reasons, couples today are giving the idea of a second baby a second look—debating a decision our parents probably never even consciously made.

In June 1981, the United States Census Bureau polled women ages eighteen to thirty-four who already had one child. A full 40.4 percent said they expected to have no more. Furthermore, from the mid-1960s to the early 1980s, the percentage of women who said they planned to have just one child more than doubled.

One obvious reason for the trend toward smaller families is that more women are working. "For these women, the question becomes, 'How many children can you manage and still have the kind of career you want?'" explains Richard R. Rubin, Ph.D., a Baltimore developmental psychologist. "The first time a woman takes time off from her job to have a child it is fairly early in her career. If she decides to have another child, however, you are talking about another long break just two or three years later. That's a different story."

Though most women aren't ashamed to say that their career is a priority in their lives, many hesitate to admit that it plays a role in whether they have a second child. In fact, the women we spoke with who are grappling with this choice refused to allow us to use their real names.

Such is Susan Glasser, a psychologist, who has not worked since three-year-old Jennifer was born. "My career as a therapist is an all-or-nothing undertaking, so I can't possibly go back to work until Jennifer is in school," she says. "My work demands the same kind of energy that raising a child does, and that is why I've put it on hold. Of course, if we decide to have another child, I would be away from work that much longer."

Another factor affecting a couple's decision to have a second baby is a woman's age when she had her first child. As Fretta Reitzes, associate director of the Parenting Center at New York City's 92nd Street Y, says, "A woman who has waited to have her first child until she was in her mid-thirties finds the question of a second child more pressing the closer she gets to forty. Can she go through it all over again?"

What's more, a woman's fertility level decreases dramatically after the age of thirty-five, so an over-thirty mother has a limited amount of time left in which she can still have another baby. And the older the mother, the greater the risk of her child's being born with birth defects.

Other couples cite the sheer economics of an additional child as reason enough for stopping at one. Some experts estimate that a child will absorb about 30 percent of her parents' annual income, costing them upward of $85,000 just for food, clothing and education to age twenty-one. Even though a second child costs less than the first does to age eighteen—because toys, clothes and other items from the first child can be recycled—it is still a hefty sum, states Joan Solomon Weiss in her book *Your Second Child* (Summit Books, 1981).

Like many women, Betty McDonald, the mother of two daughters, was worried whether she and her husband could afford to raise another child. Betty's a homemaker, her husband is a builder and they live in a modest two-bedroom house with a large mortgage. They also wondered whether they had enough room for two or if they would have to find another house. After long consideration, they finally decided to have that second child. "It seemed terrible to base the size of our family on such cold considerations," she says.

A less practical, but equally compelling consideration in deciding whether to have a second child is just what kind of baby the first child was. "Our daughter was extremely difficult," says Susan Glasser. "We didn't get a full night's sleep until she was twenty months old. The memories of Jennifer's early months make me hesitate to have another child."

But despite all the reasons that make couples think twice about having a second child, there are just as many reasons, good



Tom Arma

and bad, that encourage them.

One reason is "because everyone else is." Debbie Mason, a thirty-four-year-old mother of two, explains, "I always imagined that I would have two children by the time I was thirty. And all my friends seemed to be doing just that. But financially it wasn't practical for us. Besides, my husband was still getting used to having one child around. Looking back, I'm glad we waited."

Unfortunately, some parents decide to have another child to improve their marriage. "Usually the pressure of another child—the time demands and the added costs—makes things worse," says Jonathan Kellerman, Ph.D., a pediatric psychologist and the author of *Helping the Fearful Child* (Norton, 1981).

Other couples have a second child to please their in-laws or their parents. As Richard Rubin points out, "Couples start hearing the old refrain, 'When are you going to give Billy a little playmate?' around the time their first child turns two."

Yet many couples tend to share their parents' attitude and want to have another child. Despite numerous studies that demonstrate how well-adjusted an only child can be, some parents still feel that only is lonely.

Though a child does not suffer by being raised alone, many parents recognize there are advantages to having a sibling. Marilyn Dean, thirty-three, now pregnant with her second child, says, "I am totally against raising an only child. There is much too great a burden to be a 'good' child. That role is too much for one person.

"My husband and I also feel it is important for our son to have another person to bond with—a peer in the family to take major psychological and emotional risks with," she adds.

Of course, siblings aren't the only ones to benefit from the second child. Another child offers parents the opportunity to relive moments they enjoyed with the first. When a child is about a year and a half and becomes slightly more troublesome as she nears the terrible twos, parents start wishing for a helpless baby again, explains Rubin.

"I can see how people decide to have another," says one mother. "At each stage, I find the baby so thrilling that I wish I could freeze him. I find I am actually yearning to reexperience the moments I loved so much."

So when should a couple actually have that second baby? Most psychologists say that children should be spaced no closer than three years apart. Some reasons: the child's emerging concept of self, his ability to separate from his mother, as well as more practical considerations like the parents' physical and mental well-being.

Even though the experts offer this ideal timing as a standard, many couples still choose to deviate from it. According to one mother, she and her husband planned to have closely spaced children (twenty months apart) because she grew up with a sister who was fourteen months younger and they got along beautifully. "I expected my children would do the same," she explains. "And I was lucky—they did."

Other mothers, such as Debbie Mason, chose to defy the experts in another way. Debbie had her second child when her first was six. "Because Hilary is in school most of the day, I have plenty of time alone with the baby," she says. "Then in the afternoon when the baby naps, I have time to play with Hilary and do projects."

No matter how old the first child is when the second is born, he will undoubtedly have some type of adverse reaction to the new addition to his family. Although any child between two and four will have trouble accepting a newcomer, says Kellerman, almost all children do adjust.

Yet no matter how you space your children, one of the many joys of having more than one child is watching two completely distinct personalities develop. Because parents tend to be more relaxed and less interfering, anxious and controlling with their later-born children, these kids can be real treasures: less clingy, more independent and friendlier, says Joan Solomon Weiss. Perhaps the best part of having two is that you get a chance to experience something different: If you've had trouble with your first, you may get an angel for the second (of course, the reverse can happen, too).

When it comes right down to it, the decision to have a second child is not something anyone can really help you with. "It's what your heart, your emotions and your instincts tell you that counts," says Fretta Reitzes.

As Kellerman points out, "People may sound ambivalent about having another child, but generally deep down they know whether they really want to or not."

"I can't believe I ever hesitated," says a mother of two sons, nine and five. Having just one child is more like an experiment: 'Let's see what it is like and then go on with *our* lives' seems to be the attitude. Two is a positive statement: 'We want a family.'"

Whatever you and your husband finally agree to do, your decision about a second child should be made for the same reason you decided to have your first: Because you want another child and for no other reason.

CAMEL LIGHTS

It's a whole new world.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

mg. "tar," mg. nicotine av. per cigarette by FTC method

R. J. REYNOLDS TOBACCO CO.

PERIODONTAL DISEASE: The Number One Threat to the Adult Mouth. Janet M. is a successful 31-year-old Chicago real estate broker who watches her weight, exercises regularly, disdains smoking and brushes her teeth twice a day. Clearly typical of a new health-conscious generation of Americans, Janet takes pride in her appearance and considers herself "in excellent health."

But until last summer, Janet had not visited a dentist in about five years, believing that twice-daily brushing was all she needed to maintain healthy teeth and gums. As a youngster under parental guidance, Janet had regular dental checkups but discontinued the practice shortly after graduate school.

"As I got older," she recalls, "I never seemed to have any cavities anymore. I would get my teeth cleaned, and the dentist would tell me I was fine, no problems. Finally, I started wondering, 'What's the point? Why do I need all these dental visits?'"

Janet began to ignore the appointment-reminder notices sent by her dentist. About a year after her last dental visit, she began to experience (but ignored) certain conditions of the mouth that might have tipped her off to the onset of periodontal disease: chronic bad breath and gums that bled when she brushed her teeth.

"I really paid no attention to the bleeding and bad breath," remembers Janet. "I thought that if I had any real problems, I would feel some pain, that my teeth or gums would hurt. There was no pain, so I assumed I was all right."

Now, years later, Janet knows she was not all right. And she looks back with deep regret at having ignored her bleeding gums and bad breath—two common early warning signs of gingivitis, a first stage of gum disease characterized by an inflammation of the gum tissues that is often painless and slow to develop.

Periodontal disease, research shows, is linked directly to dental plaque—a sticky, colorless film of bacteria that forms constantly in the mouth. Unless bacteria are removed daily through proper brushing and flossing, they begin to colonize, forming plaque. The plaque eventually hardens into a gritty substance called calculus, which collects on the teeth and can only be removed by a dentist or dental hygienist. Though Janet brushed her teeth regularly, she did not floss. Failing to do so allowed plaque to build up betwee her teeth and along the margin whe the teeth meet the gums. To make matters worse, Janet stopped seei her dentist, the health care profes sional who could have helped her avoid the disease now attacking h mouth—or diagnosed it early, befo it became truly destructive.

"Gum disease is, by nature, prc gressive," says Dr. Sheva Rapoport a Pennsylvania periodontist (a der tist who specializes, through post-graduate training, in preventing an treating gum disease). "Unless a de tist intervenes to halt the disease progress, conditions will proceed from bad to worse and from worse possible tooth loss," warns Dr. Rap port, a consultant to the American Dental Association.

Left to spread unchecked, the ba terial plaque and calculus engulfin Janet's teeth inched below the gun line to occupy the space between gum tissue and teeth. Pockets of disease gradually formed under th gums, filling with an unpleasant mil fluid. As time passed, the pockets grew deeper. Still Janet felt no pain Aside from the light bleeding and fo

Look what brushing and flossing



eath, she had no symptoms that ght have raised the red flag of arning. She suspected nothing.

Gingivitis, which means literally nflammation of the gums," progressed to periodontitis, a more dvanced stage of periodontal disse. Eventually, the bones that nchored and supported Janet's eth began to deteriorate.

One morning last summer, Janet ad a rude awakening. Standing efore her bathroom mirror, she obrved that several of her lower front eth (the chisel-like incisors) had ifted positions. Once straight and operly aligned, they now appeared owded and out of kilter. She went xploring. A molar on the right side eemed to wobble under her touch. er gums looked puffy, discolored, vollen. Frightened by these obserations—and the prospect of lost eth they seemed to foretell—Janet lephoned her dentist for an appintment. It had been nearly five ears since her last dental visit.

"By the time a patient notices a ose tooth, it could be too late," eports Dr. Erwin Barrington, profesor of periodontics at the University f Illinois and president of the Ameran Academy of Periodontology. "The key to successful treatment is early detection and diagnosis."

Had Janet not ignored the early warning signs of disease—in her case, bleeding gums and bad breath—she might have taken her troubles to the dentist while the disease was still new and easily managed. Treatment for early gingivitis is often no more complicated than a thorough professional cleaning, coupled with improved home care and regular dental checkups.

As it was, Janet waited until the problems in her mouth had progressed to a destructive state. After an initial dental visit, when the seriousness of her condition was diagnosed, she was referred to a periodontist who informed her that the bones supporting her teeth had begun to wear away to the point of deformity—which explained the shifting and looseness of her teeth. Treatment at this stage is more complicated and often costly.

To date, Janet has undergone periodontal surgery twice, and she's scheduled for a third operation. She has lost two teeth that could not be salvaged because of excessive bone loss. She has missed uncounted days of work and paid out more than a thousand dollars in a desperate quest to save her remaining teeth and restore her good oral health.

"I stopped going to the dentist because I thought it was too expensive," she says now, mindful of the irony in her statement. "Regular dental checkups were a bargain compared to this. If I'd continued the dental visits, I might have avoided all this complication and expense. The money isn't the main thing, though. After all, how do you place a value on a lost tooth?"

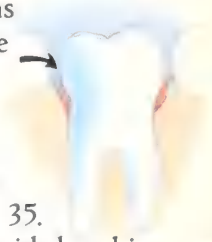
Periodontal disease afflicts nine out of 10 people in the course of their lives. Long regarded an ailment exclusive to adults, it has been detected in teenagers and even young children. More than half of all adults over age 18 have the disease at least in its early stages. And perhaps the most startling fact of all: periodontal disease is responsible for 70 percent of all tooth loss.

Only half of Americans see a dentist within a given year. As a consequence, a great deal of oral disease in this country goes untreated. The cost of chronic neglect runs high, and it is paid in missing teeth. *This material on dental health was prepared by the American Dental Association.*

just missed.



There's a whole mouthful of problems hidden in small pockets just under the gumline. Like minute food particles. And irritating debris and residues.



You can't see them. But they can contribute to serious gum disease—the major cause of tooth loss in adults over 35.

Effective oral hygiene doesn't stop with brushing and flossing. To flush microscopic particles from below the gum line, you need the Water Pik® Appliance.

Using 1,200 bursts of water per minute, it cleans safely. Quickly. Effectively. While at the same time, massages and stimulates your gums.

And deluxe models with the Water Pik Plus Feature let you use anti-bacterial solutions for more effective care.

Now, you can even add mouthwash or salt solution.

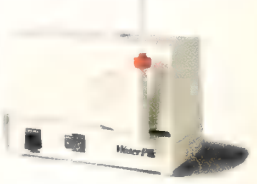
WATER PIK® PLUS FEATURE

Acceptable

Ask your dentist about the Water Pik appliance. Because you might be overlooking something very important.

TELEDYNE WATER PIK

If it's from Teledyne Water Pik you'll feel good about it.



© 1985 Teledyne Water Pik


Lightweight sunglasses are in fashion.
VIENNALine
Viennaline sunglasses. Made from unique Optyl® epoxy resin material. Lightweight and hypoallergenic. They guarantee excellent comfort and fit and always retain their shape. High quality CR-39 lenses protect your eyes against harmful rays and glaring light and are available in fashionable color tints. Ask your eyecare professional for Viennaline sunglasses. It's a pleasure to wear them.

Some women know how to live!



Now, this is living! Feel the silkiness. Experience the softness, the sheerness and the fantastic fit. So silky. Step into new Silk Reflections pantyhose and you'll know, this is living.

The silken sensation.

Available in selected areas. © 1985 Hanes Hosiery, Inc.

There's only one word in dog food better than Mainstay®

BRAND DOG FOOD

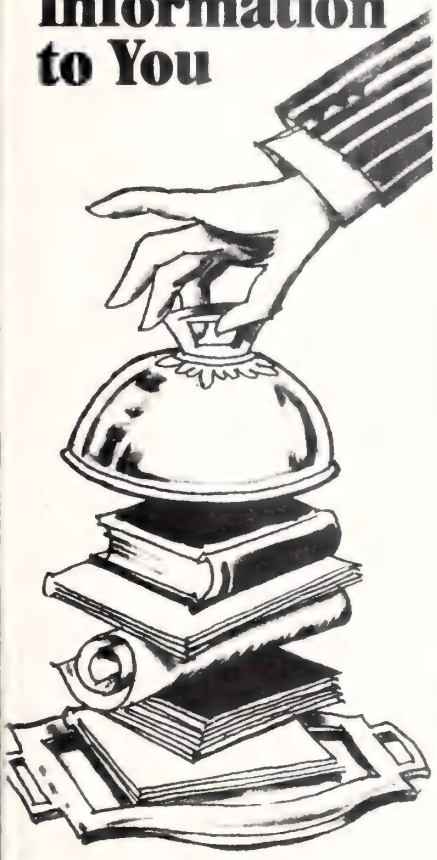


Get your free Rubbermaid® bowl in large size bags of bargain priced Mainstay. Start your collection today.



Helping pets live longer, healthier lives™

Bringing Government Information to You



Information from the Federal Government on subjects ranging from agriculture to zoology is available at Depository Libraries across the nation.

You can visit these libraries and use the Depository collection without charge.

To find one in your area, contact your local library or write to the Federal Depository Library Program, Office of the Public Printer, Washington, DC 20401.

Federal Depository Library Program

This program is supported by The Advertising Council and is a public service of this publication.

Sally and Rita talk about their most important "supporting" roles.

"For years, I've not only admired Rita Moreno as a Broadway star and super entertainer—I've also come to love her as a close, caring friend. So I wasn't surprised when Rita decided to help defeat poverty one child at a time by joining the Christian Children's Fund team. In fact, we both feel our sponsorships of desperately poor children have become our most meaningful supporting roles ever.

"Personally, I get a deep sense of satisfaction from knowing what my help means for David, my sponsored child in Bolivia. He gets warm clothing, nutritious food, a chance to go to school and medical attention. The letters we exchange really let us feel part of each other's lives, too."



Rita Moreno is giving the performance of a lifetime for Makwa.

"I'm so glad I can help six-year-old Makwa of Uganda. His father is crippled and earns what little money he can doing small carpentry jobs. But it's not nearly enough to buy nutritious food—and the family must live in a tiny thatch-roofed mud hut. Without my sponsorship Makwa simply wouldn't get an education, wouldn't have even one decent meal a day—and almost certainly wouldn't have any real hope for a happy, healthy future.



"Through CCF, I'm able to give Makwa all this help for just $18 a month—that's only 60¢ a day. And it's the best $18 I spend, because I know what a tremendous improvement it's making in Makwa's life."

Sally explains how easy it is to sign up for a supporting role.

"You don't need to send any money now—just mail the coupon. CCF will send you a child's photo and family background, and explain exactly how the child will be helped.

"Then you can decide whether to join Rita, me and thousands of other CCF sponsors. We're all sharing just a little of our love and good fortune with a poor child. So please open your heart and mail in the coupon now. There's a big part in the Christian Children's Fund cast for you."

Photo by Grant Edwards



Send Your Love Around The World.

Dr. James MacCracken, Executive Director, Christian Children's Fund, Inc., Box 26511, Richmond, VA 23261

☐ I wish to sponsor any child who needs my help.
I prefer to sponsor a ☐ boy ☐ girl ☐ either in the country checked below:

☐ Bolivia ☐ Colombia ☐ Honduras ☐ Indonesia ☐ Mexico ☐ Thailand ☐ Uganda
☐ Brazil ☐ Guatemala ☐ India ☐ Kenya ☐ Philippines ☐ Togo ☐ Zambia

(If you would like to sponsor more than one child, please specify the number in box(es) of your choice.)

PLEASE SEND MY INFORMATION PACKAGE TODAY

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $18 within 10 days. Or I'll return the material so you can ask someone else to help.

☐ I prefer to send my first monthly payment now; enclosed is $18 for each child.

☐ I cannot sponsor a child but I'll give $_____ to the Christian Children's Fund Growth Fund (provides expansion of services in a hungry world).

Mr. Miss
Mrs. Ms _____

Address _____

City _____ State _____ Zip _____

IN THE U.S., CCF, Box 26511, Richmond, VA 23261
IN CANADA, CCF, 2409 Yonge St., Toronto, Ontario M4P 2E7 OLHJ62
Gifts are tax deductible. Statement of income and expenses available upon request.

Christian Children's Fund, Inc.

Whisper it off with a rose petal.



Removing unwanted hair on face, arms or legs has its drawbacks. Waxing or electrolysis are painful and expensive. Ordinary depilatories leave lingering odors or may irritate skin.

BU·TO, however, created by British cosmetologists, has a mild and unique formula. It works gently, in minutes. Leaves your skin hair-free and petal-smooth with a delicate rose fragrance.

BU·TO costs a little more. But then, it's your skin. And your confidence.



Leaves the scent of a rose as it smooths away hair.

At fine cosmetic counters. For name of one near you, call toll-free: (800) 327-0172. In Florida: (305) 368-7997.

GREEN THUMB JOURNAL

Q *Now that the weather is getting warm, I'd love to buy some flowering basket plants for my porch. Could you give me some suggestions?*

A The summer months are perfect for flowering basket plants. In windows, the display makes a beautiful curtain of color at eye level, breaking the glare of the sun and replacing boring blinds. On a porch, a row of flowering baskets is one of the gayest spectacles.

The plants we list below will be in constant bloom now through the fall; some will even last through the winter. Hanging baskets are a far better choice for these plants than pots or window boxes, because they simply grow too big for most containers, crowding one another and flopping over the sides. They need room to hang their leaves and stems without interference.

Angel's trumpet (Brugmansia). Very popular in the South- this plant when in full bloom its [illegible] trumpet-shaped [illegible] yellow, pink, and [illegible] they grow best in the [illegible] but [illegible] smoggy city- [illegible] bloom [illegible] from [illegible] number

Browallia. An old favorite for baskets. The bright-blue cup-shaped flowers are translucent and very delicate.

Cape primrose (Streptocarpus). This plant is more popular than the African violet in England, and it's no wonder: Each of its long stalks will bear from three to six buds of gorgeous, trumpet-shaped flowers. Broad, long, ripply-curving leaves are an added attraction. They like cool nights and good ventilation. Blooms best in spring and summer.

Episcia, the flame violet. This plant features sparkling clusters of one-inch tomato-red flowers that lie on overlapping leaves. Stems and leaves dangle gracefully over the edge of the basket. Likes partial sun.

Fuchsia. The flowers of this elegant, popular plant are shaped like parachutes and come in many surprising color combinations. They like filtered sun and cool nights, doing much better in the country than the city.

Geraniums. The types of this plant best suited to baskets come with green, zoned or variegated leaves and bear white, pink or red flowers in different tints throughout the season. They can be grown in ordinary garden soil and prefer plenty of sun.

Goldfish plants (Columnea). These flowering plants have a magnificent appearance and are easy to grow, so it is surprising that they are not more popular. Perhaps that is because most are really happy only in baskets—they are the most dangly of danglers, with stems sometimes dropping six feet. The flowers are tubular, roughly three inches long, and come in yellow, red or a combination of the two. If you prefer a more compact plant try chanticleer, a different species of the Columnea genus. It makes up for its size by blooming throughout the year.

Lipstick plant (Aeschynanthus). The flowers of this plant really do look like lipstick: The brilliant orange and blood-red petals fold into a tube and grow in clusters at the tips of the branches. Most species of this easy-to-care-for genus are not, unfortunately, frequent bloomers. The one exception: *A. hildebrandtii*, a shorter plant with more upright branches and flowers appearing from all the joints.

Lobelia. These little sky- and cobalt-blue flowers are annuals and always in bloom during the warm months. Splendid for a small basket.

Monkey flower (Mimulus). The large flowers of this plant, divided into zones of rich browns and bright yellows, are among the easy annuals for baskets. They prefer partial sun. Root cuttings for winter bloom.

Nasturtiums. The fragrant flowers of this herb look beautiful trailing from a basket. Their yellow and orange trumpet-shaped blossoms bring sunshine indoors. *Watch out for aphids*, those tiny green bugs that also infect roses. Likes bright sun.

Petunias. Another annual that does beautifully in a basket, petunias come in almost all colors. Cuttings root very easily and can extend the bloom season right through the winter in a bright window. Best in plain garden soil.

Pouch flowers (Nematanthus). These fine branching trailers produce quantities of pouches that dangle from the joints or stalks. Best in partial sun.

Pink carousel. A species of the vinca vine that blooms all year. It's a new addition to the basket repertory and a tough, easy-to-care-for performer.

Though this list is far from complete we hope that our choices will inspire you and help you to get started. A word on care: Plastic baskets with saucers attached are the most convenient containers, but we prefer wire baskets that can be lined with packaged sheet moss and filled with soil. Drench these plants regularly—they need lots of moisture. The best way to water the plants, if you have them indoors, is to take them to the tub, give them a shower and drain them before rehanging. Fertilize the plants weekly with a balanced (20-20-20) formula.

—GEORGE A. AND VIRGINIE F. ELBER



Taste the pure juice and nothing but the juice.

Taste the pure goodness of apple juice with no added sugar. No preservatives. No additives. Nothing but the goodness of nature itself. Taste the clean freshness of pure Tree Top apple juice. It's 100% pure. 100% natural. 100% delicious. Perfect for the healthy way you live and play. Purely made to Tree Top your day.

Manufacturer's Coupon • No Expiration Date



Save 20¢

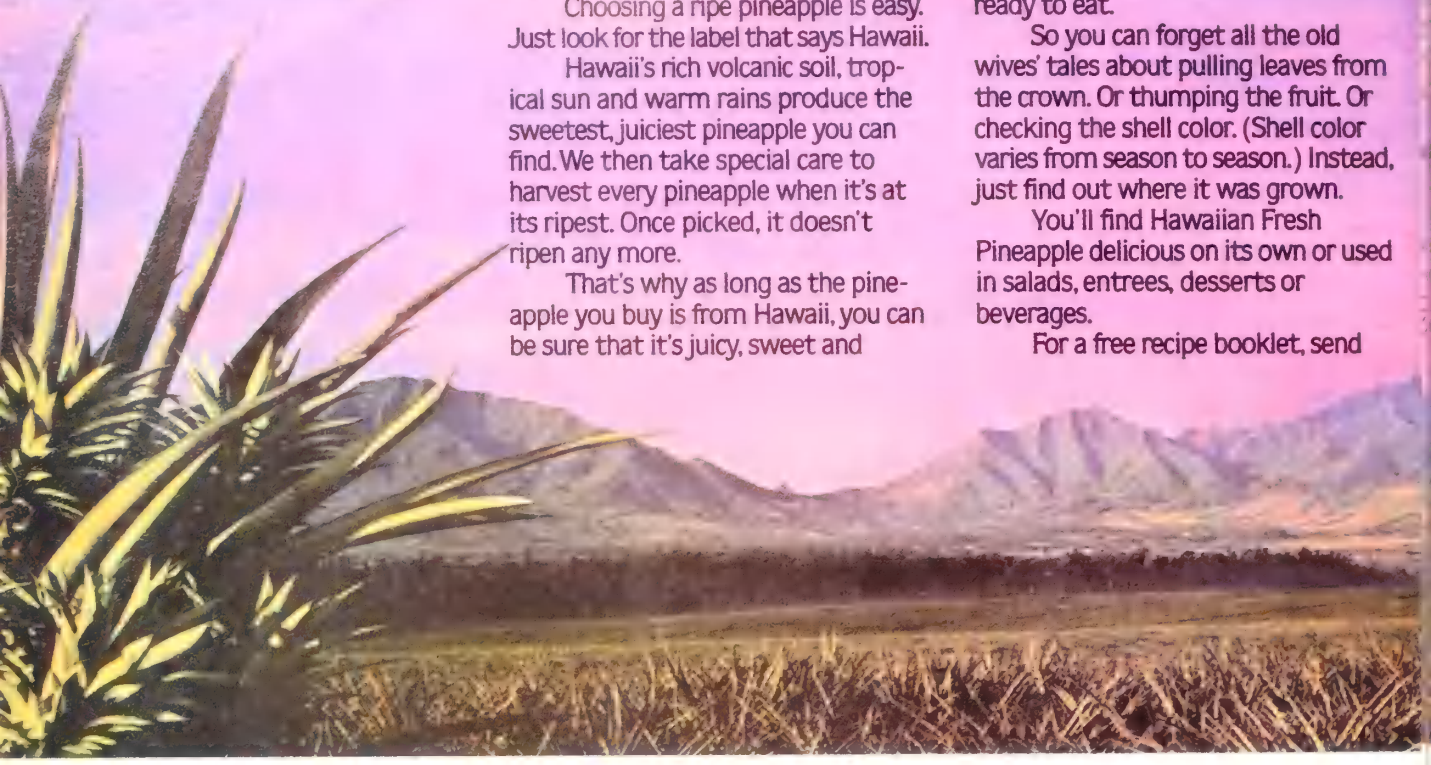
On Tree Top regular or natural Frozen Apple Juice, 12 or 16 oz. size.

Mr. Retailer: Tree Top will reimburse you for the face value of coupon, plus 8¢ handling, provided you redeem it on products indicated. Any other use constitutes fraud. Invoices supporting purchases may be requested. Coupon may not be assigned or transferred. Customer must pay sales tax. Void where taxed or regulated by law. Good only in U.S.A. Cash value 1/100¢. For redemption mail to: TREE TOP, INC., P.O. Box 1448, Clinton, Iowa 52734. Limit one coupon per purchase.

TREE TOP

28700 108088

HAWAIIAN FRESH PINEAPPLE. ALWAYS RIPE, JUICY & READY TO EAT.



Choosing a ripe pineapple is easy. Just look for the label that says Hawaii.

Hawaii's rich volcanic soil, tropical sun and warm rains produce the sweetest, juiciest pineapple you can find. We then take special care to harvest every pineapple when it's at its ripest. Once picked, it doesn't ripen any more.

That's why as long as the pineapple you buy is from Hawaii, you can be sure that it's juicy, sweet and ready to eat.

So you can forget all the old wives' tales about pulling leaves from the crown. Or thumping the fruit. Or checking the shell color. (Shell color varies from season to season.) Instead, just find out where it was grown.

You'll find Hawaiian Fresh Pineapple delicious on its own or used in salads, entrees, desserts or beverages.

For a free recipe booklet, send

GREEN THUMB JOURNAL

Q *I have a Boston fern that is crowding the pot, and some of the leaves are turning brown. What should I do?*

A Your plant is pot-bound, which causes some of the clusters of leaves and roots to start dying. Old age also contributes to the plant's deterioration. To revive your fern, knock the root ball out of the pot and onto a spread-out of newspaper. Notice that it grows in distinct clusters and that some have turned brown. Simply rip out the dying clusters, roots and all. You now have two choices. Replant the remainder in a larger pot or divide some of the smaller clusters and pot them separately.

Each cluster is tied to another by a fine root, or stolon. Pull the clusters apart and snip the root with a pair of scissors. Using standard houseplant mix—a mix of three parts peat moss and one part perlite. Be careful to set the plant [illegible] soil and water well. Keep the top of the soil and pot with a piece of [illegible] wire as for [illegible]

Dividing plant several clusters at [illegible] one to a pot. Keep the plants warm, moist and in low light for at least three weeks. If your clusters have long, dangling, green threads (the new stolons), these can be pinned into smaller pots around the mother pot; they will eventually root.

Q *I've been unable to find a proper trellis for my windows. What should I use?*

A If you want to grow vines around a window, some form of trellis is certainly needed for them to climb on. Normally, we think of an outdoor trellis made of wood slatting in big, fan shapes or long, narrow rectangles. In the house, they are difficult to fit to a window and block out too much light. Instead, we use either chicken wire or an aluminum trellis.

Chicken wire comes in rolls that can be cut to any length or width with shears. It can be hung from the top of the frame and held in place at the bottom with cup hooks.

Aluminum trellises are sold in panels with an aluminum rod, top and bottom, for attaching. To shorten, remove either rod, unhook the ends of a row of aluminum wire, slip it out, separate the two pieces, and slip the rod back into place at the bottom of the length you wish. Suspend and attach it in the same way as the chicken wire.

Both types of trellis can also be extended across the top of a window. The aluminum trellis holds its shape better and lasts longer.

Q *I have an open field and some sparse woods where I would like to start a wildflower garden. Can you recommend a source for seeds?*

A Don't confuse wildflowers with bedding plants. Wildflowers are sown in "open fields and sparse woods," in marshy places or on the edges of brooks. Usually the seed is hand scattered. If the landing place suits the plants they seed themselves and grow independently from then on, spreading through the area naturally.

Park's 1985 Flower and Vegetable Catalog (free) offers an extensive list of individual wildflower seeds and several mixtures for different climates. The address is Geo. W. Park Seed Co., Inc. Greenwood, SC 29647.

Some of our favorite wildflowers are the scarlet Indian plant brush, blue sage, tall blue tulip gentians (Eustoma) and orange butterfly weed, a brightly colored relative of the common milkweed.

—GEORGE A. AND VIRGINIE F. ELBERT

elf-addressed, stamped envelope to:
ıe Pineapple Growers Association
Hawaii, 747 Front Street, San
ancisco, CA 94111.
And next time, look for the
neapple that's always ripe, because
s picked by the experts.
Look for the label that says
ıwaii.
INEAPPLE GROWERS
SSOCIATION OF HAWAII



EASY LIVING JOURNAL

KITCHEN ORGANIZATION

Want to cut your cooking time in half? A pinch of ingenuity and organization will make cooking, meal planning and delegating chores a breeze.

ORGANIZING KITCHEN EQUIPMENT

Putting equipment, ingredients and recipes in order can streamline your cooking time by eliminating the time often wasted in locating such items.

- Arrange spices from A to Z. Line up your collection of spices, condiments and flavorings in alphabetical order. Using permanent marking pen, number each one consecutively.
- Organize other food items. It's a good idea to store like items in the same area of your cupboards. Classifying items helps you locate them quickly: it also will help to alert you when you're almost out of a supply.
- Label shelves. Use a label maker or sticky-backed labels to mark sections of shelves, drawers and cupboards with the names of items stored there. For instance, if you label one shelf in a cupboard "saucepans" and another shelf "cookie sheets," etc., anyone cooking, setting the table or putting away dishes can find or replace things easily.
- Make recipes easily accessible. Keeping your family's favorite recipes in one place and in good order will save time hunting through drawers, files or cookbooks. A color-coded Rolodex file makes a handy recipe holder.

STREAMLINING MEAL PLANNING

These tips can help you cut down on meal planning time.

- Menu calendar. An inexpensive desk blotter calendar can help you plan your menus for the entire month at one sitting. Knowing what groceries you need well in advance can help you take advantage of sales and coordinate food shopping. You'll also avoid cooking the same meals week after week.
- Meal planner. You may want to create a file of your family's favorite dinner menus. List the preferred entrees on 3x5-inch cards (one entree per card). On the back of each card list salad, vegetable and other side dish suggestions, along with one or two desserts your family might like with the entree. For instance, if you list spaghetti on one side of a card, you might list green salad, garlic bread, Italian vegetables and chocolate mousse on the other side of the card. To plan your menu, simply pull cards at random.

DELEGATING COOKING AND MEALTIME TASKS

Delegating cooking and mealtime tasks to other family members teaches kitchen skills as well as responsibility. These suggestions can help.

- Cook of the week. It's a good idea to assign older children one week as "cook" on a regular basis. The child should do all planning, preparing and cleaning up for the meals that week. You can review planned meals together in advance to help teach the child nutrition, cooking and shopping techniques.
- Spin-the-wheel chart. This easy-to-make game will allow family members to "spin" for their own kitchen duties. Cut a large circle from posterboard. Decide which of the kitchen cooking chores you want to assign, then divide the circle in the appropriate number of sections and mark each section with a chore. Make a pointer by fastening a cardboard cutout arrow to the center of the circle with a brad so that the arrow can be spun. Family members can simply spin for their chores.

—DIAN THOMAS

EVAPORATE THE OBSTACLES TO PERFECTLY IRONED CLOTHES.



Announcing the first iron that's designed to make linen, silk, thick wool as manageable as polyester. And it isn't even an iron. It's the Simac Ironing System. Using a separate filtered water reservoir, the Simac can produce unprecedented amounts of steam. Continuously or in a single powerful blast. Flat or in an upright position for hanging fabrics.



Add to that its heatproof pad and retractable cord, and you begin to see why the Simac is rather expensive.

However, compared to the crisp pleat, the beautifully shaped lapel, the meticulous cuff, what's a little dent in the pocket?

SIMAC® DESIGNED BY PERFECTIONISTS. FOR PERFECTIONISTS.

S·T·A·R G·U·I·D·E

FOR JUNE

ARIES (Mar. 21–Apr. 19) Talk over your ideas with old friends—their advice could save you a lot of frustration. Taking on too much could jeopardize your own plans. Do one thing at a time.

TAURUS (Apr. 20–May 20) More attention should be given to your family's finances. Investigate ways to save money and supplement your income. Taking action will make you feel that you have more control over your life.

GEMINI (May 21–June 20) June is an excellent time for getting results. Be [illegible] and say what is on your mind. You have been putting up with [illegible] now you can get on to more productive [illegible] projects and goals.

CANCER (June 21–July 22) Creativity is the key word this month. Don't be afraid to express your ideas. Others will be impressed by your originality. Romance is also highlighted.

LEO (July 23–Aug. 22) Your social calendar will be busier than usual. Seek out witty, stimulating people who share your interests. New acquaintances will later become close friends.

VIRGO (Aug. 23–Sept. 22) Major changes are happening in your life—you can now attain some of your most important ambitions and goals. Do everything you can to make this period fruitful. This month, opportunity finally may knock on your door. Be ready.

LIBRA (Sept. 23–Oct. 22) You and your family can get many benefits from attending community meetings. The information you hear at this time will help you get the most out of your activities. A trip may give you ideas.

SCORPIO (Oct. 23–Nov. 21) Ignoring your bills and other financial responsibilities creates a lot of anxiety. Get all your finances up-to-date, and discuss remaining difficulties with your advisors, bank manager or accountant. Don't go on a spending spree!

SAGITTARIUS (Nov. 22–Dec. 21) Interpersonal relationships are never easy. But your wonderful sense of humor and your ability to see the philosophical side of things come to your aid this month. Now you can stop worrying and putting unfair pressures on loved ones. Read contracts carefully.

CAPRICORN (Dec. 22–Jan. 19) Reorganize your eating, exercise and work habits. You may not have the proper nutrition and energy to handle all of your responsibilities. Instead of complaining, change your habits, and be more optimistic and flexible.

AQUARIUS (Jan. 20–Feb. 18) This is an important month for romance. Always look your best, for you may suddenly be invited out to meet new and exciting people. Although love makes footloose Aquarians nervous, the time has come for many of you to settle down and make a commitment.

PISCES (Feb. 19–Mar. 20) This is a home-improvement month for Pisces. Buy new furniture, do repairs and painting, and get your whole environment bright and cheerful. Ask for volunteers if you have heavy physical work to be done. —FREDRICK DAVIES

© 1984 B&W T Co

If your ultra light is ultra boring, why do you still smoke it?

Because you probably think that's the sacrifice you have to make. Well, not any longer. We've just made ultra lights you don't have to make any sacrifices for. At least not on taste. And not on satisfaction.

New Barclay Ultra Lights. We gave Barclay a new blend of tobaccos for a smoother, more satisfying flavor. And our patented filter delivers more smoke right where you can savor it. So when you smoke Barclay, you get a full, rich tobacco taste. The kind of taste you'll find exciting to stay with.

But don't just take us at our word. Call us at 1-800-228-5990,* and we'll send you a free pack to try. Then you'll be convinced an ultra light doesn't have to be ultra boring.

*Offer limited to California and Kansas residents at least 21 years of age. Limit 1 per household. Offer expires two weeks from cover date of this publication.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

New Barclay Ultra Lights.



Man should not live on hamburger alone.

Grill up Hillshire Farm Smoked Sausage instead.

From Original Smoked Sausage to Polska Kielbasa to CheddarWurst Links—everyone will agree it's downright delicious! Because Hillshire Farm gently smokes its sausage with its own special blend of four natural hardwoods. Giving you an old-fashioned smoked flavor that cooks up America's great-tastin' meals.



HILLSHIRE FARM COUNTRY GRILL

Makes 8 kebabs

- 1/3 cup honey
- 1/4 cup spicy brown mustard
- 1/4 cup vegetable oil
- 1 Tb soy sauce
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 8 pearl onions (or small onion wedges)
- 1 medium zucchini, cut into 1-inch pieces
- 1 1/2 lbs **Hillshire Farm Beef Smoked Sausage** or **Original Smoked Sausage**, cut into 24 1-inch pieces
- 2 medium green peppers (1 red if available), cut into bite-sized pieces
- 8 mushroom caps

Prepare marinade by combining honey, mustard, oil, soy sauce, garlic and ginger; blend thoroughly. Add sausage and onions; cover and stir. Marinate 1 hour or more, stirring occasionally. Assemble skewers by alternating sausage, vegetables as desired. Grill or broil 4 minutes, turning and basting with marinade if desired.

For more delicious recipes

Hillshire Farm gives you great-tastin' meals.

Hillshire Farm

LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

Cheese it up!



Introducing KRAFT Pour on the Cheese Cheese Topping

It's the first cheese topping that pours. Cheese-up vegetables! A taco! A baked potato! Now you can pour the zesty flavor of real cheddar on all your favorite foods. New KRAFT Pour on the Cheese Cheese Topping. Made with real Kraft cheddars and other wholesome ingredients. Look for both Mild and Sharp varieties in your grocer's dairy case. Cheese it up!

KRAFT

© 1984 Kraft, Inc.

JOURNAL AROUND THE HOUSE

CHOOSING A MINI-VACUUM

If you wrench your back every time you pick up your clumsy, vintage-sixties vacuum cleaner, we've got a solution for you: the mini-vacuum. Though most of these pint-sized machines are not as powerful or versatile as larger ones, they are lighter, more maneuverable and easier to store—the perfect choice for apartment dwellers and the elderly. The price is right, too—almost all of these machines are under $100, and many are under $50.

Mini-vacuums come in a wide variety of models. To help you choose the one that is best for you, we've compiled the following list, beginning with the smallest and least expensive.

Cordless, rechargeable hand vacuums. Designed for spot cleanups, these vacuums make quick work of cookie crumbs, flour or sugar spills in the kitchen, sawdust, and thread snippets. They're also great for cleaning the rugs and upholstery of your car. Since they're hand-carried, they have unlimited range. As for drawbacks, these machines have low suction power, and the batteries need to be recharged often. Most cordless models weigh less than three pounds and cost under $40.

Plug-in hand vacuums. Although these small electrical vacuums look like the cordless models, they are much more powerful. In addition to small spot jobs, they can handle dusting, light cleaning of upholstered furniture, draperies and venetian blinds. One brand even plugs into your car's cigarette lighter for a quick upholstery cleanup. Most of these machines come with two attachments and weigh between two and four pounds. Cost, from $49 to $100.

Lightweight electric brooms. These vacuums are great for cleaning uncarpeted floors and flat-weave rugs. Don't confuse them with regular electric brooms—they are lighter, slimmer and more practical for small jobs. They also strap onto your shoulder, making stairs, draperies and furniture much easier to reach. Most lightweight electric brooms weigh five to six pounds and come with carpet and upholstery nozzles, dusting brush, floor brush and crevice tool. Prices range from $60 to $75.

Over-the-shoulder portables. Unlike lightweight electric brooms, these machines are solely made for over-the-shoulder cleaning. They have more suction power and a larger dust bag than the ones mentioned before, but they're also heavier (six to ten pounds). They are recommended for stairs, draperies and furniture. Most come with a flexible hose, two extension wands and four or five cleaning tools. The main disadvantages: They are not suitable for deep-cleaning rugs and are too heavy to carry comfortably. Compare various brands for weight and maneuverability. Prices range from $50 to $88.

Portable mini-canister with wheels. These vacuums are simply smaller versions of the conventional canister vacuum cleaner. Different brands vary considerably in power and weight, so be sure to comparision-shop. Some mini-canisters have a powered nozzle brush that is terrific for cleaning medium and deep-pile rugs. Most brands are equipped with a flexible hose, upholstery brush, two extension wands, carpet nozzle, dusting brush, crevice tool and floor and wall brush. These machines vary in weight from eight to eleven pounds. Prices range from $5(
to $100.

—DIANE HARRI





Kill tomorrow's fleas today.

New Raid Flea Killer Plus has the long-lasting Plus no regular flea killer's got. The Plus of CYKIL,™ to kill the hatching eggs regular sprays leave behind. And that kills the chance of more fleas tomorrow.

Raid kills bugs dead

© 1985 S. C. Johnson & Son, Inc.

A personal touch is sensual.

Treat yourself to the only women's shaving system designed to look as sensual as your skin will feel. Personal Touch, The Cosmetic Shave® from Schick.®



MANUFACTURER COUPON | NO EXPIRATION DATE

SAVE 20¢

on Personal Touch Razors or Razor Refills (4s or 8s).

RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, provided that you and the consumer have complied with the terms of our offer. Good only in U.S.A. and U.S. Military bases overseas. Void where prohibited, taxed, or restricted by law. Cash value 1/100 of 1¢. Consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving product purchase to cover coupons presented for payment must be shown upon request. Limit one coupon per specified product and size. Mail coupons to: **WARNER-LAMBERT COMPANY, DEPT. 5920, EL PASO, TEXAS 79966.**

33800 113541

20¢ 20¢

© 1985 Warner-Lambert Co.



THE KEY TO CALADRYL® ITCH RELIEF: CALAMINE PLUS BENADRYL®!

Only Caladryl combines the soothing action of calamine with the itch relief of fast-acting Benadryl—the most prescribed topical antihistamine for itch. That's why you can count on Caladryl to relieve poison ivy, insect bites, minor allergic rashes and other annoying skin irritations. Caladryl is available in lotion or cream. Use as directed.



© 1985 Warner-Lambert Co.

PARKE-DAVIS

HELPING YOUR PHARMACIST AND YOUR DOCTOR HELP YOUR HEALTH.

A TALE OF TWO MOTHERS

continued from page 119

seventeen years old, she became pregnant. The father of the child she was carrying didn't want to marry her. And she had no financial resources—just her job as a waitress in a small local restaurant, which paid one dollar an hour. When her employer learned of Pat's plight, she gave the young woman free room and board until the infant was born. But throughout the fall of 1956, Pat worried about what she would do once she had her baby.

Some seventy miles away, in the town of Wyanet, Illinois, another woman was feeling despair of another kind. She was Flavia Blanford, a twenty-five-year-old woman who had been married for seven years and had been trying to become pregnant. At last she and her husband, Tom, a tool-and-die maker at a factory, had decided that they would adopt. But even then they were [illegible], when the mother of a baby [illegible] had promised changed her [illegible] minute. Finally, about a year [illegible] of Flavia's [illegible] of hers [illegible] in Iowa [illegible] baby.

[illegible] she and Tom didn't have a lot of money, but they could promise the girl that the child would be well looked after and would never want for anything. They would pay her room and board until the birth, all her medical expenses as well as, of course, the adoption costs.

In Iowa, Pat listened to the plan and decided to agree. She didn't want to give up her baby, but she felt she had no alternative. And the Blanfords, their emissary insisted, were lovely people—kind, generous, loving and Catholic like Pat herself. Pat gave her word and boarded a bus to Wyanet. For the next six weeks, she would live in the home of friends of the Blanfords.

At last her due date arrived, and Pat went to a hospital in nearby Princeton, Illinois. There, in early March, she delivered a son. In those days, it was common adoption practice not to let a mother know anything at all about a child she was giving up. But one night in the hospital, the baby began crying strenuously, and a nurse, for who knows what reason, brought him to Pat. She knew then that her child was a boy.

About five days afterward, Pat and the baby were discharged from the hospital. Following arrangements made by the Blanfords' lawyer, the baby was released in the care of the Blanfords' friends, who had been assigned to bring him to the lawyer's office. Pat Smit was to come to the lawyer's office, to sign the papers permitting the adop tion, and leave. Then Flavia Blanfor would arrive and take the child.

But on the day of the signing—it wa March 18, 1957—Pat Smith was a litt late and Flavia Blanford was a litt early. Flavia knew they weren't su posed to have anything to do with eac other, so she didn't talk to Pat. Sh hardly even looked at her. She ju signed the papers the lawyer ha handed to her. Then she looked shyly Pat, and saw, to her grief, that th young girl's eyes were brimming wi tears. Deeply touched, Flavia reache out and squeezed Pat's hand. Pat r sponded by hugging Flavia, the bab nestled between them. And then th went their separate ways, never to me again until the child was a grown—an desperately sick—man.

The baby, christened Thomas Gera Blanford, after his new father, grew robust and strong. Flavia immers herself in his care and felt, for the fi time in years, blissfully happy and r laxed. Perhaps that is why, less th two years later—in that mysteriou way that adopting a child sometim affects those who have difficulty co ceiving—Flavia became pregnant. son, Paul, was born in

(continue

Pass the Old El Paso® Southwest Taco



Southwest Taco

1 pound ground beef
1 package OLD EL PASO® Taco Seasoning Mix
3/4 cup water
12 OLD EL PASO® Taco Shells
Shredded lettuce
Diced tomato
Shredded Cheddar cheese
Sliced black olives
OLD EL PASO® Taco Sauce (Hot, Medium or Mild)

1. Brown ground beef in skillet. Drain fat.
2. Add OLD EL PASO Taco Seasoning Mix and water, stir. Bring to a boil. Reduce heat and simmer uncovered, 15 to 20 minutes, stirring occasionally.
3. Place OLD EL PASO Taco Shells on cookie sheet. Heat shells in 350°F preheated oven for 5 to 7 minutes. Fill each shell with 1-2 tablespoons of cooked meat.
4. Top with shredded lettuce, tomato, cheese, olives and OLD EL PASO Taco Sauce.

For extra flavor excitement, stir in one of the following delicious ingredients with the Taco Seasoning Mix and water: 1/3 cup OLD EL PASO Taco Sauce or 1/3 cup OLD EL PASO Picante Salsa or 1 can (4 ounces) OLD EL PASO Chopped Green Chilies.

©1985 PET INC.



A TALE OF TWO MOTHERS

continued

1960, followed two years later by a daughter, Ann. Then came Cathy. Then Jim. And finally, Kevin. By the time her adopted son was thirteen, Flavia was the mother of five children of her own.

Over in Iowa, Pat Smith also began to get lucky. She met and married a man—and she also began having babies. Within four years, she had three daughters and a son.

Pat worked during the years she was raising her children, as a waitress, as a clerk in food shops and as a tavern or restaurant manager. "I always took jobs that brought me into contact with the public," she says. "That was the kind of work I liked."

In Wyanet, Jerry (at some point, the family began calling him by this nickname) was flourishing. He was bubbly, bright, active. And while his brothers and sisters were somewhat reticent, Jerry loved chattering with people.

When Jerry was thirteen, he begged his parents to let him have an after-school job. They agreed, and he took a job in the local grocery store, where he did whatever came to hand, flattening boxes, shelving groceries, carrying packages out to the customers' cars. And always, whatever he did, Jerry talked to the customers, so that in a short time, or so it seemed, the whole town of Wyanet, where there were only 1,100 people, knew Jerry Blanford.

The Blanfords had told Jerry when he was about eight years old that he was adopted. They didn't mention his natural parents. They simply explained that he had not been born to them the way their other children had been, and told him that in a way this made him even more important to them, for they had selected him.

But while being adopted didn't seem to bother Jerry when he was little, it did become a problem during his adolescence. In the middle of his high school years, he grew curious about his natural parents. He tried to persuade Flavia and Tom to tell him who they were. They discouraged his curiosity. But it took root within him, and one day, when he was about seventeen years old, he wrote for his birth certificate, learned the hospital where he had been born and, through the hospital records, got in touch with the doctor who had delivered him. He went to see the doctor, asking him to keep the visit secret, and to tell him his natural mother's name, but the doctor sent him away and immediately informed the Blanfords. They were hurt and angry. There were recriminations and tears, and in the end, Jerry saw their side of the matter. The Blanfords had loved and nurtured him. What difference did it make whether he knew the people who had actually produced him?

A few years later, when he was twenty, Jerry got married. Wanda, the woman he married, was older than he, and had a fifteen-year-old son, Don, from a previous marriage. As young as he was himself, Jerry was very responsible, and he adopted the boy. Once he was married and had a family to support, Jerry looked around for a career. For a time, he and Wanda owned and managed a bar and grill in Peru, Illinois. But soon Jerry decided that his real love was the grocery business. He started working part-time in a grocery store a hundred miles from his home in Wyanet. And then, in 1980, he accepted the managership of Cooper's Red and White supermarket in Coal Valley, some sixty miles from Wyanet, and moved there with his family.

The owner of Cooper's, Willmer Cooper, had two sons who had worked for him until they went away to college. When Jerry Blanford turned up at Cooper's, many of the townspeople assumed he was one of Cooper's sons, back home and grown up now. They called him Jerry Cooper or, sometimes, Jerry from Cooper's. At first, he'd correct them, saying, "It's Jerry *Blanford*," but he was so associated with *(continued*



BY THE TIME YOU REMEMBER YOU LEFT IT ON, IT'S OFF.

Ten minutes ago, you left your house behind. And your iron on. But don't panic. You have the Black & Decker Automatic Shut-Off™ Iron, remember?

Go away from it, and it sounds an alert. If you don't return, it remembers to shut itself off. It even beeps and lights when the temperature you've selected is right. So you never have to worry if your iron's too hot or too cold.

So relax. With the Black & Decker Automatic Shut-Off™ Iron, your ironing worries are completely extinguished.



THE AUTOMATIC SHUT-OFF™ IRON.

BLACK&DECKER™

IDEAS AT WORK.™

© 1985

Halston III™ "Diamonds."
The jewels of our collection.

But all that glitters is not "Diamonds." At JCPenney, you'll find a wealth of beautifully coordinated bedroom fashions, ranging from the bold and contemporary to the romantic and fanciful to the very traditional.

Halston III™ "Diamonds" twin-size: Comforter $80, sheets $11.99. Sham $35.



© 1985 JCPenney Co Inc

You're looking smarter than ever.
JCPenney.

A TALE OF TWO MOTHERS
continued

ıe grocery that people usually forgot. ventually he stopped trying to correct eople, and even when he made depos- s in the bank, he'd sign himself, Jerry from Cooper's."

About eight months after Jerry ıoved to Coal Valley, Pat Smith ar- ıved there, too. She'd been divorced ɔme years earlier from the father of er four children and had recently ıarried a gentle, soft-spoken man amed Joe McDermott. She and Joe ad been looking for a tavern to man- ge, and they settled on the Lucky 8 in Coal Valley because Pat's aging mother ved there.

Pat's children were grown and living on heir own in Iowa. Once in a while, her ood relationship with them would rompt her to think about the child she'd iven up. Was *he* close to his parents?

From time to time, she considered raveling to Wyanet to see if she could et a glimpse of the Blanfords, and of he son she'd signed over to them. But he'd promised them, when she'd greed to the adoption, that she would ıever interfere, and she couldn't go ack on her word now.

The Lucky 8 Tavern proved a good usiness for the McDermotts. Pat's ıumor and good nature won her many ustomers and friends, and whenever ne of her regulars was sick or had an ccasion to celebrate, she'd send a gift, ısually a handsome fruit basket. She'd liscovered that Jerry, the manager of Cooper's grocery, could put together ery attractive and reasonably priced ruit baskets. Then, in June 1982, when ıer daughter Judy got married, she asked Jerry to cater the wedding. He ɔrepared all the meat and salad plat- ers and delivered them to Davenport, owa, fifteen miles away, where the wedding was being held. There he met Pat's four children and their friends.

It was around this time that Pat started thinking that Jerry from Cooper's was one of the nicest young men in Coal Valley. He shared her in- erest in Coal Valley's progress, work- ing in the Lions Club, as she did, to ɔoost business for the town's mer- chants. And he had a wonderful sense of humor. Whenever she came into Cooper's, he'd crack a joke, or tease her in a gentle, playful fashion, the way her own kids always did. She looked for- ward to shopping at Cooper's, and to talking with the young man when he'd come to the tavern after work for a drink or a sandwich.

Jerry Blanford became sick in the summer of 1983. He'd had hepatitis previously, and although he had been told by his doctors that he was cured of the disease, apparently some vestiges of the virus had remained within his system and continued to attack his liver. One day in August, he suddenly began hemorrhaging from the mouth, and when he was transported by ambulance from Coal Valley to a hospital in nearby Moline, he was told that the hemorrhage had been caused by swollen blood vessels in his throat, which had most likely enlarged as a result of a liver malfunction.

When the bleeding was controlled, Jerry returned to Coal Valley. But he grew weak and jaundiced, and in December 1983, he made an appointment to go to the Mayo Clinic in Minnesota for diagnostic tests. He said good-bye to various friends in town, among them Pat McDermott at the Lucky 8.

At the Mayo Clinic, Jerry was informed that his liver was degenerating. His condition, doctors told him, could be the result of a complication caused by hepatitis, in which case he might be able to undergo a transplant operation and receive a new liver. But his condition could also be the result of a hereditary disease called Wilson's, in which case a transplant operation would be pointless, for the disease would simply attack the new organ as well. What was his family's medical history, the Mayo Clinic doctors demanded. Had anyone in his family ever had Wilson's disease?

That day, Jerry telephoned Flavia and told her it was imperative that he know the names of his natural parents. It was a matter of life and death.

Flavia responded immediately, making calls, trying to track down people who might know Pat Smith. To her astonishment, in just four hours, she was speaking with someone who gave her Pat Smith's current telephone number. Flavia jotted it down. And then she stared at it unbelievingly. The area code was the same as the code for Coal Valley. And the first three digits were the same as the first three digits in Jerry's number! Filled with amazement and trepidation, Flavia picked up the phone and began to dial the number.

It was then that Pat Smith McDermott first heard that Jerry from Cooper's was her son. She began crying, and so did Flavia. And before the conversation was over, Pat promised Flavia that she would tell Jerry anything he wanted to know, even the name of his natural father, something Pat had never revealed to anyone.

The very next day, a Saturday, Pat and Joe McDermott traveled to the Mayo Clinic. "It was a heck of a thing," says Pat, "this business of explaining to your child all about why you'd given him away." It made her nervous. "But," she adds, "in some ways the whole thing was made easier by the fact that *(continued)*

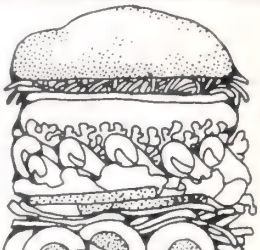
Hemorrhoid sufferers.

Use Medicated Cleansing Pads by the makers of Preparation H.®



They often provide soothing temporary relief from the burning itch and pain of inflamed hemorrhoidal tissues.

Use only as directed.



© 1985 Allegheny Pharmacal Corp.

BEAT THE "HUNGRIES" WITH HUNGREX®

Take a Hungrex for quick appetite control.

With the Hungrex Reducing Plan –
You crave less, eat less, lose weight fast.

Doctor used, doctor tested, proven for 33 years.

AVAILABLE AT FINE CHAIN and INDEPENDENT DRUG STORES

ONEIDA
Stainless Flatware
Save up to 65%
OPEN STOCK SALE
FREE BUFFET KNIFE with all Coupon Orders
Prices Guaranteed Through July 1, 1995

HEIRLOOM
☐ EASTON
☐ WILL O' WISP
☐ SHELLEY
☐ OMNI
☐ TOUJOURS
☐ DOVER
☐ VERMEER
AMERICAN COLONIAL
☐ JUILLIARD
MICHELANGELO
☐ CLASSIC SHELL
5 PC Place Setting $15.75

COMMUNITY
☐ FANTASY
☐ VENETIA
☐ FROSTFIRE
☐ LOUISIANA
☐ TENNYSON
MARQUETTE
SATINIQUE
☐ PAUL REVERE
☐ Reg. ☐ Pistol
5 PC Place Setting $11.95

LTD
ACT I Mirror
ACT II Satin
DA VINCI
SHERATON
5 PC Place Setting $26.95

DELUXE
☐ PROPOSAL
☐ CAPISTRANO
☐ POLANAISE
☐ MOZART
MONTE CARLO
☐ CHATEAU
☐ INDEPENDENCE
☐ Reg. ☐ Pistol
5 PC Place Setting $10.45

	LTD		HEIRLOOM		COMMUNITY		DELUXE	
	Reg.	SALE	Reg.	SALE	Reg.	SALE	Reg.	SALE
5 PC Place Setting	75.00	26.95	50.00	15.75	35.00	11.95	27.50	10.45
Teaspoon	15.00	5.95	8.00	2.75	5.50	1.95	3.75	1.40
Soup Spoon	15.00	5.95	9.00	3.15	6.00	2.20	5.00	2.00
Dinner Knife	15.00	5.95	13.00	4.55	10.50	3.95	9.25	3.70
Dinner Fork	15.00	5.95	11.00	3.75	6.75	2.40	5.00	2.00
Salad Fork	15.00	5.95	9.00	3.15	6.25	2.30	4.50	1.80
Tall Drink Spoon	16.00	6.35	9.00	3.55	6.00	2.35	4.75	2.00
Fruit Spoon[1]	—	—	7.00	2.75	5.25	2.05	4.75	2.00
Demitasse Spoon[2]	9.75	3.95	6.25	2.45	—	—	—	—
Seafood Fork	16.00	6.35	8.50	3.35	6.00	2.35	5.25	2.20
Steak Knife[3]	16.00	6.35	13.50	5.35	11.50	4.55	10.25	4.35
Butter Spreader[4]	16.00	6.35	12.00	4.75	9.50	3.75	5.25	2.20
Butter Knife	18.00	7.20	12.50	4.95	10.50	4.20	5.25	2.20
Sugar Spoon	18.00	7.20	10.50	4.15	7.00	2.80	5.25	2.20
Tablespoon	24.50	9.75	12.50	4.95	9.25	3.70	7.00	2.95
Pierced Tablespoon	24.50	9.75	12.50	4.95	9.25	3.70	7.00	2.95
Casserole Spoon	24.50	9.75	15.25	6.05	—	—	—	—
Gravy Ladle	24.50	9.75	16.00	6.40	12.00	4.80	9.00	3.90
Serving Fork	24.50	9.75	15.25	6.05	12.00	4.80	9.00	3.90
Dessert Server	—	—	—	—	12.00	4.80	9.00	3.90
6 PC Hostess Set	98.00	38.95	59.00	23.45	45.25	17.95	34.00	14.45
4 PC Serving Set	85.00	33.95	48.00	18.95	36.00	14.45	24.50	10.45

ITEM NOT AVAILABLE IN: 1. American Colonial, Classic Shell, Omni, Easton, Vermeer, Juilliard, Shelly, Toujours. 2. Act I, II, Sheraton. 3. Da Vinci. 4. Independence, Monte Carlo, Mozart, Polanaise.

Money Back Guarantee • All Merchandise First Quality with ONEIDA Lifetime Warranty

Name _____
Address _____
City _____ State _____ Zip _____
Telephone #(_____) _____ LH
Check Desired Pattern(s) Above MAIL ENTIRE AD

Item	Price	Qty	Total

Total of item(s) _____

Rose Cheese

A TALE OF TWO MOTHERS
continued

Jerry and I were already friends."

Back home in Illinois, Pat faced the equally challenging responsibility of having to tell her other children about Jerry. "I think this scared me most of all," she says. "I mean, I'd brought them up with certain rules about behavior. And now here was the old lady about to spring on them that what she's told them not to do, she'd gone out and done herself." She put off the revelation until Christmastime, when she could tell all the children at once. Then, on Christmas Eve, she gathered them together and "like a present," she says, gave them the news of their having a brother—that nice young man who had catered Judy's wedding, in fact.

The children, to her relief, took the news wonderfully. They didn't criticize or blame her. They took her in their arms and hugged her. And then they said, "So when do we see him again?"

But it would be a long while before they did, because Jerry grew sicker and sicker, became far too weak to entertain visitors, and was, within a few months, near death.

For Jerry, learning about his natural parents had brought him excellent news for his medical prognosis. Pat had told him there was no Wilson's disease in her family. And his natural father—a man who was never to become involved with his newfound son but who did, eventually, pay a call on him—reported that his side of the family was also free from Wilson's disease. The Mayo Clinic advised Jerry that the liver transplant was feasible and suggested that it be done at the University Health Center in Pittsburgh. The surgery would be overseen by Dr. Thomas E. Starzl, the pioneer and leading expert in liver transplantation in the world. The liver transplant is a painful and perilous procedure—a quarter of the recipients die within a year after the operation. But it was Jerry's only shot at life. He decided to take the risk and made plans to go to Pittsburgh.

There was one catch. He was advised by the Health Center that he must have insurance coverage that would pay for the operation, or else provide, out of his own pocket, $200,000 at the time he was admitted, with additional payments to be made subsequently. Jerry had no money—even his grocer's salary was suspended during his illness, and the medical plan to which he subscribed did not cover transplants. His insurance company considered them experimental procedures. It was then that Flavia and Pat together decided to devote themselves to helping Jerry raise money for the operation. In the spring of 1984, as Jerry got ready to set out for Pittsburgh with his wife, his mothers began organizing a campaign to raise money for him and to get the insurance company to alter its policy.

Jerry arrived in Pittsburgh in early April; his insurance company finally came through with a line of credit that allowed him to be admitted to the hospital. He was examined, given tests and told that he would receive a liver as soon as possible. But there is a perpetual shortage of organs for transplantation. So Jerry was given a beeper, in order that, should a liver become available, he could be called immediately. Organs for transplantation can be preserved outside a human body for only a very short time. This is particularly true of livers, which have, as Jerry—ever the grocer—likes to joke, "a very short shelf life."

Jerry and Wanda moved into Family House, a residential center maintained by the University Health Center, and tried to live as normal a life as they could, knowing that Jerry was daily growing weaker. Then suddenly and unexpectedly, he again began hemorrhaging. On that day, a young friend he had made at Family House was being prepped for liver transplant surgery. Social workers on the transplant team went to see the teenager, who was from New Mexico, and explained that if he gave up his turn at the liver they had found for him, he would survive until a new one was located, but that without that liver Jerry would not last the night. The teenager willingly allowed Jerry to precede him and receive the only liver available at that time.

Jerry's operation was long and terrifyingly complex—he was on the operating table fourteen hours, receiving more than 200 units of blood. It would be many days before he recovered, but he was eventually to do so.

While Jerry had been awaiting his liver in Pittsburgh, Flavia and Pat had become co-workers, and friends, back in Illinois. They spoke to each other often on the telephone, visited at Flavia's house in Wyanet and began a variety of fund-raising efforts in their own towns. In Wyanet, Flavia had helped organize a pancake supper at the Wyanet Grade School and a chicken-fry dinner at her husband's Veterans of Foreign Wars chapter. In Coal Valley, Pat had helped organize a street benefit and bazaar at which local merchants donated thousands of dollars of merchandise to be raffled. Both women had gone on local radio shows and given interviews to local newspapers, calling public attention to Jerry's financial predicament. Ultimately, they succeeded not just in raising large sums of money for his operation, but in getting his insurance company to *(continued)*

"Now! I've got 3 new ways to enjoy Crystal Light."

—Linda Evans

Now Crystal Light™ Drink Mix has three new great-tasting flavors: elicious Natural Grape, Caribbean Cooler, and Citrus Blend. Three ore ways I enjoy looking and feeling my best. Of course, all the atural flavors are sweetened with 100% NutraSweet.® They taste so rrific, it's hard to believe there's only 4 calories a glass. Try 'em—and l the other Crystal Light flavors—Lemonade, Fruit Punch, Lemon-me, Iced Tea, and Orange. I know you'll love 'em all. It'll make a eliever out of you!



"I believe in Crystal Light 'cause I believe in me!"

ENERAL OODS

© 1985 General Foods Corporation

Sweetened with NutraSweet® ■ trademark of G.D. Searle & Co. for its brand of sweetening ingredient.

Advertisement

CAN YOU CONTROL HOW WELL YOU AGE?



Perhaps you've noticed that while some women really show age, others seem to defy it. Aging well is the result of many factors. Heredity, exposure to the elements, and, of course, the way you care for your skin. As you get older, your skin demands special care. The kind you get from Oil of Olay.® The remarkable beauty fluid that works in mysterious ways.

You'll notice instantly how extraordinarily sheer and greaseless it feels. As each cool, light drop disappears under your touch, precious fluids work to replenish your skin's natural fluid supply.

One touch will tell you just how smooth, how silky your skin has become. Your skin will take on an altogether younger appearance as tiny lines mysteriously seem to fade from view.

Discover the mystery of Oil of Olay and discover younger looks at every age.

Now with warmer weather around the bend, a little more Oil of Olay at the throat will help prepare you for summer's lower necklines.

reverse its stance on liver transplantation and contribute a hefty share of the cost of the operation.

No one was more surprised than Jerry himself at the way the two women coordinated their efforts. "I was afraid there were going to be hard feelings and friction between them," he says. "But they worked hand in hand."

Flavia was at his bedside immediately after his operation. Pat didn't come up to Pittsburgh until a few days later because she was running a fund-raiser for Jerry's operation. Both mothers remained in Pittsburgh until they were sure Jerry was on the mend.

Then in June, Flavia and Pat flew to Pittsburgh together. On that trip, Pat and Flavia's airfare was paid by a television talk show that wanted to interview them in Pittsburgh. The show's producers sent them air tickets and made hotel reservations. The two women arrived at their hotel, and then standing in the lobby, they looked at each other and down at the guest book and began to laugh. Why couldn't they share a room and really get to know each other?

That night, Flavia and Pat had dinner together, and later retired to their room, where they spent the night reminiscing about their respective childhood days, and looking at family snapshots from their wallets.

The next day, the moderator of the TV show kept asking the two women about rivalry. Surely they must be jealous of each other, he kept prodding them. They smiled. Each had come to feel that the other was a dear friend.

Jerry Blanford now lives in Naponset, Illinois, with Wanda, about twenty-five miles from both mothers. He no longer works at Cooper's, but runs his own grocery store, Jerry's Country Market, in Naponset. He has changed since his operation, he says. "I used to be an impatient kind of guy. I was always working. Never took the time for fun. Now, I've learned to go fishing. And now, when my wife wants to go window shopping, I go with her, and we can stand there and ooh and ah and enjoy it, and not want to rush off."

As for his family—or families—he feels immensely rich. Just before Thanksgiving, he and Wanda traveled to Iowa and celebrated with his newfound brothers and sisters. Just before Christmas, Pat came to Wyanet and joined with the Blanfords in a holiday meal. And when spring came, both Pat and Flavia engineered a huge picnic in Coal Valley that brought together the brothers and sisters from both sides of their unusual happy "family." **E**

lecide who is doing what for whom."

The ambivalence today about marital roles affects many wives, too. Caught between the way her parents were and the way she hopes to be, a wife may want contradictory things, says Peter Read, Ph.D., a family therapist with the Scarsdale Family Counseling Service, in Scarsdale, New York. "On one hand, she may demand that her husband give her an equal voice in marital decisions, yet when problems erupt, she may want a protective, paternal shoulder to lean on." Many working women, he adds, still feel uncomfortable if they earn more money than their husband. In fact, one study of career-oriented couples revealed a consistent pattern among the women: Unconsciously, they kept deferring their own career interests in favor of their man's.

Still other couples, though they insist they don't want to return to the days when the roles of wives and husbands were more strictly defined, admit a kind of nostalgia for those times. Reveals one successful working woman: "I miss being able to lean on my husband, but honestly, I feel ashamed of this need. I should be able to take care of myself, shouldn't I?" One husband, who regularly helps his wife with housework, says a little wistfully, "It would be nice to have dinner waiting for me after I trudge home."

This day-in, day-out struggle with the concept of equality is leaving husbands and wives with a feeling of emptiness. Many men are afraid to offer a comforting cuddle to a woman who appears irritatingly independent. Women are afraid to ask for that cuddle because they think it will imply a reversion to old female roles.

"The real problem," says psychiatrist Edward Parsons, M.D., assistant professor, Cornell Medical Center–Payne Whitney Clinic, in New York City, "is that couples are cheating themselves of much-needed nurturance. They fail to recognize that some leaning on each other in marriage is normal and healthy."

Time . . . money . . . sex

One reason couples today are cheating themselves is that they simply have no time for conversation, let alone comfort. Indeed, what emerges from a close look at marriage in the eighties is that the time crunch—for the two-career as well as the traditional couple—is perhaps the number-one problem with which they must wrestle. Says Martin Goldberg, M.D., director of the Marriage Council of Philadelphia, "I'm constantly amazed at how little time the couples I work with actually spend with each other. It's hard to be nurturing to your spouse when you spend only a few brief moments together each day." Couples stop nurturing each other, Goldberg believes, not by intent, but because of the low priority they give to being together. Weekends are no longer days of rest; heavily scheduled with errands, they often become battlegrounds since no one is sure how they should be most fruitfully spent.

"Sharpening the problem," says Harville Hendrix, "is the oppressive success ethic that seems to dominate society today." Though couples maintain that they really yearn for emotional satisfaction, they still seem embroiled in the race for success. Noting that the booming Sun Belt city of Dallas has replaced Southern California as the divorce capital of America, Hendrix says, "People down here talk about making it. This puts a lot of pressure on everyone to compete—they worry about money and they put so much into their work that they don't have much left for relationships." Adds Goldberg, "Many young couples feel they have to get their income up fast. Their parents may have been willing to wait for the good things in life, but not the yuppies. They want all the goodies fast."

This time crunch affects all aspects of a couple's relationship, including their sex life. In their book, *American Couples: Money, Work, Sex* (Morrow, 1983), sociologists Philip Blumstein, Ph.D., and Pepper Schwartz, Ph.D., refer to the "fatigue factor" that dampens many a couple's sexual ardor. What with juggling jobs and children, there is precious little time left to be together as a couple. And when they are together, many people are simply too tired to be passionate.

What's more, though today's brides and grooms are sexually more experienced when they enter marriage than any previous generation, the paradox of the eighties is that the number-one sexual problem is what marriage counselors call inhibited sexual desire. According to renowned sex therapist Helen Singer Kaplan, M.D., about half the patients in sex-therapy clinics and about 20 percent of the population in general are plagued by this eighties dilemma—a problem born, she contends, from hidden anger and stress.

It is ironic, however, that while many couples don't have enough time for each other, they seem to have time for extramarital affairs. Though most observers believe there was just as much infidelity twenty-five years ago as there is today, Blumstein and Schwartz *(continued)*



THE ONLY LEADING CEREALS WITHOUT A SHRED OF ADDED SUGAR OR SALT.



A lot of healthy-looking cereals would love you to think they're low in added sugar and salt.

But if you read the ingredients on the side of their boxes, you'll find that, in some cases, appearances can be deceiving.

Nabisco® Shredded Wheat, on the other hand, is as natural as it looks. Because we shred the wheat for better toasting all over, our cereal has a nutty, munchy, naturally delicious taste. A taste that needs nothing added to "improve" it.

So why not try Nabisco Shredded Wheat in Spoon Size® Toasted Wheat & Raisins, or original Shredded Wheat.

And get a cereal that really has no added sugar or salt.

Instead of one that just looks like it.

NABISCO® SHREDDED WHEAT.

0% ADDED SUGAR. 0% ADDED SALT. 100% WHOLE WHEAT.

© 1985 Nabisco Brands, Inc.

NABISCO BRANDS

MARRIAGE REPORT
continued

found that younger women in particular—especially those in the work force—are more likely to condone sex outside a loving relationship than are older women. And they found that these younger women match their male counterparts in feelings and behavior when it comes to infidelity. Nevertheless, couples still say overwhelmingly that they believe a husband and wife should be completely faithful, and it is clear that infidelity is as devastating to a marriage in the eighties as it ever was.

The conflicts about time, money and sex are just some of the problems with which today's husbands and wives must cope. And what makes it so difficult is that many of the old rules that governed relationships no longer apply. Yet, as Virginia Satir notes, "I have been in my business since 1936, and I know couples are in a better place now than they ever have been. They are developing relationships in which two people are both standing on their own two feet, instead of where one is up and the other is down. The joys of that can be very great. But people aren't born knowing how to develop these relationships. They have to learn."

And husbands and wives today *are* learning. Marriage counselors find that as couples try to iron out their problems—with women becoming more assertive, men more expressive—they are actually communicating better.

In fact, there is a definite optimism about marriage, and it is felt by brides and grooms as they march down the aisle as well as by veterans who have changed over the years and improved their marriages—sometimes stormily, sometimes lovingly. "We've been married twenty years, and our relationship has shifted almost totally," says one forty-year-old wife. "When we married, I was going to be the woman behind the man, the loving mom at home with the kids. Well, I started working and never stopped. We have three wonderful kids—but I never wanted to be only a wife and mom, though my husband expected I would be. So we argued it out sometimes, talked it out at other times. We've changed. But the marriage is more alive than ever."

According to Satir, it is these couples who are leading us into a brighter world of relationships. "Men and women," she notes, "are starting to translate 'I care for you' not as 'I know what's best for you' (as men did) or 'I'll do it for you' (as women used to) but rather as 'I am willing to listen to you and respond to your needs.'" And that just may be the key to what today's most successful marriages are all about. **End**

GOLDEN OLDIES
continued from page 100

I was younger," Jane admits, "I felt guilty about going off by myself. I was governed by a sense of duty. But with time I realized that perhaps the intensity of my obligation was misplaced. I realized that I was just as good a wife if I concentrated on pleasing myself as well as my husband. I think you need to be with someone for a long time, though, before you feel safe enough to really be yourself."

Marriage counselors are also noting that with time comes a certain ability to withstand life's stresses: Couples learn to put a problem into perspective, to view it almost the way you would view the stages of a child's development in the sense that "this too shall pass." Even the very difficult task of caring for an aging or sick spouse—a burden with which increasing numbers of couples must cope—is bringing them closer rather than pulling them apart.

Will the new marriages of this decade last as long as those of our forebears? "Marriage in 1985 is more promising but also more difficult," Mace says. "Those higher expectations are a double-edged sword. They can deepen the satisfactions of a relationship—but only if the couple also have the skill to maneuver around problems . . . the ability to recognize conflict, to bring it out into the open and to work to resolve differences. You can't just step into a shared life. In the most rewarding marriages, men and women have spent years getting there." —JANE MARKS

SECOND TIME AROUND
continued from page 102

are convinced that all the problems of the first relationship belonged to the other spouse."

Fowler adds that some women, unwilling to deal with this responsibility, fall into a pattern of marrying a second husband who is just like the first. Others make a pendulum swing to the opposite extreme, points out Suzanne Pope, Ph.D., clinical director of the Colorado Institute for Marriage and Family, in Boulder, Colorado. "If the first marriage was marred by intense conflict," she says, "a woman may seek a weak, passive individual the next time, mistakenly believing that he represents the perfect spouse. The relief, however, is often short-lived because she never took the time to analyze herself or the kind of man she wants to share her life with."

Of course, those in a second marriage must cope not only with their own problems but often with a cast of thousands: his children and hers, in-laws and extended families, not to mention the ex-wife or ex-husband, who may or may not be remarried, and who may or may not have sufficient financial resources. The tremendous increase in the number of remarriages has saddled many couples with awesome financial problems.

Yet some second marriages succeed and yield a deep level of intimacy and satisfaction. What makes them work? Chino, California, psychotherapist Sally Castillo believes that the experience of living on one's own for a period of time after a divorce can enhance a person's self-confidence so that she can learn from past mistakes what she really needs and wants in a mate.

"Of course, it's crucial to sit down and talk with your spouse—very specifically—about what you want and don't want in a relationship," Castillo adds. "You can't assume that the other person, just because he loves you, will know intuitively what you want."

Happily, many people do learn from past mistakes. "You know," says a West Coast fashion designer, "so many of my friends have been divorced and remarried. Some of them joke that a first marriage doesn't really count, that it is just the one you practice on and throw away. Well, I don't laugh. I know I messed up horribly the first time. All I can say is I'm glad I got a second chance." —JANE MARKS

Where does your skin show the first signs of aging?

Surprise. Most women don't expect it, but the neck is often one of the first places you age. But before you stock up on scarves and turtlenecks, try a little beauty secret shared by women around the world. Gentle a generous amount of Oil of Olay® on your neck each morning and evening. Feel this precious beauty fluid soften dryness as it helps keep tiny lines smooth. Then if you still feel like wearing your silk scarf, go ahead. But be sure and knot it low to show off the silky smooth neck that tells the world how young you really are.

Important New Vitamin Facts
from Yale-New Haven Hospital:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Introducing new, advanced formula Unicap M.* More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Recently, nutritionists conducted an independent study at the department of Food and Nutritional Services, Yale-New Haven Hospital.

Their conclusion: Among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. Those whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as new, advanced formula Unicap M. It's why these nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals.

For additional information write, The Upjohn Company, Yale-New Haven Hospital Study, Dept. 9001-88-95, 7000 Portage Road, Kalamazoo, MI 49001.



The Better-Balanced Vitamin from Upjohn



HOLLYWOOD COMEBACKS

continued from page 65

viewers seem to approve of her eighties-style mom with the harder edge. "A lot of people thought I couldn't stand up to J.R.," she says with a chuckle, "and it's true I really had to stake out my territory. That I could do it surprised them." A bit embarrassed giving one of her rare interviews, Donna Reed sits safely poised behind an antique desk in the den that opens onto a garden of her Beverly Hills house. Wearing slacks, a linen jacket and a ruffled yellow satin blouse, she looks a lot younger than sixty-four.

"Warmth is the thing I've been noted for in my acting," she continues in a folksy voice. "But I was determined not to make Miss Ellie warm until later on, because she's a fighter, a survivor. Instead of trying to match Barbara Bel Geddes's interpretation, I'm creating Miss Ellie from bits and pieces of my family, the generations before me who survived all of the hard times in the Midwest. Miss Ellie's like them—no one ever really gets her down."

The same could be said for Donna Reed. This marks her second or third comeback in a forty-four-year career. She was born Donna Belle Mullenger and grew up milking cows on a five-hundred-acre farm outside Denison, Iowa. A beauty of German, English and Irish descent, she was Denison's May Queen and dreamed of a career in radio.

In 1938, saying farewell to a sweetheart, she went to live with an aunt and study theater arts at tuition-free Los Angeles City College. This time she was crowned Campus Queen. Photos of her were spotted by an agent, and she wound up with an MGM contract. Before finally deciding on Reed, the studio changed her name to Adams, then Drake. "I was aghast," she recalls. "They didn't even call to tell me I was Donna Reed—I read it in the paper. But then I discovered I had distant 'Reed' relatives in Ireland, so I was happy."

She went on to play sweet young things in fifteen B pictures before Frank Capra chose her to play Jimmy Stewart's wife in the 1946 classic *It's a Wonderful Life*. The film is Reed's favorite, but it didn't do much for the actress's career because her close-ups with Stewart were considered low voltage. Later, when Stewart was cast as a last-minute replacement in what was to be Reed's next film, *The Stratton Story*, she was fired and the part given to her rival, June Allyson. The end came at MGM when she refused to do *The Bride Goes Wild* (and June Allyson had to). Meanwhile, her two-year marriage to makeup artist William Tuttle was ending in divorce. Says Reed of that period of her life, "It was *so* depressing, a *very* bad time for me."

She married Tony Owen, her gravel-voiced, cigar-smoking agent, and they had four children, two adopted.

Resigned to making one potboiler a year, Reed unexpectedly got the best role of her career in 1953, when Harry Cohn, then president of Columbia Pictures, cast her "against type" as a dance-hall prostitute in *From Here to Eternity* (she played opposite Montgomery Clift). For her performance, she won the Oscar for Best Supporting Actress. Afterward Reed found that the Oscar helped her career—"for about ten minutes." She soon sank into low-budget movies again, then nominal retirement at "the advanced age" of thirty-six.

A dozen years of film-making left a gritty aftertaste. "Forty movies I was in," she says with irony, "and all I remember is, 'What kind of a bra will you be wearing, honey?' I wore padded bras even in those girl-next-door parts. Acting's a lousy profession for a woman. It turns you into a looking-glass girl, absorbed with your appearance. And the vanity of the average actor exceeds that of any actress. But I shouldn't say that," she jokes, "because I don't want to get in trouble with those great big men on *Dallas*. God Almighty, they're all so tall; they keep their hats on in the Southfork living room, and there's no space left!"

In 1958 her husband produced *The Donna Reed Show*, which turned her into a household name. "I told them, 'I'm just going to wear a regular brassiere,'" she notes, "and it was the happiest day of my life."

In a demanding kind of a double life, she hovered over a pair of child actors by day, and four of her own brood at home each night, the youngest aged two. "It was slightly surreal," she recalls. "I had no example to follow. Even Harriet Nelson [of TV's *Ozzie and Harriet*] had her own kids at home and on the set. I got by with a housekeeper, a cleaning lady, and four to five hours' sleep a night.

"I tried to be a good mother. The kids knew that I hated to go to the studio, and sometimes I came home a little grumpy and quiet. But as the evening progressed, Mom settled down and got a little happier, and we'd do some homework together. I usually learned my lines under the hair dryer. The only time for myself came at midnight."

As the star, a co-owner and the producer's wife, Reed quietly began to flex her power to rewrite and approve scripts—a rare practice. Basically, she worked to build her role into a more active and capable woman, but the script editing went carefully concealed. Then as now, women seldom have such control in television. "It was safer to keep it under wraps or somebody might call me an iron butterfly," she admits. Even today, *Dallas* insiders say that Reed is something of a prima donna.

Reed smiles knowingly. "Hollywood doesn't like lady bosses," she says with conviction. "I'm not even sure they like older women. But I've been through MGM, where you learned to plant your feet and fight. My TV series certainly aggravated men. Hollywood producers were infuriated that Mom was equal and capable. We also wanted to use a black boy as a neighbor child, but ABC said, 'Don't shoot it—it will never play on our network.' They figured the whole Southern half of the country would be upset. How about *that*! We were, however, the first to show black people in everyday scenes like department stores."

An exhausted millionaire by 1966, Donna quit the series after eight hectic years, then soon quit her twenty-five-year marriage as well. "There I was at last," she says, "free to have this lovely family time, take trips, see my parents, only to watch my marriage disintegrate. Tony and I were extreme opposites, the more so as we grew older, and it became intolerable. I always had to negotiate what I wanted to do. He objected to my volunteer work and my Vietnam work [Another Mother for Peace] because, you see, those activities got me out into the world." Her voice goes hard with lingering bitterness.

"It was a very long, low period before I felt like myself again and started to date, but at least I had the support of my children, my family and friends—women friends."

After three years she married Colonel Grover Asmus, then an aide to General Omar Bradley, who eventually retired to civilian life as a petroleum engineer, first in Seattle, then Tulsa, before they settled in Beverly Hills. On the Vietnam question they agreed to disagree.

Her happy third marriage mirrors the relationship Miss Ellie has on *Dallas* with new husband Clayton Farlow, played by former MGM musical star Howard Keel. "Clayton and Miss Ellie are a lovely couple," says Donna, "and a tremendous morale booster for people in my age group. TV doesn't often show that people are not automatically over the hill once they hit sixty and that it's possible for older people to have romance and excitement in their lives."

For Donna, a television comeback will be enough excitement for a while. Recently she ran into Angela Lansbury, a chum from the old days at MGM and now star of CBS's *Murder, She Wrote*. "Isn't it wonderful," asked Angela gaily. "They've got us old Metro broads back on TV!"

"Sure is." Donna sighed happily. "It's absolutely heaven." **End**



When there's a chance for infection, you need Mycitracin®



Every little skin break means you risk an infection. But Mycitracin ointment and these four simple steps can help prevent infected cuts, scrapes and burns.

Step one, cleanse the wound. Two, apply Mycitracin, the antibiotic ointment that fights three common bacterial invaders. Three, cover the wound with sterile gauze. Step four, secure with adhesive tape.

Special Offer: To receive your beautifully illustrated, 16-page, full color First Aid Primer booklet and $1.75 worth of coupons for savings on Mycitracin and other Upjohn quality products, send your name and address with 50¢ in coins to: Upjohn "First Things First," Dept. M, P.O. Box 307, Coventry, CT 06238. Allow 4 to 6 weeks for delivery. Offer expires Oct. 31, 1985.

Sweet Dreams.



The one thing you want from a sleep-aid is a good night's sleep. But ordinary sleep-aids like Sominex, Nytol and Unisom may let you down. Because they have nothing for pain. And pain can be one of the causes of sleeplessness. But Quiet World has the two pain relievers doctors recommend most, plus a relaxant to help you fall asleep. So if minor pain is keeping you from a good night's sleep, get Quiet World. The sleep-aid that makes falling asleep painless.



Makes falling asleep painless.

Use only as directed

The right place at the right price.

Make reservations at any Best Western, see your travel agent, or call 1-800-528-1234.

Best Western®

WORLDWIDE LODGING

"World's largest chain of independently owned and operated hotels, motor inns, and resorts"

©1985 Best Western International

almost humorously, it's the kind of grip you'd give a tennis racket. It's not the kind of light touch most women desire—remember that men's musculature is really very different from our own.

As for timing, there are certain signs of sexual arousal that mean orgasm is imminent. The testes rise toward the body cavity and the skin of the scrotum starts to wrinkle. A smart lover can keep track of his timing by noting these changes.

LHJ *What aspect of sex continues to cause the most concern?*

PENNEY Oral sex is still fraught with anxiety for both men and women. Yet men who have more oral sex consider themselves happier and more sexually satisfied than men who don't have as much. I think women should take note of that. Women who receive oral sex from their partners are happier, too. But many women think men do not like to give oral sex because they fear that men find this intimacy offensive. If you want to try it, you might show your husband a book that describes how to share this experience.

LHJ *What is your foolproof recipe for a wonderful night of sex?*

PENNEY First, let your husband know that he is truly desired, truly wanted and truly sexy. You can let him know in a number of ways: by cooking a wonderful dinner, by playing his favorite music, by wearing something sexy that he adores. But all these external things would be superficial unless the real feeling that comes from deep down inside is that you do desire this person and focus on him and no other. Don't think about the bills or your job or the mortgage or the kids. Concentrate totally on your husband. Focus on his needs, his desires, his wants—that's the basis of great sex. And with that kind of intense focusing, you'll receive back the same kind of attention.

LHJ *Do you have any other love tips?*

PENNEY Yes. Keep the kids out of your lovelife. Put a lock on the door, or if they're old enough to read, put a sign on the door that reads, "We're busy." Or take them to the baby-sitter so that you can have your house to yourself. In addition, remember to say, "I love you," and say it in many different ways. And finally, take time out to really be intimate, to have sex, to talk about sex, to enjoy your mutual sexuality. That's the biggest love tip of all. **End**

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his backyard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc* brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM DELUISE'S VEGETABLE SOUP

2 tbs. vegetable oil
1 clove garlic, minced
1 onion, chopped
½ tsp. sugar
2 qts. chicken stock
2 tbs. parsley flakes
Salt & Pepper to taste
12 cups frozen vegetables, chopped or cut in bite-sized pieces (celery, carrots, green-beans, broccoli, cauliflower, zucchini, peas, mushrooms, corn)
4 tbs. pastina, Grated Parmesan or Romano Cheese

Heat oil in 5-quart saucepan. Just add garlic and onion, and saute until golden. Stir in sugar. Add chicken stock and bring to boil; add parsley and vegetables. Cover pan and cook over medium heat 15 minutes. Add soup macaroni (pastina). Cook over medium heat for 10 minutes or until macaroni is cooked. Sprinkle with cheese.

HINT: Freeze plenty of fresh vegetables in Ziploc Freezer Bags so you can enjoy homemade soup anytime of the year!

And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

The "Freezer King." He taught me how to turn a freezer into a summer garden.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

*Trademark of The Dow Chemical Company

Go from zero to scrumptious in 10 minutes flat.



That's all the time it takes to prepare these delicious pies. And mmm...are they good! Cool Whip® Topping gives them a delicious fresh taste and Keebler® Ready-Crust® provides a lightly sweet flavor your family will love.

Keebler®

GENERAL FOODS

Chocolate Graham Cracker Delight

- 1½ pkgs. (4 oz. each) BAKER'S® GERMAN'S® Sweet Chocolate
- ⅓ cup milk
- 2 tbs. sugar (optional)
- 1 pkg. (3 oz.) cream cheese, softened
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 KEEBLER® Graham Cracker READY-CRUST® Brand Pie Crust

Finely chop ½ pkg. of chocolate. Heat remaining chocolate and 2 tablespoons of the milk in saucepan over low heat. Stir until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture. Beat until smooth. Fold in whipped topping. Blend until smooth. Fold in chopped chocolate. Spoon into pie crust. Freeze until firm, about 4 hours. Let stand 1 hour before serving. Store any leftover pie in freezer.

Frozen Citrus Pie

- 1 can (6 fl. oz.) frozen concentrate for orange juice or lemonade frozen concentrate
- 1 pint vanilla ice cream, softened
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 KEEBLER® Graham Cracker READY-CRUST® Brand Pie Crust

Place concentrate in large mixer bowl and beat about 30 seconds. Gradually spoon in ice cream and blend. Fold in whipped topping, whipping until smooth. Freeze, if necessary, until mixture will mound. Spoon into pie crust. Freeze until firm, at least 4 hours. Store any leftover pie in freezer.

(c) 1985 General Foods Corporation
(R) Birds Eye, Cool Whip, Baker's, and German's are registered trademarks of the General Foods Corporation
(c) 1985 Keebler Company
Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company

These recipes were specially created for Cool Whip® Whipped Topping and Keebler® Ready-Crust.®



COSBY

continued from page 36

all his years as an entertainer—not only because it hits close to home for all of us, but also because it hits close to *his* home. The show is so popular with the American public that it was considered a shoo-in for the Emmy. But Cosby has asked his producers *not* to nominate him for the award.

"That's right, I told my producers I did not want it," he explains. "When I won the awards for *I Spy* many years ago, I was still a young fellow, just starting out. I couldn't believe I had won. I was from the Richard Allen housing projects in north Philadelphia. My family was receiving welfare and public assistance, and we really needed it—without it, my parents might not have been able to clothe us. We would have had to beg—and there were times when we did just that. I thought the Emmys were for wealthy people who had done something *fantastic* in the industry. And I thought that the praise for *I Spy* meant that people were appreciating the fact that Bob and I got along without racism. I felt that at least the television industry was making some inroads, and I hoped that it could lead the way in race relations. But as the years went by, I didn't notice much change for the better.

"Today I don't think it's necessary to sit in an audience with a bow tie and a tuxedo on and wait for somebody to open an envelope and either say, or not say, my name. I feel that I've already gotten my reward. It's there every week with our top Nielsen rating. An awful lot of people watch us, and that's what makes me happy." (The show did win *four* People's Choice Awards, however: It was named both Favorite Comedy Program and Favorite New Comedy Program. Bill Cosby himself was chosen Favorite Male Performer in a New Television Program. And Phylicia Ayers-Allen was named Favorite Female Performer in a New Television Program, in a tie with Angela Lansbury, of *Murder, She Wrote*.)

In fact, NBC has been so encouraged by the popularity of the Cosby formula that they've asked the star to develop another show, a half-hour program for a performer he admires.

"It's for Tony Orlando," Cosby says, "and it's about a Puerto Rican family that is real 'heart of America.' Tony plays a psychologist who deals with both his clients' emotional problems and his own. He's single and in love with a woman he courts like a gentleman throughout the series, bringing her flowers, singing to her, taking her out to romantic dinners. He's got a teenage brother who wants to be a champion boxer. He's got another brother who's Mr. Trend, into whatever is new—right now breakdancing, tomorrow whatever. He's a big brother to a tough, eleven-year-old Puerto Rican kid from a low, low economic setting. He takes care of his mother, and his father fought and died in the war, protecting the U.S. The show is on its way to its pilot and first episodes now, and I think it's going to be a big hit."

Returning to the topic of his own show, Cosby continues, "I believe the main reason our show is being watched all across the country is because everybody—black people, white people, Native Americans—is saying 'You know, I have a kid who acts exactly like that.' It brings people together. This series is for me a love affair for all the years that I've been a well-paid entertainer. It's my way to say to the people who have enjoyed my work, 'I can do this, and here is a form of entertainment that I hope you will all feel good about.' I feel as though the love I have to give to people is appreciated. I tell you, I get sort of silly with happiness when I think about it, and I just want to give more and more and more." **End**

Rhuli® to the Rescue...for itch, sting, bite and sunburn







Prepare for the "Summer Menaces," the itching of poison ivy, poison oak, insect bites, sunburn and other minor skin irritations.

For fast, soothing itch relief... it's Rhuli to the Rescue.

Available in gel, cream or spray.

MANUFACTURER COUPON
EXPIRES 12/31/85



SAVE 50¢

on Rhuligel® Rhulicream® Rhulispray® and Rhulicaine®

To The Dealer: For each coupon you accept as our authorized agent, we will pay you the face value plus 8¢ handling charges, provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void where prohibited, taxed or restricted. Your customer must pay any sales tax. Cash value 1/20 of 1¢. Offer good only in U.S.A. Redeem by mailing to Rydelle Laboratories, Inc., Redemption Center, P.O. Box 1711, Elm City, NC 27898. **Limit one coupon per purchase.**

122879

© 1985 Rydelle Laboratories, Inc. LHJ

© 1985 Ketcham® Dennis the Menace. All rights reserved. Rhuligel, Rhulicream, Rhulispray and Rhulicaine are registered trademarks



CARING

continued from page 48

highly trained executive, heading a staff of paraprofessionals and making important decisions concerning the welfare of the patient. In reality, this rarely turns out to be true. Nurses complain that they are so buried in paperwork, they have little time to devote to individual patients. Many physicians resent even the most modest suggestions from nurses and treat them as gofers. So nurses tend to have a lot of responsibility but very little authority, a situation that is practically guaranteed to sour anyone's disposition.

And sometimes nurses take their frustrations out on their patients, particularly those who ask for what the nurses consider to be too much attention. "Obviously some patients are more popular with the nursing staff than others," said one nurse in Chicago. "Patients who are cantankerous or emotional and who don't seem to appreciate what we do for them tend to get less attention than those who are attractive and polite."

A head nurse in Boston admits, "All of us try to treat patients according to their needs, rather than according to their social status and personality; however, nurses are only human, and I suspect that a bag lady gets a lot less attention from the nursing staff than a clean, gracious and personable grandmother whose son is one of the doctors at the hospital."

Hospitals versus hotels

The health-care system is basically a service industry, and the patients are the ones who pay the bills. Yet too often the medical establishment gives us the impression that they are doing us a favor by agreeing to treat us at all. The average American hospital is rigidly hierarchical, and the patients are at the bottom of the pecking order. But why is it that the health-care system, which exists to serve sick people, pays so little attention to the wishes and needs of those it serves?

For one thing, aides, cleaning and kitchen personnel, and other nonprofessional staff are usually paid less in a hospital than they would be for doing the same work in a profit-making business. Many of these employees work part-time and are not eligible for union membership or fringe benefits. It is no wonder that many of these workers feel no dedication to their jobs or loyalty to the hospital, which they believe exploits them . . . and no concern for the patients whose physical and emotional comfort is supposed to be their main priority.

So hospital rooms are usually dreary, and frequently not even clean. The food is some of the worst served anywhere in the U.S. Hot food is cold, cold food is lukewarm, everything seems overcooked, except the salad, which is limp. When aides drop a dinner tray in a patient's lap, leave a patient on a bedpan for half an hour or forget to change the sheets for an elderly incontinent patient, they are often indifferent rather than apologetic. After all, what's the worst that can happen to them? If they're fired, they can usually find a job, for the same wages, at the nearest fast-food restaurant or coffee shop.

"There really isn't any reason why so many hospitals can't fulfill their simple hotel functions," says Louis Kaplan, associate dean for community affairs of the Yale School of Medicine, who was recently a hospital patient himself. "But we don't have hotel-trained personnel. Dieticians are not exactly gourmet cooks. Staff members, from resident physicians to cleaning personnel, don't look at the patients as guests. A hotel has to worry that the bill-paying occupant of a room who is disregarded or insulted will simply pack up and leave for another hotel. Hospital patients, generally speaking, don't have that option."

In spite of the poor service and the lousy food, the average *(continued)*

A CLASSIC IN COTTON

As seen on page 94

Ladies' Home Journal Sweater Offer
Department J061
P.O. Box 506
Chappaqua, NY 10514

Fully refundable if not satisfied!

Please send me the following 100% cotton sweater(s):

Quantity	Fuchsia (#585)	Teal blue (#586)	Marigold (#587)
Small			
Medium			
Large			

Any 1 for $22.95 plus $3.00 postage & handling _____
Any 2 for $44.95 plus $4.00 postage & handling _____
Any 3 for $66.95 plus $4.00 postage & handling _____
Total $_____

☐ Enclosed is my check or money order made payable to RMS SALES.
☐ Please charge my ☐ Mastercard or ☐ Visa.

Signature_____
Card No._____ **Exp. Date**_____
Print Name_____
Address_____
City_____ **State**_____ **Zip**_____

Canadian orders in U.S. funds or equivalent plus $3.00 for postage & handling.

Journal Shopping Center

A CLASSIC IN COTTON—Page 94. large photo: Robin Kahn earrings. Bowman Trading blouse; Peerce & Rein bracelets; Reminiscence shorts. **Inset, lower left:** Back in Black earrings; Marvella necklace. Detail bracelet; Reminiscence skirt. **Inset, right:** Laura Ashley hat; Laura Ashley blouse; James Murphy bracelets; Laura Ashley skirt.

THE MARRIAGE REPORT—Pages 98–99: Marionat lace pillow. **Pages 100–101:** Lady Lynn lingerie. Lingerie case and noseguys from La Lingerie. Marvella pearls. **Pages 102–103:** Marionat lace hat. Marvella pearls. La Crasia glove. Mindy's makeup from Princess Marcella Borghese. On face: Lumina Compact Makeup in Perfetta Beige; Lumina Powder Blush in Mauve Sensuale; Lumina Translucent Powder in Light. On eyes: Lumina Mini Eye-colour Duo in Periwinkle/Silver Royale; Lumina Luxuriant Mascara in Violet Notte. On lips: Lumina Perfetta Lip Pencil in Prima Pink; Lumina Lipstick in Mauve Delicato. Kristin's makeup by Maybelline. On face: Moisture Whip Cream Makeup in Creamy Natural; Moisture Whip Natural Blush in Delicate Taupe; Moisture Whip Translucent Pressed Powder in Light. On eyes: Expert Eyes Trio Eye Shadow Kit in The Ideal Blues; Expert Eyes Liner Pencil in Continental Blue; Dial-a-Lash Waterproof Mascara in Brownish Black; Automatic Brow ■ Liner Pencil in Light Brown. On lips: Moisture Whip Gloss Stick in Glossy Rose. Barbara's makeup by Ultima II from the Navy Red Summer Collection. On face: Tint Aquafleur Under Makeup Moisture Lotion; Nearest to Natural Makeup in Most Natural Beige. Creamy Powder Blush in Amber. On eyes: Superwear Creme Shadow in Carnelian (used as a highlighter) and Jade Fire (on lids); Opalescent Kohl Eye Pencil in Black & Pearls; Advanced Formula Mascara in Perfect Soft Black. On lips: Advanced Formula Lipstick in Coral Opal.

CHICKEN, SUMMER STYLE—Pages 104–105: Glass dishes from Royal Copenhagen Porcelain, 683 Madison Ave., NYC 10021.

DECORATOR'S COLORING BOOK—Pages 106–109: Flowers by ZeZe, 398 East 52nd Street, NYC 10022. All oil paintings by Roger Muhl. Porcelain fruits and vegetables by Lady Anne Gordon; botanical watercolors by Lord Alastair Gordon. All available through Alexandra Stoddard Inc.

THE PERFECT SUMMER WARDROBE—Page 112: Glasses from Morganthal Opticians, 141 East 62nd Street, NYC. Tulla Booth earrings. Good as Gold belt. Ebel watch. Evan-Picone hose. Andrew Geller shoes. **Page 113:** Bag from Dakkim, NYC. Ellen Designs bracelet. Timex watch. Wonderful Things earrings. Good as Gold belt. Beene Bag shoes. **Page 114:** Ellen Designs bracelet. Anne Klein for Calderon belt. Ebel watch. Stigi earrings. Evan-Picone shoes. Leg Looks by Burlington hose. **Page 115:** Tulla Booth necklace. Robin Kahn cuff. Gloria Vanderbilt shoes. Leg Looks by Burlington hose. Table linens from Trouvailles Françaises, NYC. Glasses from the Pottery Barn. **Inset, top:** Belts, top to bottom: Good as Gold; Locomotive; Joan & David; Locomotive; Good as Gold (crosswise to other belts). **Inset, middle:** All scarves, Echo Scarfs. All glasses, Sanford Hutton for Colors in Optics from Morganthal Opticians, NYC. **Inset, bottom:** Shoes, clockwise from left: Beene Bag; Evan-Picone; Evan-Picone. All hose, Leg Looks by Burlington. **Page 116:** Tulla Booth necklace. Ebel watch. Leg Looks by Burlington hose. Shoes from Santini e Dominici, NYC. British Filofax diary. **Page 117:** Wonderful Things bracelets and earrings. Hue socks. Andrew Geller shoes.

How to Get Your Teenager Talking – to You.

If you believe your young teenager is worth talking to, this free book is worth reading and using.

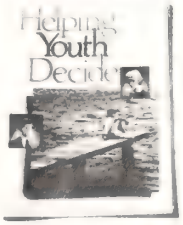
Developed by professional educators, "HELPING YOUTH DECIDE" can help you help with the important decisions too many teens are silently making alone ... whether or not to take a job, drink, smoke, borrow money, quit school, get married.



Single copies of "HELPING YOUTH DECIDE" are free to parents of teens, with funding from The Tobacco Institute.

Get your free copy and get your teenager talking to you. Fill out and send the coupon today.

Please send my free copy of "HELPING YOUTH DECIDE."



NAME _____
ADDRESS _____
_____
CITY _____
STATE _____ ZIP _____

Mail to: **The National Association of State Boards of Education**
P.O. Box 1176, Alexandria, VA 22313

L-6

A PUBLIC SERVICE OF THE NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION AND THE TOBACCO INSTITUTE.



CARING
continued

four-bed semiprivate hospital room in this country costs between $300 and $400 per day for each patient: that comes to between $1,200 and $1,600 per room. Hospital administrators explain that the cost covers a great deal more than just a room: It pays for the high-tech machinery, the round-the-clock staffing, the research, the teaching program, and so on. But all that's obvious to patients is that they're spending a fortune for a demoralizing, demeaning and dreary experience.

What's the answer?

There are, certainly, physicians, nurses and hospitals innocent of all these charges, practicing patient care that combines the best of modern medicine with the most genuine concern and caring possible. But patients shouldn't have to look long and hard to find satisfactory care.

Fortunately, there are signs that the situation is changing, and the rule of the marketplace may finally be turning in the patients' favor. With too many doctors and too many hospital beds in many areas of the country, hospitals that alienate the community may face dire prospects. And administrators, confronted with empty beds and the possibility of red ink on their ledgers, are already trying to make their facilities seem warmer and more pleasant in order to attract patients.

Also competing for patients are hospitals-for-profit, owned either by local groups of businessmen and physicians, or by large hospital chains—the Humana Chain in Louisville, Kentucky, is one of the biggest. These hospitals tend to emphasize pleasant accommodations and good food. However, potential patients should be warned: Critics have charged that this attention to creature comforts may be at the expense of good medical care. By trying to keep costs competitive with nonprofit hospitals, these institutions may cut corners on medical care.

As health care becomes a buyer's rather than a seller's market, hospital patients may be treated more like customers and less like the recipients of bureaucratic welfare services. There's no doubt that our superb medical research and technology have given us longer lifespans and a better quality of life. But we all know there is a human factor missing in medicine. Those in charge of medical establishments have begun to realize the mistakes that have been made. It is not too much to hope that they will now look for ways to combine today's lifesaving technology with old-fashioned warmth and care. **End**

Journal
SUBSCRIBER SERVICES

Change of Address: Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

Mailing List Name Removal: We occasionally make our mailing list available to organizations whose offers we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Family Media, Inc., please check the box below and attach your mailing label.

Complaints: For duplicate issues, late delivery or any other problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

For QUICK action call our toll-free number **800-247-5470** (Excluding Alaska and Hawaii. In Iowa call **800-532-1272**). Please have your magazine or bill handy.

FCP-6

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to **LHJ**, P.O. Box 9400, Bergenfield, N.J. 07621

GIVE-A-CHILD-A-FUTURE FUND:
LHJ needs your help

From an article titled "War Torn," in our February issue, readers learned how Afghanistan has tragically lost half its prewar population since the Soviet invasion. Two million people have been killed, and five million more have been forced to flee.

We appealed to readers to send $1 each toward a special fund to build schools for Afghan refugee children, whose only hope for a decent future is an education. Thousands of you responded—and we're grateful for your generosity—but we need thousands more.

The *Journal* is asking you to donate ONE DOLLAR to build a child a tomorrow. The money will be turned over to the International Rescue Committee, a worldwide relief organization, which will use your donations to establish desperately needed schools for Afghan children. Send your check or money order to: **LHJ SCHOOLS, Dept. A., Palm Coast, FL 32037.**

IRON-ON NAME LABELS



Keep clothes out of the LOST & FOUND

YOUR NAME in bold, blue letters printed on sturdy PRE-CUT cloth labels 2" × 3/8". Will adhere to any fabric, won't fade, rub or wash off. No need to sew. Irons on quickly and easily for permanent I.D. Ideal for school, camp, uniforms, nursing homes, church, gym, play groups.

All orders mailed FIRST CLASS for immediate delivery.

Satisfaction Guaranteed or your Money Back

For 50 one-line labels, send $3.95
For 100 one-line labels, send $4.95

UNIVERSAL LABEL CENTER
P.O. Box 5, Dept. LJ-65, Boston MA 02101

STOP SWEAT FOR 6 WEEKS!



HANDS UNDERARMS FEET

DRIONIC® — the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic leaves these areas dry for 6 week periods. Recommended by dermatologists everywhere. Send for free information.

Clinical studies available to physicians.

GENERAL MEDICAL CO. Dept. LJ-132
1935 Armacost Ave., Los Angeles, CA 90025

Advertisement

Hearing Loss Is Not A Sign Of Old Age.

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the smallest Beltone aid of its kind will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

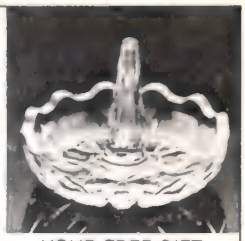
These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to write today to Dept. 4269, Beltone Electronics, 4201 W. Victoria St., Chicago, IL 60646.

Offer not valid in California.



THE ONEIDA GREAT OPEN STOCK SALE

Only once a year does Oneida put those hard to find open stock pieces on sale. Take advantage of these tremendous savings and receive a beautiful 24% full lead crystal ring tree absolutely free with any purchase (Sug. retail $10.95). To order call toll free 1-800-527-1776 (TX residents 1-800-328-1776) and use your Visa or MasterCard, or mail check to House of 1776, 1314 Shiloh, Garland, TX 75042. Shipping charges: $5.00 minimum, $6 on purchases over $100. TX residents add 6% sales tax.



YOUR FREE GIFT

With any Oneida purchase: large or small, receive a 24% lead crystal ring tree. Limit one per order.

Deluxe: Capistrano, Chateau, Independence, Monte Carlo, Polonaise, Mozart, Proposal
Community: Fantasy, Frostfire, Louisiana, Marquette, Paul Revere, Satinique, Tennyson, Venetia
Heirloom: American Colonial, Classic Shell, Dover, Easton, Juilliard*, Michaelangelo, Shelley, Toujours, Omni, Will o' Wisp
Heirloom LTD: Act I, Act II, DaVinci, Sheraton
Silverplate: Silver Affection, Silver Modern Baroque, Silver Royal Grandeur, Silver Shell, Silver Enchantment, Silver Artistry
Gold Electroplate: Golden Affection, Golden Modern Baroque, Golden Royal Grandeur, Golden Artistry, Golden Enchantment

	Deluxe		Community		Heirloom		Heirloom LTD		Silverplate		Gold Electroplate	
	Reg	Sale	Reg	Sale	Reg	Sale	Reg	Sale	Reg	Sale	Reg	Sale
5-pc. Place Setting	30.00	10.25	35.00	12.50	50.00	15.75	75.00	28.50	75.00	24.50	130.00	45.95
4-pc. Serving Set	24.50	11.00	36.00	15.75	48.00	21.50	85.00	35.50	68.00	25.50	122.00	44.50
4-pc. Hostess Set	34.00	14.50	45.25	19.50	59.00	26.50	98.00	39.95	90.00	29.95	160.00	57.50
Teaspoon	4.00	1.75	5.50	2.25	8.00	3.20	15.00	6.10	12.00	4.45	22.00	7.95
[1]Fruit Spoon	4.75	2.00	5.00	2.20	7.00	3.20	—	—	—	—	—	—
Soup Spoon	5.50	2.30	6.00	2.40	9.00	3.65	15.00	6.10	14.00	5.20	25.00	8.95
Iced Tea Spoon	4.75	2.00	6.00	2.65	9.00	4.00	16.00	6.80	12.00	4.75	22.50	8.25
[2]Demitasse Spoon	—	—	—	—	6.25	2.95	9.75	4.15	8.00	3.25	15.00	5.50
Place Fork	5.50	2.30	6.75	2.75	11.00	4.40	15.00	6.10	16.00	5.95	27.00	9.95
Salad Fork	4.50	1.95	6.25	2.55	9.00	3.65	15.00	6.10	14.00	5.15	23.50	8.75
Seafood Fork	5.00	2.25	6.00	2.65	8.50	3.80	16.00	6.80	10.00	3.75	17.50	6.50
Place Knife	10.00	4.25	10.50	4.35	13.00	5.25	15.00	6.10	19.00	6.95	32.50	11.95
[3]Steak Knife	9.50	4.25	11.50	5.15	13.50	6.10	16.00	6.80	18.50	6.85	32.00	11.75
[4]Butter Spreader	5.00	2.25	9.50	4.15	12.00	5.45	16.00	6.80	17.00	6.25	28.00	10.50
Butter Knife	5.00	2.25	10.50	4.60	12.50	5.65	18.00	7.70	16.00	6.40	32.00	11.75
Sugar Spoon	5.00	2.25	7.00	3.25	10.50	4.70	18.00	7.70	12.00	4.45	26.00	9.50
Tablespoon	6.50	2.95	9.25	4.25	12.50	5.65	24.50	10.40	20.00	7.50	32.00	11.75
Pierced Tablespoon	6.50	2.95	9.25	4.25	12.50	5.65	24.50	10.40	20.00	7.50	32.00	11.75
Cold Meat Fork	8.50	3.90	12.00	5.45	16.00	6.90	24.50	10.40	22.50	8.25	40.00	14.75
Dessert Server	8.50	3.90	12.00	5.45	—	—	—	—	22.50	8.25	40.00	14.75
Gravy Ladle	8.50	3.90	12.00	5.45	16.00	7.05	24.50	10.40	22.50	8.25	40.00	14.75
Casserole Spoon	—	—	—	—	15.25	6.65	24.50	10.40	22.50	8.25	40.00	14.75

[1] Not in American Colonial, Classic Shell, Omni, Toujours, Easton, Juilliard, or any LTD silverplate, or gold electroplate pattern
[2] Not in Act I, Act II or Sheraton [3] Not in DaVinci [4] Not in Independence, Monte Carlo, Mozart, Polonaise, or Proposal

40 WALLET PHOTOS ONLY $2.50



BEAUTIFUL COPIES on KODAK paper

BORDERLESS ★ FULL COLOR
FIVE CHOICES only $2.50 each

★ 40 Wallet Photos
★ 32 Wallets & One 5"x7"
★ 16 Wallets & Six 3½"x5"s
★ 8 Wallets & Four 5"x7"s
★ 2 Custom 8"x10"s

Send only photos up to 8" x 10" (RETURNED) Include 75¢ each set for handling and 1st class postage MONEY BACK GUARANTEE!

SEND CHECK OR M.O. TO
RELIANCE COLOR LABS, INC.
STUDIO P52-6 P.O. BOX 159
STAMFORD, CT 06904

COLOR PHOTOS YOUR CHOICE $1.75



- 24 Wallet Photos 2½ x 3½
- 48 Pocket Photos 1¾ x 2½
- 1-8x10 Enlargement or
- 3-5x7 Photos

Send any photo or polaroid 8x10 or smaller (returned). Add 65¢ per selection for postage and handling and an additional 50¢ for 1st class service. Satisfaction guaranteed or money back.

COLOR LAB P.O. Box 230A Irvington, NJ 07111

High School at Home

DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you.

American School, Dept 20604
850 E. 58th St.
Chicago, IL 60637

CALL FREE ANYTIME
1-800-228-5600

TEAR OUT AND MAIL

Enjoy 3 Nutritious Meals on The GRAPEFRUIT DIET PILL PLAN AND LOSE WEIGHT FAST

90 PILLS for $2.98
SAME FORMULA OTHERS CHARGE $5.98 AND UP FOR!

☐ 90 FOR $2.98
☐ 200 FOR $5.00
☐ 500 FOR $9.95

EACH SIX TABLETS CONTAIN:

Natural Grapefruit Extract	100MG	Vitamin E	30 IU
Vitamin C	60MG	Phenylpropanolamine HCL	75MG

Contains one of the Strongest Diet Aids available without prescription. Includes Modern Effective Diet Plan that Lets You Enjoy 3 Delicious Meals and Snacks Everyday as you Lose Weight.

Satisfaction Guaranteed or Money Back

POSTPAID • ORDER FROM
NUTRITION HEADQUARTERS, 104 W. JACKSON CARBONDALE, ILL. 62901

Name _____
Address _____
City _____ State _____ Zip _____ G141



One family's problems
The true story of the frustrated parents of a bright but impossible child inaugurates an exciting new *LHJ* series.

M-m-m-microwave!
From *LHJ*'s test kitchens, an eight-page guide to cooking in the fastest lane of all.

I'm my own worst enemy
Do you take care of everybody but yourself? Find out how to stop being self-destructive.

A rose is a rose
The perfect flower for elegant arrangements —with the help of a pro.

In the swim
Every body deserves to look beautiful on the beach or at poolside. We've got the suits that make it happen!

Plus ways to banish back pain . . . winning recipes from our Statue of Liberty contest . . . wonderful summertime lemon . . . luscious desserts from melons, cherries, peaches, plums . . .

All this and lots, lots more. On sale June 18

Last Laughs

Out of the mouths of babes

"While waiting to have an X-ray taken of my elder son's finger, Jim, my four-year-old, asked if he could have an X-ray, too. I replied that he didn't need one. Jealous at all the attention his brother was receiving, he asked, "Can I have one for my birthday, then?"
—Mary Jo Tinsley, Norman, OK

My two-and-a-half-year-old twin daughters had been successfully potty trained for nearly four months without incident when Kristy had her first mishap. "Don't worry, darling," I said. "It was just a little accident." Later, her sister Kimberly came running to me and proclaimed, "Oh, Mommy, I had a wreck!"
—Julie Rowan
Oklahoma City, OK"

A sound plan

The radio's on and the TV, too
The dryer is starting to spin.
The dishwasher is also in motion
To add to the general din.

I think I'll go out for a walk,
For I'm sure that wherever I roam
I'll find no place quite as noisy
As a quiet evening at home.
—Lois Leurgans

Do you suffer from the fat-child syndrome?

1. When people tell you that they can't believe you were ever fat, because you look so thin now, is your reaction to distrust them?
2. Is your wardrobe devoid of horizontal stripes because back in 1962 your mother told you that horizontal stripes made you look fatter?
3. Do you despise your skinny brother who weighs himself once a year, after lunch, fully dressed, holding a book, without emptying his pockets, in public places like drugstores?
4. Do you weigh yourself:
   a. Every day
   b. Naked
   c. After going to the bathroom
   d. After running several miles and letting the sweat dry.

If the answer to any of these questions was yes, probably the answer to all of them was yes. There is no cure for this syndrome, but try staying away from rich desserts and rugby shirts.

From THAT'S INCURABLE! by George Thomas, M.D., and Lee Schreiner, M.D. © George Thomas and Lee Schreiner, 1984. Used by arrangement with Viking Penguin Inc.

We'll pay $25 for accepted anecdotes or poems. Address contributions to Last Laughs, LHJ, *3 Park Ave., New York, NY 10016. Contributions cannot be acknowledged or returned.*



"The monkey grabbed your keys. 1. 2. 3. then what happened?"

This is the face I want to show the world.



ynda Carter
eauty and Fashion Director, Maybelline

Fresh and very natural.™

I love this look. And it's my moisturizing make-up that makes it so special. Moisture Whip® Make-up by Maybelline.

My skin drinks in all the rich moisturizers that protect it from dryness. And the silky texture blends in smoothly and evenly. So it never looks made-up. Just soft, fresh, and very natural.

Try Moisture Whip Make-up for the face you want to show the world.



Moisture Whip® Maybelline®

© 1984 Maybelline Co.

"The only panty shield I want next to me."

Actual Carefree Fabric

Exceptionally soft. Exceptionally pretty. Carefree Panty Shields. Only Carefree has this special daisy fabric for fluffed-up softness. And softly rounded edges, too. For freshness every day, you'll love Carefree. It's the only panty shield you'll want next to you.



Carefree Panty Shields



Exceptionally soft. Exceptionally pretty.

CAREFREE PANTY SHIELDS are trademarks of Personal Products Company Milltown N J 08850 © PPC 1985